

Recovery Planning at the Hobart Clinic

Amanda Quealy, CEO
Anne Kerr, Program Manager



The Hobart Clinic

- Our History
- Strategic Direction
- Treatment Programs
 - 27 bed inpatient unit
 - Patient profile
- Day Therapy Program
 - Wellness and Recovery program



A Recovery focused culture

- A holistic approach
- Breaking the cycle and reducing readmission rates.
- A continuum of Care
- Improved patient outcomes
- Empowers the client
- Impact upon the organisational culture.



Our aims

1. Identify and deliver an appropriate short term recovery focused program into the inpatient program
2. Identify and deliver a longer recovery focused program into the day program
3. Instill a recovery focus into our culture and our model of care



Key Recovery Concepts

“Recovery occurs when people with mental illness discover, or rediscover, their strengths and abilities for pursuing personal goals and develop a sense of identity that allows them to grow beyond their mental illness”

- Source: Mueser et al, Illness Management and Recovery: A Review of the Research. Psychiatric Services 53: 1272-1284, 2002



Key Recovery Concepts

Recovery” is a process, a way of life, an attitude and a way of approaching the day’s challenges. It is not a perfectly linear process. At times our course is erratic and we falter, slide back, regroup, and start again...”

- Source: Patricia Deegan, 1998



Key Recovery Concepts

1. Hope
2. Personal responsibility
3. Education
4. Self-advocacy
5. Support

Mary Ellen Copeland



10 Fundamental Components of Recovery

- **Self-Direction:** the recovery process must be self-directed
- **Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual's unique strengths and resiliencies
- **Empowerment:** having the authority to choose from a range of options and to participate in all decisions
- **Holistic:** Recovery encompasses an individual's whole life
- **Non-Linear:** Recovery is not a step-by step process
- **Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities and inherent worth of individuals
- **Peer Support:** Mutual support plays an invaluable role in recovery
- **Respect:** Self-acceptance and regaining belief in one's self are particularly vital
- **Responsibility:** Consumers have a personal responsibility for their own self-care and journeys of recovery.
- **Hope:** Hope is the catalyst of the recovery process



What we did ...



Inpatient Recovery Program

- Adapt Mary Copeland's Wellness & Recovery Action Plan for the inpatient environment
- Develop a rotating four week program that will empower and inspire clients to commence their own recovery journey
- Make copies of a Recovery Plan available to all clients
- Enlist the support of other team members (nursing staff) to support clients to complete their plans



Inpatient program covers:

- Inspirational stories of recovery – dvd's, other clients now returning
- Discussions about recovery and what it means
- Strengths based approach
- Topics
 1. Recovery vision
 2. What keeps us well
 3. Triggers and actions
 4. Early warning signs and actions



Day Patient Recovery Program

- The American Illness Management & Recovery Program – incorporates Illness Management and Recovery
- 12 week program covering the following topics:
 - Recovery Strategies
 - Practical Facts about Mental Illness
 - The Stress-Vulnerability Model
 - Building Social Support
 - Using Medication Effectively
 - Reducing Relapses
 - Coping with Stress
 - Coping with Problems and Symptoms
 - Getting Your Needs Met in the Mental Health System
 - Substance Abuse



Illness Management & Recovery Program (IMR)

- A structured program that helps people
 - seek meaningful goals for themselves
 - acquire information and skills to develop more control over their psychiatric illness
 - make progress towards their own personal recovery



Illness Management

- “Illness management is a broad set of strategies designed to help individuals with serious mental illness...”
 - collaborate with professionals
 - reduce their susceptibility to the illness
 - cope effectively with their symptoms



Day Patient Program

- The American, Illness Management & Recovery Program:
 - National evidence-based practices project
 - Reviewed 40 randomized controlled studies
 - Identified four effective components of illness management
 - Committee developed resources, manuals



Day Patient Program

Summary of Results from Review of 40 Randomized Controlled Trials

Components	Outcome(s)
Psycho-education	Improves knowledge of mental illness
Behavioral Tailoring	Helps people take medication as prescribed
Relapse Prevention Programs	Reduce symptom relapses and re-hospitalizations
Coping Skills Training (Cognitive - Behavioral)	Reduces the severity and distress of persistent symptoms



Overarching goals of the IMR project

- Inspire people to become hopeful about their recovery
- Prepare people to be informed decision-makers about their own treatment
- Help people gain more sense of control over their mental illness
- Free people up to spend less time dealing with their illness and more time enjoying life



Specific goals of the IMR project

- Help people set and make progress towards personal recovery goals
- Teach people about psychiatric illness and its treatment
- Teach people how to use medication effectively
- Help people develop relapse prevention plans
- Teach people strategies for coping with and reducing persistent symptoms and other problems



Incorporating recovery into our culture

- Identify champions of recovery in the inpatient and day patient program
- Trial the programs and invite client and staff feedback on how they can be improved
- We have just commenced the cycle - Implement, evaluate, adapt ...



Benefits

- **Consumer benefits:**
 - more hope and self confidence
 - more confidence, trying new things
 - more involved in meaningful activity
 - managing their own illness better
 - involvement with more than one agency
 - more time between relapses/hospitalisations
 - less stress
 - Better relationships with family
- **Staff benefits:**
 - better understanding of consumer goals/needs
 - less “protective,” more encouraging
 - become less of the expert and more of the facilitator

