

# Full Recovery Is Possible!

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For

National Alliance on Mental Illness

Rio Grand Valley Chapter

# Really!!

## Treatment Success?



- Reduced costs
- Reduced recidivism
- Increased community tenure



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Is this what you're looking for?

# Confession

- My thoughts and slides on this are adapted from a presentation I saw by
- Dr. Pat Deegan

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# Are they listening?



Me

I feel sedated

I'm still hearing  
distressing voices

I can't think clearly  
on this medicine

I feel like the meds are  
controlling me

I'm not myself  
when I'm on this  
medicine

Psychiatrist

You are not psychotic

You are not shouting at  
your voices anymore

You are not thought disordered

You are more in control

You have returned to  
baseline



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Not picking on psychiatry this could be any provider!!

# Hope?

## Maintenance Model

- Chronic disease
- Guarded hope for remission
- Meds, Manners and Money
  - Supervised, congregate living
  - Lifetime on benefit checks
  - Day activity in segregated programs
  - Lives devoid of meaning and purpose



## Comparison of Vermont and Maine Studies

- **Vermont**

- MH system was based on rehabilitation
- Expectation that people would become self-sufficient and work
- Expectation that people would live in “real” housing

- **Maine**

- MH system was based on stabilization model
- Expectation that people would remain on benefits for life and could not work
- Expectation that people needed to be monitored/supervised in congregate housing

## Outcomes for Vermont and Maine Research Participants Residential

Domain	Years with statistical difference	Vermont (%)	Maine (%)
Hospital	60-76	13.0	50.0
Independent	60-71	46.4	25.6
Halfway House	60-63	6.2	0.3
Boarding Home	63-71	14.4	3.9

# RECOVERY IS:

Recovery  
means finding  
*my* reason to  
get out of bed  
in the morning





# RECOVERY IS NOT:

- Necessarily a complete cure.
- That's the medical definition.
- Full recovery means:
  - |
  - Live a
  - Full life!

# Maintenance Model

- For many is
- Hopelessness

I was not a hopeless case.  
Rather, I was in a treatment system  
that had no hope.  
There were no pathways into a better life.



# APPROPRIATE INTOLERANCE

- I have intense intolerance for hopelessness
- Number one factor in suicide
- So why would I want to communicate this in any way to any person I serve?

# The Recover Movement is also

- A conspiracy of hope
- An intentionally Disruptive Force
- It's personal
- It's living life to its fullest

# SO WHAT DO WE DO?

- Find your Personal Medicine
- Communicate your goals to your providers
- Insist on shared decision making
- Engage in self-care

# Find your Personal Medicine

- What is it?
- **Wikipedia says:** **Personal medicine** is an activity that a person does to obtain wellness, rather than something a person takes

# Find your Personal Medicine

- Personal medicine falls into two broad categories: 1) those activities that give life meaning and purpose, and 2) self-care strategies.
- Examples of personal medicine included the importance of being a good parent, singing in a gospel group, helping peers, fishing, laughing, going to school, working, taking care of a pet, and cooking for an appreciative spouse.

# Find your Personal Medicine

- What it can be?
- It is the Spiritual
- But like meds the Spiritual:
  - sometimes Cures
  - often Sustains
  - Often Empowers
    - in the face of
    - in spite of
    - but not always instead of



# Communicate your goals to your providers

## Power Statement



The most important thing in my life is working at Pizza Hut. I want my medication to help me focus on my work, not my voices, so I can pay attention at my job. I want you to work with me to stay out of the hospital so I can continue to work at Pizza Hut.

# Other Goals?

- I want to be completely off meds
- I want to finish my college degree
- I want to get married and have kids
- I want to be in a rock 'n roll band
- I want to visit New Zealand
- I want .....

# Power Statement Examples

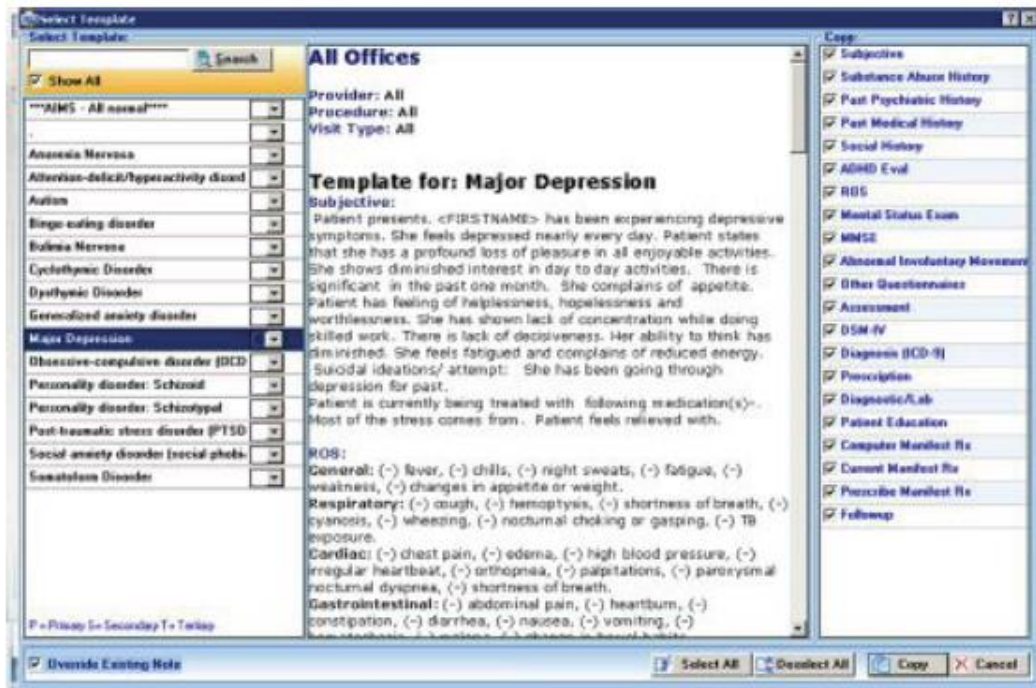
- Example #1 – A Parent’s Power Statement™ “Being a good parent is the most important thing in my life and is vital to my recovery. I am not willing to sacrifice being a good parent to bipolar disorder OR to medication side effects. You and I must work together to find a medication that supports me being a good parent to my kids.”
- Example #2 – A Gospel Singer’s Power Statement™: “Singing lifts me up. Singing is part of how I stay well. I need to sing to recover. Singing is powerful personal medicine for me. I want to work with you to find a medication and dosage that helps me keep it together so I can sing in my gospel choir!”

# Things to Write Down B4 Visit

- prompts for additional information:
- Symptoms since last visit
- Severity of recent symptoms
- Comparison of symptoms/severity at other recent visits
- Use of medications and any side effects
- Update medical status/status exam (the software records “problem” areas in red, to ensure these are readily seen and addressed by the psychiatrist during the visit.)
- Questions for the doctor
- Goal for the visit

# Get What's Important to You in Your Doctor's Chart!!!!

You won't find the word "recovery" here...



# shared decision making

- Shared decision making (SDM) is a collaborative process that allows patients and their providers to make health care decisions together, taking into account the best scientific evidence available, as well as the patient's values and preferences.

# shared decision making

- SDM honors both the provider's expert knowledge and the patient's right to be fully informed of all care options and the potential harms and benefits. This process provides patients with the support they need to make the best individualized care decisions, while allowing providers to feel confident in the care they prescribe.

# Decision Aids

- <http://decisionaid.ohri.ca/>



Ottawa Hospital  
**Research Institute**  
Institut de recherche  
de l'Hôpital d'Ottawa

## Patient Decision Aids



[Français](#)

### Patient Decision Aids

- For specific conditions
- For any decision
- Developed in Ottawa

### Conceptual Frameworks

### Development Toolkit

### Evaluation Measures

### Implementation Toolkit

### Knowledge Translation Tools

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## Welcome

Patient decision aids are tools that help people become involved in decision making by making explicit the decision that needs to be made, providing information about the options and outcomes, and by clarifying personal values. They are designed to complement, rather than replace, counseling from a health practitioner.

### How can I find decision aids?

- [A to Z Inventory](#) allows you to search for decision aids on particular health topics.
- [Ottawa Personal/Family Decision Guides](#) can be used for any health or social decision.
- [Decision Aid Library Inventory \(DALI\)](#) allows developers to enter information about their decision aids for inclusion in our inventories.



# SELF-CARE!

- We're all great at this right?
- What is it?
- What your PCP always says:
  - Eat right
  - Sleep right
  - Exercis
  - Get plenty of fluids
- And More-----

# SELF-CARE! And more..

- Using your personal medicine
- Making time for LIFE!!!
- It's not all about the disorder/diagnosis
- It's friends, food, a room with a view
- It's a drive in the country
- A movie....
- It's stress management
- And more.....



- The Hogg Foundation for Mental Health invites eligible organizations in Texas to respond to this [Request for Proposals](#) to conduct mental health recovery-oriented research. The goal of this grant program is to support research that furthers knowledge of and evidence for recovery-oriented practices, including, but not limited to, research on person-centered care, innovative mental health supports, developing and evaluating recovery outcome measures, and peer specialist workforce issues. The initiative also seeks to support the involvement of mental health consumers and peers as co-investigators on mental health research projects.

# Resources

- <https://www.patdeegan.com/blog/>
- <http://decisionaid.ohri.ca/>
- <http://www.informedmedicaldecisions.org/what-is-shared-decision-making/>
- [http://vpsrgv.com/health\\_tips/index.php](http://vpsrgv.com/health_tips/index.php)
- <http://www.vpsrgv.com/katrina.html> (free relaxation audio)
- <http://vpsproductions.com/> (nicer version with music \$2.99-about to go up to \$3.99)
- <http://www.dbsalliance.org/pdfs/conference/2008/CG7.pdf>
- <http://www.innovations.ahrq.gov/content.aspx?id=2870>