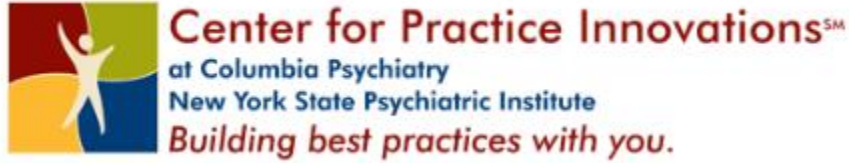


Developing Recovery-Oriented Helping Relationships

Presented by Technical Assistance Training Partners

Adult BH HCBS Roadmap Partners



Learning Objectives

- Describe what is meant by recovery
- Understand the importance of recovery-oriented relationships
- Identify the characteristics of recovery-oriented relationships
- Know how recovery-oriented relationships can support self-help

Chat Box Question

- How would you define recovery for individuals diagnosed with mental health or substance use issues?

Recovery

“Recovery is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and or roles. It’s a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of ...illness.”

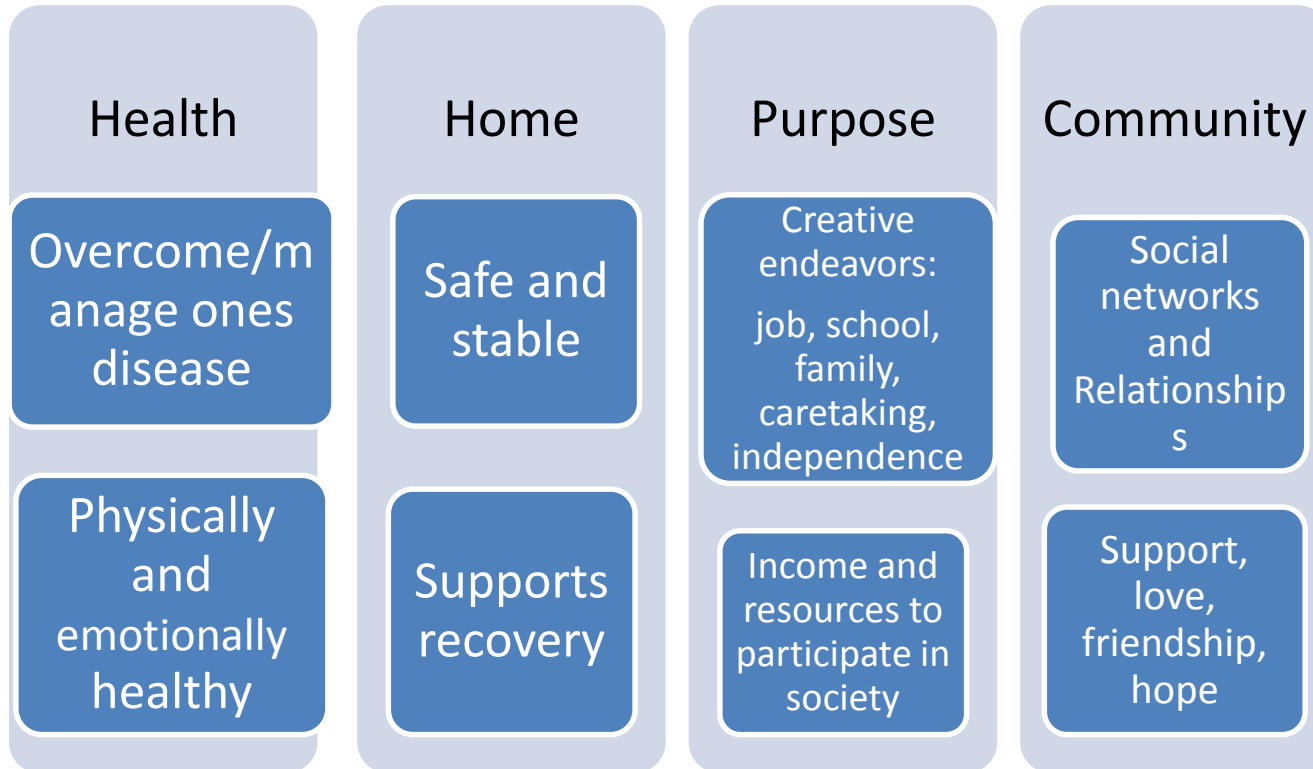
(Anthony, Cohen, Farkas, Gagne, 2002)

Recovery

- Intensely personal experience
- Multiple Pathways To Recovery:
treatment, faith/spirituality, natural, criminal justice interventions, support from individuals, and/or family, mutual assistance groups and recovery community centers.
- Full re-engagement based on hope, resilience, health and wellness, and includes family, friends and community.

Four Domains that Support Recovery ©

SAMHSA



What are the Basics of Effective Treatment in ROSC?

Combining treatment medications with behaviors is the best way to ensure success for most patients

Approaches tailored to address the specific treatment needs of the individual

Medication-Assisted Treatment Works!

Medication-Assisted Treatment and Recovery

Medication-Assisted recovery is a practical, accurate, and non-stigmatizing way to describe a pathway to recovery made possible by physician-prescribed and monitored medications, along with other recovery supports (i.e. counseling, peer supports).

Recovery and Personal Independence

- ✓ Affords the Dignity of Risk & Right to Fail
 - ✓ Strives For Community Integration
- ✓ Develops Mutual Assistance/Self-Help/Peer & Natural Supports

Chat Box Question

Do you believe that relationships with practitioners can impact an individual's recovery?

If so, how?

Chat Box Question

- Can you provide examples from your own experience that illustrate how an individual's relationship with a practitioner supported his or her recovery?

Chat Box Question

- How can practitioners stifle an individual's recovery? Please identify specific "don'ts".

Chat Box Question

- Do you believe that relationships with peers and other natural supports can impact an individual's recovery?
- If so, how?

Chat Box Question

- What are the characteristics of a recovery-oriented relationship?

Recovery-oriented relationships

- Can be with practitioners, peers or other natural supports
 - Person-centered
 - Hopeful and inspiring
 - Build on strengths
 - Supportive
 - Culturally competent
 - Trauma-informed

Self Help...

Encompasses a wide variety of activities, structures,
and networks that form a continuum



Mutual Assistance

- Individuals in recovery sharing their experience, strength and hope about recovery.
- Peer relationships rather than professional
- Reciprocal
- Free
- Enduring

The Pathway to Personal Medicine

Utilizing what you know helps you...

- Volunteering
- Seeking employment opportunities
- Exploring nature
- Parenting
- Reclaiming a lost role
- Enjoyable activities/hobbies

Personal Medicine is a phrase coined by Pat Deegan

Recovery Oriented Health and Wellness

- Individualized, person-centered care
- Fosters personal responsibility
- Implementing prevention, early intervention and on-going health promotion activities and advocating for self by communicating with health care providers

Examples of Natural Supports

- Friendships
- Spiritual and faith – based communities
- Sports and recreational activities
- Community organizations/activities
- Cultural activities and associations
- Social and political activism
- Peer support

Chat Box Question

- How can your work as a practitioner support self-help?

Additional Questions?

Contact us at:

mctac.info@nyu.edu

For slides and additional resources:

<http://ctacny.org/>



THANK YOU