Cultural Shift to the Mental Health Recovery Model

CelebrateRecovery

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President’s New Freedom Commission on Mental Health (2003):

President’s Commission and VA Strategic Plan Specify:

• We envision a future when everyone with a mental illness will recover,
• Mental illnesses can be prevented or cured,
• Mental illnesses are detected early
• A future when everyone with a mental illness at any stage of life has access to effective treatment and supports –
• Essentials for living, working, learning and participating fully in the community.
Definition of Recovery

“RECOVERY IS A PROCESS OF CHANGE THROUGH WHICH INDIVIDUALS IMPROVE THEIR HEALTH AND WELLNESS, LIVE A SELF-DIRECTED LIFE, AND STRIVE TO REACH THEIR FULL POTENTIAL.”

-SAMSHA
Recovery is
A Change in Philosophy...

“THE OLD WAY”

Maintenance Model
Illness focused
Compliance
Doing For
Helplessness

Recovery Model
Strength based
Partnership
Doing with
Hopefulness

“The NEW Way”
Incorporating
RECOVERY BASED CARE

- Focus on wellness and builds on strengths.
- Services that are tailored to the individual Veteran. Partnerships in planning and decision making by Veterans and their providers.
- Expectations for Recovery in every setting, which promotes personal responsibility.
- Use of the best evidence based psychological rehabilitation and recovery practices.
- Care built around individual recovery goals and choices.
- Access to peer providers and other Veterans who support each other’s recovery journey.
- Support and education for family members and for integration into the community.
- An understanding that recovery can occur even in the presence of symptoms.
<table>
<thead>
<tr>
<th>Standard Maintenance Language</th>
<th>Strength-Based Recovery-Oriented Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent Flyer</td>
<td>Veteran knows when to utilize services, however services may not meet needs</td>
</tr>
<tr>
<td>Non-Compliant</td>
<td>The program has not succeeded in engaging Veteran</td>
</tr>
<tr>
<td>Schizophrenic, Bipolar</td>
<td>A person diagnosed with (fill in diagnosis)</td>
</tr>
<tr>
<td>Hopeless</td>
<td>Unaware of opportunities</td>
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</tbody>
</table>
## Stigma: Language Matters

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<tr>
<td>Unmotivated</td>
<td>Has other interests, board, doesn’t know how/where to begin.</td>
</tr>
<tr>
<td>Druggie</td>
<td>Veteran with addiction or substance use issues</td>
</tr>
<tr>
<td>Drug Seeking</td>
<td>Veteran is only aware of medication options</td>
</tr>
<tr>
<td>Manipulative</td>
<td>The Veteran tries to gain control over situations with behaviors that can be unproductive or off-putting</td>
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Boise VAMC

Recovery Model Services

• Behavioral Health Inpatient and Outpatient Services
• Medical Inpatient and Outpatient Services
• Collaboration with NAMI (National Alliance on Mental Illness) Peer to Peer, Family to Family, Peer Support Specialist
• Patient Advisory Council
• Mental Health Directives/ Advance Directives
• Suicide Prevention Coordinator Educational Outreach
• Local Recovery Coordinator Educational Outreach
• Peer Support Specialist
Mo Cheeks help a girl sing the national anthem
Making Contact: MakeTheConnection.net

- A U.S. Department of Veterans Affairs’ mental health public awareness and outreach campaign
- Connects Veterans and their friends and family members with information, resources, and solutions related to their health, well-being, and relationships
- Evidence-based approach
- One-stop online resource to privately explore mental health topics
- 430+ unscripted stories of Veterans who faced challenges and took steps that improved their lives
- Optional filters for visitors to personalize content and easily find stories similar to their own
Boise VAMC’s Guide to Behavioral Health Groups and Workshops

• This document can be located on the Boise VAMC website: www.boise.va.gov
Peer-Led Hope and Recovery Support Group
2:00-3:00pm, B114, GR 4

Peer-Led Loss and Grief Support Workshop
3:00-4:00pm, B23, Room 110 (Jan/Apr/Jul/Oct)

Sharing Your Recovery Story Workshop
3:00-4:00pm, B23, Room 110 (Feb/May/Aug/Nov)

WRAP® Wellness Recovery Action Plan Workshop
2:00-4:00pm, B23, Room 110 (Mar/Jun/Sep/Dec)
Veterans Crisis Line

1-800-273-8255
PRESS 1
Boise VAMC
“Expect Recovery”

Please pose all questions in the form of a compliment