

Recovery & Wellness:
Challenges & Possibilities from a
Personal & Professional Perspective



Why Recovery & Wellness

- Scientific Influences
- Political Influences
- Social Influences



RECOVERY

- involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness ”

● Anthony, W. A. (1993). Recovery from mental illness: the guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal*, 16, (4) 11-23.

PAT DEEGAN

- “The need to meet the challenge of the disability and to reestablish a *new and valued sense of integrity and purpose* with and beyond the limits of the disability;
- The aspiration to live, work and love in a community in which one makes a **significant contribution**”

Deegan, P. E. (1988). Recovery: the lived experience of rehabilitation. *Psychosocial Rehabilitation Journal*, 11, 11-19.

WELLNESS IS

– a conscious, deliberate process that requires that a person become aware of and make *choices* for a more satisfying *lifestyle* (Swarbrick, 1997, 2006).



Swarbrick, M. (1997) A Wellness Model for Clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.
Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29 (4), 311-314.

WELLNESS

A lifestyle that incorporates a self-defined balance of health habits such as adequate rest, exercise, nutrition, productivity, supportive relationships and engagement in meaningful productive activity/occupation.

Wellness/Recovery Model: Traditional Model

- Focus on wellness dimensions & strengths (person- centered)
- Collaborative - offer education, guidance and support
- Medication based on informed choice (shared decision making)
- Focus on deficits, problems and limitations (problem centered)
- Prescriptive-Staff acts as experts and prescribe what they feel is in the best interest of the person
- Medication compliance

- Motivation for change is health and personal control
- Individual is empowered to assume personal responsibility for health and lifestyle
- Systems integration assists persons with co-occurring disorders and multiple issues
- Motivation for change is fear and pressure from others
- Individual is expected to adhere to the advice of professionals
- Service system may exclude persons, require duplication of efforts or have separate access for persons with multiple issues

Can the Service Delivery System Be Transformed to Wellness & Recovery?



Personal Application



Collaborative Support Programs of New Jersey, Inc. (CSP-NJ)

- is a private not-for-profit organization directed, managed, and staffed through collaborative efforts of mental health consumers/survivors and non-consumers.
- strives to provide individualized, flexible community-based services that promote responsibility, recovery, and wellness.

CSP-NJ

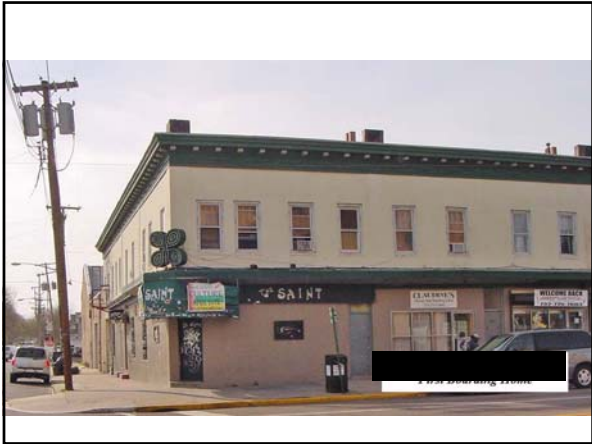
- This is done through the creation and administration of services and supports for adults who have mental health issues and other special needs.
- We share a vision of healing and hope, which is promoted by choice, freedom, inclusion, and destigmatization.
- Our greatest resource is the life experiences of persons working through their own recovery.



Issues of Concern

- Stigma and discrimination
- Patient role
- Isolation and loneliness
- Inadequate living conditions
- *Poverty*
- *Poor health and over-emphasis on a person as mentally ill*
- *Unemployment and underemployment*









CSP-NJ Visions

- Create opportunities for people participate in many valued life roles (friend, worker, employee, family member, community member, etc)
- Build on the strengths of personal experiences
- Create self-help/mutual aid activities
- Access to decent, safe and affordable housing
- Financial stability and asset building
- Challenge the status quo and impact systems change

Do you need someone to talk to
... someone to listen?



Just want to talk?

We'll Listen -
ASBURY PARK RAP LINE
MUTUAL AID - SELF HELP GROUP
775-2532

If you're feeling sad or lonely,
think of what it would mean
to talk to someone.

That someone can be as
close as your telephone.
The Asbury Park Rap Line
will be here to lend a caring
ear. Whether you live, in a
boarding home, a rooming
house, or at home, day to
day stresses can get us
all down. Sometimes it
helps to talk about it
with someone who understands

So, if you're feeling alone
or just want to talk,
give us a call.

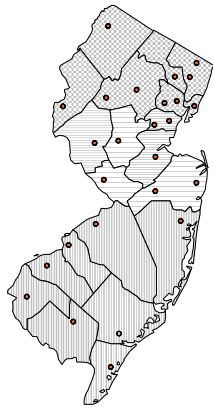
History

- 1985
 - 3 *drop-in centers* open in New Jersey. Technical support and fiscal assistance from a sponsoring agency (CSP-NJ) makes this happen.
- 1985-1995
 - 12 more centers were opened with \$ and support from DMHS.
- 1997 -1999
 - 27 self-help centers (one in each county).
- 2005-2007- Self-help Center enhancement (now 30 centers).

Self-Help Centers

- Offer an environment for learning and growth in a comfortable supportive setting that is easily accessible.
- Environment where peers can feel respected and accepted.
- Place where peers develop support networks.

MAP OF NEW JERSEY SELF-HELP CENTERS



Self-Help Centers

- The atmosphere and daily operations are managed by members and manager in collaboration with the sponsoring agency (CSPNJ).
- CSP-NJ provides fiscal assistance, technical assistance and support.

Components

- Mutual Aid-Self-help
- Wellness & Recovery Education
- Recreation and Socialization
- Peer Support
- Advocacy

- Life in a boarding home/rooming home can be lonely, monotonous and overcrowded.
- Boarding Home Outreach offers peers a relaxed environment to socialize and recreate with peers who have a similar life experience.



Supportive Housing & Services

- Secure and maintain a safe, decent, affordable housing on the community.
- Promote community integration.
- Prevent unnecessary psychiatric hospitalizations and homelessness.





SUPPORTIVE SERVICES

- A variety of housing settings including, but not limited to apartments, single family homes, condominiums and shared housing.
- Available to help secure and maintain independent living.
- Available 24 hours a day, seven days a week.

Financial Services 

- An array of financial services aimed at promoting financial literacy, responsibility for money management, development of long-term savings skills and habits, and the acquisition of assets.
- Help a person further personal wellness through economic gains and financial recovery.

Financial Services



- Client Trust Account Program is a personalized money-management service that is intended to teach and promote responsibility in managing personal finances and expenses
- Consumer Savings Club Program was developed to address needs and desires to save toward assets that have lasting value such as computers, transportation vehicles (bicycles, cars), good-quality furniture for an apartment, and other such items.
- It is modeled after commercial banking Christmas Clubs.
- There is a \$1-for-\$1 match.

Micro Loan Program

- One common obstacle to successful consistent saving is unexpected financial crises or situations.
- We offer a 0% interest loan up to \$500.00 for such situations, as well as security deposits.

Individualized Development Accounts (IDA)

- This is a national financial incentive program for low-income families to promote savings toward critical economic goals of homeownership, education, or starting a business.

(IDA)

- In partnership with the New Jersey Department of Community Affairs, through the Assets for Financial Independence Act, participants receive a \$2-for-\$1 match. (must save **earned income** toward assets of *homeownership, education, or business start up*).
- Required to participate in 10 sessions on general financial literacy education as well as 3 sessions of asset-specific training.

Community Enterprise Corporation

- www.comencorp.org
- Public Housing Authority
- Property Management
- Social Enterprise

Institute for Wellness & Recovery Initiatives

- Annual Wellness Conference
- Wellness Education Center
- Peer coaching model
- Wellness dissemination
- Anti-stigma/public education project (collaboration with UMDNJ)
- Peer-delivered Wellness & Recovery groups for:
 - Persons served in state hospitals and staff

Wellness & Recovery Hospital Project

- Peer educations (ex-patients) present a wellness and recovery group curriculum at the five state psychiatric hospitals.

Professional & Personal Practice



Recovery Consensus Statement*

- Hope
- Self-direction
- Individualized and – Person Centered
- Strength-based
- Holistic
- Non-linear
- Peer Support
- Respect
- Empowerment
- Personal Responsibility

• The National Consensus Statement on Mental Health Recovery is available at SAMHSA's National Mental Health Information Center at www.mentalhealth.samhsa.gov or 1-800-789-2647



HOLISTIC

Recovery encompasses an individual's whole life, including mind, body, spirit, and community.



HOPE

Hope is internalized; but can be fostered by peers, families, friends, providers, and others.
Hope is the catalyst of the recovery process.



PERSONAL PRACTICE



- The importance of maintaining personal wellness.

WELLNESS DIMENSIONS

☯ Physical

☯ Mental/
Emotional

☯ Occupational

☯ Social

☯ Environment

☯ Intellectual

☯ Spiritual

☯ Financial

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