APA Recovery to Practice Curriculum

1. Introduction to Recovery
Introduction to Recovery Based Psychological Practice

Historical Context

Until the mid-1970s, conventional wisdom regarded a serious mental illness as a deteriorating, debilitating disease

- Repeated hospitalizations
- Focus on symptom reduction
- Power was in the hands of the provider
- Recovery from serious mental illness was thought NOT possible

We now know recovery and return to a satisfying life is possible with appropriate rehabilitation interventions.
Introduction to Recovery Based Psychological Practice

- Evolution of the Recovery Movement
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What is Recovery?

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential” (Substance Abuse and Mental Health Services Administration, 2012)

“Recovery is what people with illnesses and disabilities do” (Anthony, 2002)

“Treatment, case management, support and rehabilitation are the things that practitioners do to facilitate recovery” (Anthony, 2002)
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10 Guiding Principles of Mental Health Recovery

1. Self-Direction
2. Individualized and Person-Centered
3. Empowerment
4. Holistic
5. Non-Linear
6. Strengths-Based
7. Peer Support
8. Respect
9. Responsibility
10. Hope
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Challenges

Mental Health System
- Practitioners have low expectations of individuals with serious mental illnesses
- Practitioners are not appropriately or adequately trained re symptoms and behaviors
- Lack of knowledge of effective interventions

Person with Serious Mental Illness
- Stigmatizing diagnoses that imply permanent disability or impairment
- Recovering from iatrogenic effects of mental health treatment system
- Detrimental effects to one’s relationships, ability to learn or work, self-esteem, identity and confidence
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Steps

- Recognize and embrace the philosophy of recovery
- Get training in effective psychosocial rehabilitation interventions
- Move from deficit-based to asset-based perspectives
- Ensure that each individual is the decision maker for his or her own service delivery: “Nothing about us without us!”
- Ensure community and social inclusion
Citation for this Module:


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Citation for the full Curriculum:


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