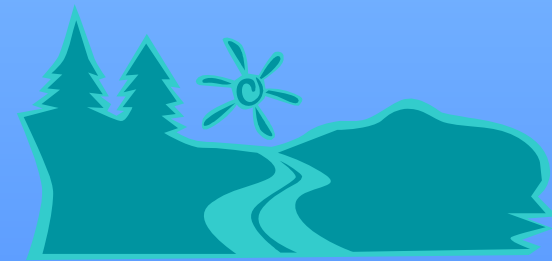


***NINE PASSAGES
ON THE JOURNEY OF
MENTAL HEALTH
RECOVERY***

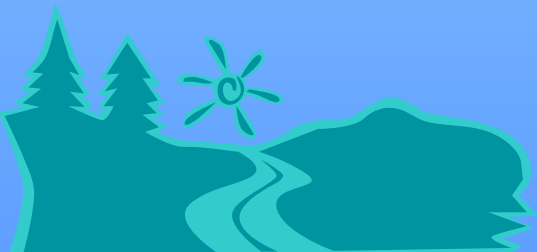
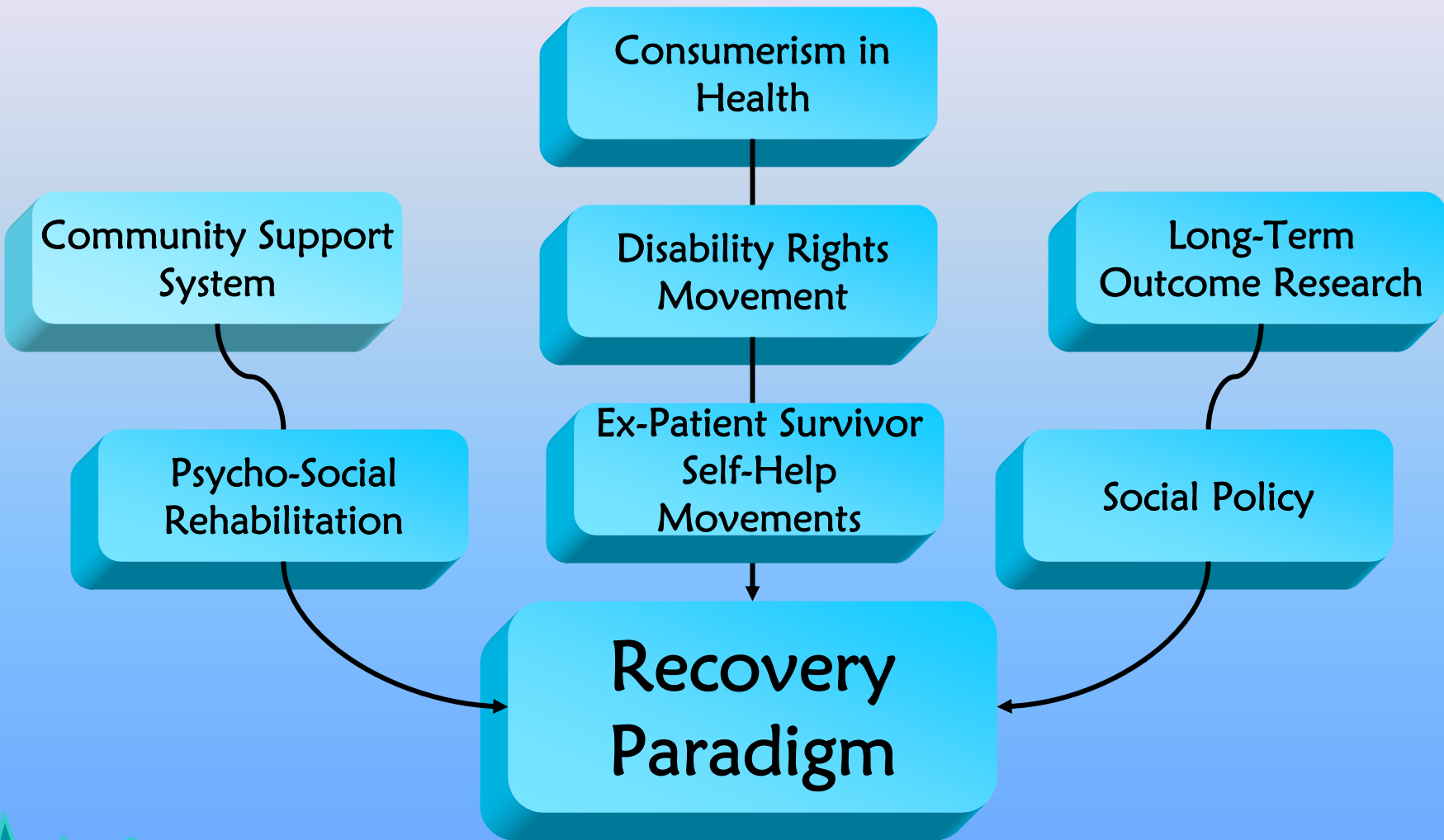
Priscilla Ridgway, PhD
Yale Program for Recovery and
Community Health



A Definition of Recovery Based on Consumer's Life Stories

- Recovery is an ongoing journey of healing and transformation
- Recovery is reclaiming a positive sense of self after psychiatric disability
- Recovery is actively self-managing one's life and mental health to reduce symptoms and achieve wellness
- Recovery is reclaiming roles and a life beyond being a consumer in the mental health system





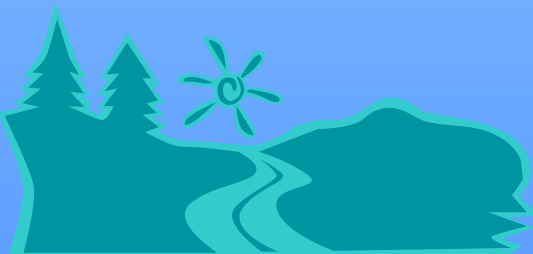
**Elements
of the
Paradigm
Shift
to a
Recovery
Orientation**

A Shift in How We View People

**From CMI, SPMI or as a
Diagnosis-- “borderline”,
“schizophrenic”**

to

***A unique individual
contending with a
disability***



**Elements
of the
Paradigm
Shift
to a
Recovery
Orientation**

Shift in Our Expectations

**From
Permanent
Disability**

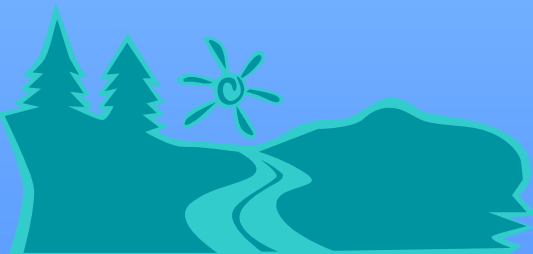
to

***Resilience
Full Life***

**Full-Time
Service
Recipient**

to

***Normal
Social
Roles***



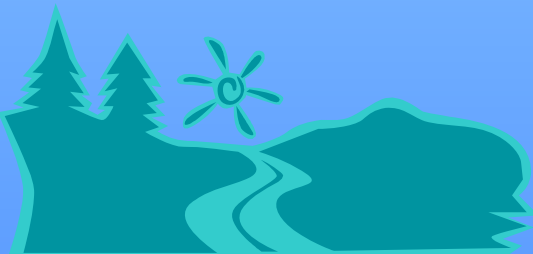
**Elements
of the
Paradigm
Shift
to a
Recovery
Orientation**

***Shift in the Locus of
Services***

**From Institutions/
Program Settings**

to

***Full Community
Integration & In-Vivo
Supports***



**Elements
of the
Paradigm
Shift
to a
Recovery
Orientation**

Shift in Focus of Services

**From
Pathology to
Focus**

***Wellness
Lifestyle***

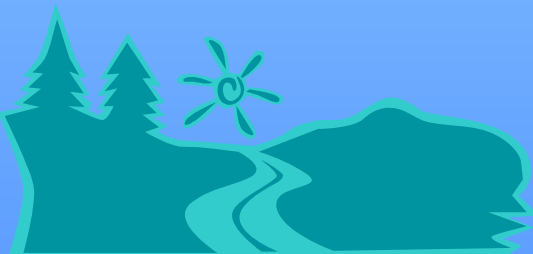
Strengths

Self-care

**Medical
Model to**

***Rehabilitation
Empowerment***

Quality of Life



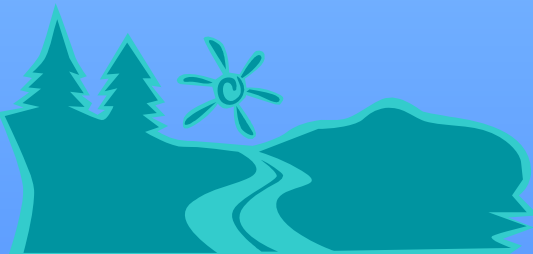
**Elements
of the
Paradigm
Shift
to a
Recovery
Orientation**

Shift in Responsibility for Care

**From Expert Services &
Paternalism**

to

***Self-Management
Peer Services/Support
Consumer-Driven
Personal Recovery
Plans***



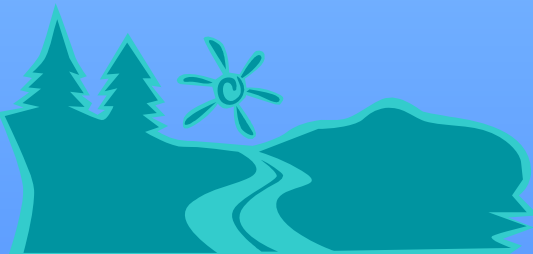
STAGE of RECOVERY

- Pre-Recovery
- Turnaround
- Active Recovery
 - Early Recovery
 - Recovery in Disability
 - Full Recovery
- Setback



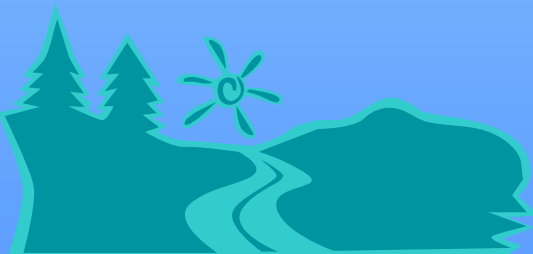
When People Look “Unmotivated”

- Grieving
- Feeling helpless
- Recuperating
- Demoralized
- Over-medicated
- Traumatized, fearful
- Hiding because recovery is scary
- Watching
- Passively resisting
- Rehearsing or planning
- Adaptive dependency



Turnaround

- Self will
- Real goals
- Altruism
- Righteous indignation
- Relationship
- Recognition of the self
- Encouragement
- Strength
- Love & hope
- Sufficient resources
- Better meds



“Travel Tips”

- Consumer must be in the driver’s seat
- Journey is unique for each person
- Course is nonlinear, spiraling, bumpy
- Undertaken in small steps
- Requires persistence
- Best when made with traveling companions



The Nine Passages on the Journey of Recovery

Positive Sense of Self

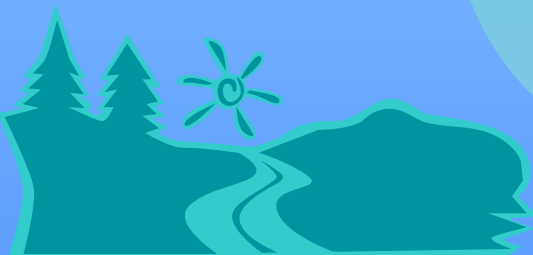
1. From resignation to hope
2. From stigmatized/labeled identity to unique individual
3. From alienation to meaning and purpose

Active Self-Management

4. From passive adjustment to active consumerism
5. From stress vulnerability to self-management and stress hardiness
6. From self-neglect to positive lifestyle & wellness

Life Beyond the Mental Health System

7. From social segregation to a place and a life in the community
8. From inertia to meaningful activity
9. From isolation to relationship and sense of community



Passage I

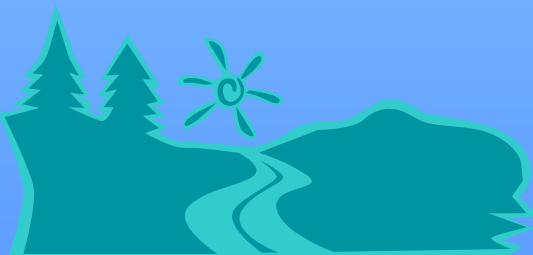
From Resignation to Hope and Realistic Optimism

- Loss of Hope

- ✓ Negative messages about prognosis, sense that one's life is over
- ✓ Sense of avenues of human development closed to you
- ✓ Stigma and self stigma
- ✓ Exhaustion of personal coping mechanisms, giving in, giving over, giving up
- ✓ Clinical depression
- ✓ “Suspended animation” or frozen inactivity

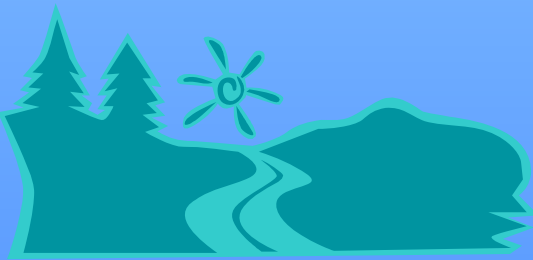
- Return of hope

- ✓ Hope carried by others
- ✓ Hope may have to be repeatedly renewed



Encourage Hope

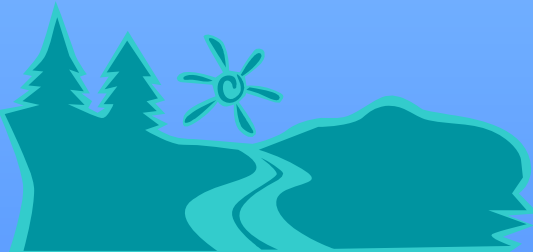
- Role models
- Share recovery stories
- Teach about long-term outcome studies
- Help people to dream
- Set small and large goals
- Believe in people
- Explore spirituality and creativity



Passage II

From “Mental Patient” to Personal Identity Beyond Disorder

- Loss of Identity
 - ✓ The “I AM” disorders
 - ✓ Stigma
- Reclaiming identity
 - ✓ Reclaiming self-respect
 - ✓ Survivor identity
 - ✓ Honoring one’s own uniqueness
 - ✓ Multiple sources of identity



Passage III

From Alienation to Meaning & Purpose

- Loss of meaning & sense of purpose
- Reclaiming purpose and meaning
 - ✓ Denial to creating a framework of understanding
 - ✓ Trying to “go back” to reclaim the past
 - ✓ Acknowledgement and acceptance
 - ✓ Moving on into the unknown
 - ✓ Remaking a life
- Authenticity, Transformation, Survivor Mission



Passage IV

From Passive Adjustment to Active Consumerism

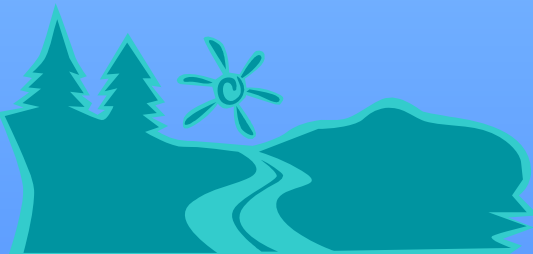
- Passive recipient waiting for treatment to work to actively moving toward recovery
- Self-directing one's recovery
- Partnering with others
- Peer support
- Moving from silence to voice in one's life
- Consumer-driven programs & services



Passage V

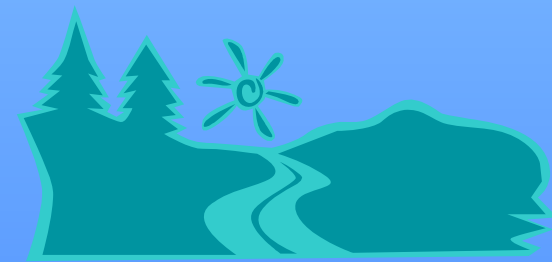
From Stress Vulnerability to Active Self-Management of Disorder

- Self-discovery
- Self-awareness
- Self-monitoring
- Self-discipline
- Contending proactively with stress & stimuli
- Personalized set of coping skills
- Reducing, masking and self-managing troubling symptoms
- Using medications as one tool

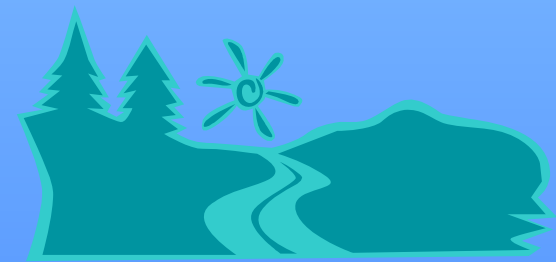


Common Self-Control Strategies

- Self-monitoring & assessing one's state
- Self-instruction
- Modifying one's behavior
- Modifying the environment
- Assertive communication



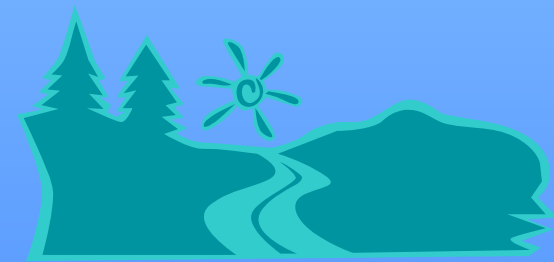
*Strategies must
be personalized.*



Passage VI

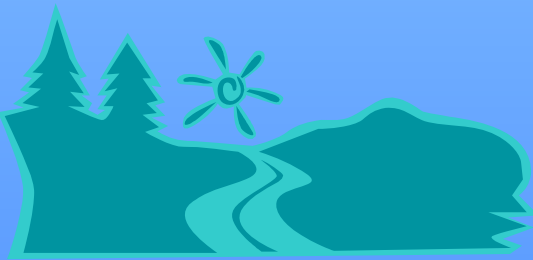
From Self-Neglect to Self-Care and Wellness

- Negative impact of ignoring mind-body interaction
- The mind-body connection
- Developing a wellness lifestyle
- Wellness strategies



Developing a Wellness Lifestyle

- Spirituality
- Nutrition
- Rest
- Light
- Stress reduction
- Reduce high risk behavior
- Healing trauma
- Positive lifestyle
- Joyous way to move the body

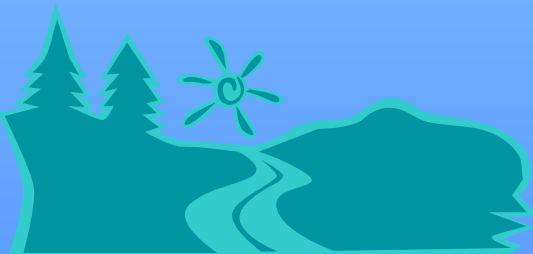


Passage VII

From Social Segregation to a Place and a Life

in the the Community

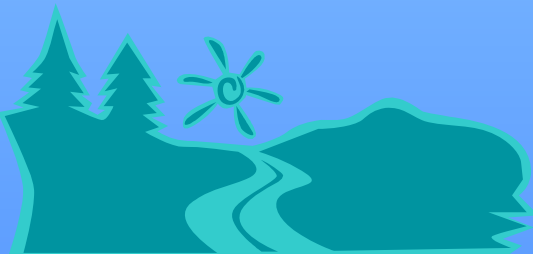
- “Us/them” world
- Meaningless or low-level activities
- Real-world living situations
 - ✓ Sense of home
 - ✓ Belonging
- Real-world learning
- Real-world working
- “Empowering niches”
 - ✓ Consumer drop-in centers
 - ✓ Wellness centers
 - ✓ Recovery resource centers



Passage VIII

From Inertia to Meaningful Participation

- Withdrawal, boredom, and idleness
- Recovery is:
 - ✓ Saying “YES” to life
 - ✓ Risking & moving out of comfort zone
 - ✓ Challenge, engagement, and achievement
- Participation in *personally valued meaningful activities*
 - ✓ Creativity
 - ✓ Enrichment
 - ✓ Learning
 - ✓ Work
 - ✓ Contributing to Others



Passage IX

From Isolation to Relationship & Community

- Counteracting the tendency to withdraw
- Rebuilding a circle of support—recovery is a “we” thing
- Family & intimate relationships
- Building community (spiritual, virtual, consumer culture, volunteerism)

