

TOOLS YOU CAN USE:

Recovery from Both Sides of the Couch

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Working Definition of Recovery

SAMHSA (Substance Abuse and Mental Health Services Administration)

<http://www.samhsa.gov/newsroom/advisories/1112223420.aspx>

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”.

The four major dimensions that support a life in recovery:

Health : overcoming or managing one’s disease(s) as well as living in a physically and emotionally healthy way;

Home: a stable and safe place to live;

Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

Community: relationships and social networks that provide support, friendship, love, and hope.

VIEW OF RECOVERY



OTHER RESOURCES

1. SAMHSA RESOURCES:

National Registry of Evidenced-based Practices and Programs:

<http://nrepp.samhsa.gov/Norcross.aspx>

The National Center for Trauma Informed Care

<http://www.samhsa.org/nctic>

Shared Decision Making

<http://www.samhsa.gov/consumersurvivor/shared.asp>

10x10 Wellness Initiative and Eight Dimensions of Wellness

<http://www.promoteacceptance.samhsa.gov/10by10/default.aspx>

2. Provider Perspectives:

- a. Dora Calott Wang, M.D. "The Kitchen Shrink: A Psychiatrist's Reflections on Healing in a Changing World". Riverhead Books; New York. 2010
- b. Charles Barber, Ph.D. "Songs from the Black Chair: A Memoir of Mental Interiors". University of Nebraska Press, Lincoln: Nebraska, 2005.
- c. Gail Hornstein, Ph.D. "Agnes Jacket: A Psychologist's Search for the Meaning of Madness" Rodale Press, 2009.
- d. Blog by Dr. Steve Balt, M.D. "Thought Broadcast: A Psychiatrist's Thoughts Straight to Your Head" <http://thoughtbroadcast.com/>

3. First Person Accounts:

- a. Benedict Carey, New York Times 5 part profile series "Lives Restored" <http://www.nytimes.com/interactive/science/lives-restored-series.html>
- f. Judi Chamberlin "On Our Own". 1978
The book can be ordered from: http://www.power2u.org/mm5/merchant.mvc?Screen=PROD&Store_Code=NEC&Product_Code=Book-OnOurOwn&Category_Code=books
- g. On-Line gallery project based on the book: "The Lives They Left Behind: Suitcases from a State Hospital Attic" <http://www.suitcaseexhibit.org/indexhasflash.html>
- h. For a perspective on transitional aged youth: Icarus Project:
<http://theicarusproject.net>

4. Family Resource: www.nami.org

OUR TOP 10's for Recovery Oriented Care

RECOVERY ORIENTED CARE TOP 10 for Keris Jän Myrick	RECOVERY ORIENTED CARE TOP 10 for Dr. Timothy Pylko
1. Having hope and/or others to help hold the hope when I cannot	1. Always come to treatment with enthusiasm and hope
2. Being an integral part of the process of recovery oriented care/treatment	2. Treat the patient/consumer with respect and take the position of collaboration on decisions
3. Being treated like a person not a cluster of symptoms or diagnosis	3. Treat the person first and the disease state second
4. Meeting me where I am on my recovery journey	4. Treatment should be with compassion and in a broad sense an act of love
5. Trusting me as the "patient"	5. Be prepared to spend time to get to know the patient/consumer
6. Taking risks	6. Be creative... do not be afraid to "think outside the box" and do not be stuck in "cookbook" treatment algorithms
7. Being learners and teachers during our work together	7. Don't overestimate or underestimate the power of medications
8. Refusing to create a double-standard related to inclusion in the community, work and life	8. Psychodynamic psychopharmacology: understand the symbolic meaning of medications to each patient and its ritual meaning of prescribing them in the Doctor-Patient relationship
9. Holding me responsible and accountable for my role in treatment and my recovery	9. Be available to connect with the patient/consumer outside of the session to provide support
10. Building resiliency rather than providing benevolent protective care – resiliency and self-management tools resources are necessary to live, work and navigate successfully in the world	10. The priority is enhancing function whether you eradicate symptoms or just help patients/consumers adapt to them in an effective way