APA Recovery to Practice Curriculum

7. Interventions I
Interventions I: Guiding Principles and Integrated Framework

Underlying Principles

Successful provision of services depends on:

- Belief that recovery will occur
- Empathic genuine, trusting relationship
- Involvement of, and partnership with, people with serious mental illnesses in decisions about their health care
- Culturally relevant services
- Gender specific services for trauma
- Recognition of need to provide services to meet goals identified by person
- Identification of skills and resources needed for successful living
Interventions I: Guiding Principles and Integrated Framework

Principles identified by SAMHSA’s National Consensus Conference:

- Recovery emerges from hope
- Recovery is person-driven
- Recovery occurs via many pathways
- Recovery pathways are highly personalized
- Recovery is non-linear
- Recovery is holistic
- Recovery is supported by peers and allies
- Recovery is supported through relationship and social networks
- Recovery is culturally-based and influenced
- Recovery is supported by addressing trauma
- Recovery involves individual, family, and community strengths and responsibility
- Recovery is based on respect

Substance Abuse and Mental Health Services Administration. (2006). National Consensus Conference
Interventions I: Guiding Principles and Integrated Framework

Culture

- Mental health problems among non-white, minority cultural groups can be great.
- Cultural discontinuity and oppression have been linked to high rates of depression, alcoholism, suicide, and violence in many communities.
- Lack of culturally and linguistically appropriate services has been reported as a reason for the failure to access services by non-majority groups.
- Many culturally distinct groups do not speak frankly about problems and may speak in metaphors or use less descriptive words to describe their life situation or problem.
Women

- Service needs of women are often very different than those of men
- Most women with serious mental illness have experienced severe abuse and trauma
  - Specially trained professionals are required
  - Trauma services must be provided in a safe environment and in women only groups
- Homeless women are more vulnerable than homeless men and often have children to care for and worry about
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[www.apa.org/pi/rtp](http://www.apa.org/pi/rtp)

Citation for the full Curriculum:


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