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.
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:
   
   
   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  
   
   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:
   
   
   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


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## OUR TOP 10’s for Recovery Oriented Care

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