

USE OF THE RECOVERY MODEL THROUGHOUT DMH SERVICE DELIVERY

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I. INTRODUCTION

The Recovery Model concepts and principles should be incorporated into all service delivery provided by the Los Angeles County Department of Mental Health (DMH).

II. DEFINITIONS

Recovery: Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential (SAMHSA).

Recovery Model: The Recovery Model is a holistic, person-centered approach to mental health care. The Recovery Model is not in opposition to a traditional medical approach but rather complimentary to the provision of mental health treatment.

III. ASSESSMENT

- A. Assessment should include comprehensive overview of individual and family components of physical, intellectual, emotional and spiritual domains.
- B. Where applicable assessments also should provide historical information on financial, occupational, environmental and social influences that contribute to recovery.
- C. All assessments should include the four major dimensions that support recovery:
 - 1. Health—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being
 - 2. Home—having a stable and safe place to live
 - 3. Purpose—conducting meaningful daily activities and having the independence, income, and resources to participate in society
 - 4. Community—having relationships and social networks that provide support, friendship, love, and hope

IV. TREATMENT

- A. All mental health service delivery should use the recovery model approach which emphasizes hope.
- B. Assessments should include basic psycho education on the potential of recovery for each individual and their family members included in service delivery.
 - 1. Keeping cultural differences, disparities, and socio economics in mind, staff should not assume everyone knows about recovery potential.
 - 2. Increasing knowledge of ways individuals can support and control their own recovery is essential to positive outcomes.
- C. A practitioner should maintain a strong belief that it is possible for people with mental illness to regain a meaningful life, despite persistent symptoms.
- D. When a practitioner notes doubt that a person with mental illness will recover, they should consult with a supervisor and consider additional training.
- E. When a supervisor notes either by observation or request of client to change providers, that the mental health working relationship is not a good fit, the supervisor should consider alternative options to assure client success.

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F. Recovery approached service delivery should incorporate these 10 guiding principles:

1. Self-direction: Consumers determine their own path of recovery with their autonomy, independence, and control of resources
2. Individualized or Person-Centered: There are multiple pathways to recovery based on an individual's unique strengths as well as his or her needs, preferences, experiences, and cultural background
3. Empowerment: Consumers have the authority to participate in all decisions that will affect their lives, and they shall be educated and supported in this process
4. Holistic: Recovery involves an individual's whole life, including mind, body, spirit, and community, and all aspects of life, including housing, social networks, employment, education, mental health and health care treatment, and family supports
5. Nonlinear: Recovery is not a step-by step process but one based on continual growth, occasional setbacks, and learning from experience
6. Strengths-based: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals
7. Peer support: Mutual support by those who have recovered plays an invaluable role in recovery. Likewise, consumers shall be encouraged to engage with others in recovery and provide each other with a sense of belonging or camaraderie
8. Respect: Every person will be treated with respect thereby eliminating discrimination and stigma. Consumers shall be encouraged to have Self-acceptance and regain belief in themselves
9. Responsibility: Consumers have a personal responsibility for their own self-care and journeys of recovery. Consumers identify coping strategies and healing processes to promote their own wellness
10. Hope: Hope is the catalyst of the recovery process and provides the essential and motivating message of a positive future. Peers, families, friends, providers, and others can help foster hope

V. STAFF TRAINING

- A. Staff should attend trainings and follow guidelines which are consistent with the County Policy of Equity and Federal Regulations on Protected Health Characteristics for mental health the same as any other equity status.
- B. Webinars, current research and best practices are available via the department and various web resources to develop recovery practices.

VI. RESOURCES

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/brss-tacs/video-trainings>

National Institutes of Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4418239/>