

# Recovery and Wellness Provider Training

# Section I

## **Recovery**

# Recovery

- **Recovery** has been identified as a primary goal for behavioral health care.
- The federal Substance Abuse and Mental Health Services Administration (SAMHSA) has defined Recovery as **the process of change through which individuals improve their health and wellness, live a self directed life, and strive to reach their full potential.**
- **A Recovery Oriented System of Care (ROSC)** is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with mental health conditions and/or with alcohol and drug problems.
- **The FIDA Person-Centered Service Planning process should serve as a ROSC for Participants.**

# Components of Recovery



# Supporting a Life in Recovery

- SAMHSA has further identified four major dimensions that support a life in recovery:
  - **Health:** Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem— and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.
  - **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.
  - **Community:** Relationships and social networks that provide support, friendship, love, and hope.

# Guiding Principles of Recovery

- SAMHSA has also identified ten guiding principles of recovery (1-2):
  - **Recovery emerges from hope:** The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.
  - **Recovery is person-driven:** Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience.

# Guiding Principles of Recovery

- SAMHSA has also identified ten guiding principles of recovery (3-4):
  - **Recovery occurs via many pathways:** Recovery pathways are highly personalized. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches. Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families.
  - **Recovery is holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

# Guiding Principles of Recovery

- Guiding principles of recovery continued (5-7):
  - **Recovery is supported by peers and allies:** Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community.
  - **Recovery is supported through relationship and social networks:** An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.
  - **Recovery is culturally-based and influenced:** Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person's journey and unique pathway to recovery.

# Guiding Principles of Recovery

- Guiding principles of recovery continued (8-10):
  - **Recovery is supported by addressing trauma:** The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues.
  - **Recovery involves individual, family, and community strengths and responsibility:** Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery.
  - **Recovery is based on respect:** There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in one's self are particularly important.

# FIDA Supports a Recovery Oriented System of Care

- FIDA seeks to make the health care system more recovery oriented and participating providers can take many steps to ensure that participants experiencing mental health conditions and/or substance use disorders are able to access recovery.
- FIDA participating providers should:
  - Ensure that services are delivered with an eye to the four dimensions of recovery (health, home, purpose, and community).
  - Employ shared decision making tools in planning for mental health and/or substance abuse treatment services.
  - Involve peer specialists in the care planning and delivery. Peer specialists are qualified persons with self-identified lived experience in recovery from mental illness and/or substance use disorders.
  - Participate in National Recovery Month events and distribute National Recovery Month resources in offices and other settings.

## Section II

# Wellness Principles

# Wellness Principles

- Six dimensions of Wellness contribute to positive growth and wellbeing
  - **Physical** – a person's body functions properly and ability to maintain a healthy quality of life
  - **Social** – a person's interactions with others and ability to maintain positive relationships
  - **Mental** – a person's ability to process information and act accordingly
  - **Emotional** – a person's coping, adjusting and adapting mechanisms
  - **Spiritual** – belief in some force or dynamic other than human that can provide peace and harmony
  - **Environmental** – one's surroundings, habitat and occupation

# Wellness Principles

- Wellness is an active process that promotes health and well-being. It involves healthy eating, exercise, stress management, education, health screening, cultivation of supportive interpersonal relationships, and other interventions focusing on the whole person.
- Wellness Program interventions are active, outcomes-oriented, and positive.
- Wellness Program interventions may enhance health, prevent illness, and reduce the need for some future treatments.

# Wellness Principles

- Goals of Wellness Programs include:
  - Understanding that people with disabilities can lead long, healthy lives;
  - Elevating the importance of health and wellness;
  - Providing information on steps people can take to improve health; and,
  - Providing knowledge and tools to treat the whole person with dignity.
- Wellness Programs give people more control over their health.

Please visit the FIDA Portal Community Resources Page, Wellness Tab for more.

# TEST Questions

## Recovery and Wellness

1. The four dimensions supporting recovery are:
  - a. Health, Home, Purpose, and Community
  - b. Stability, Friendship, Sobriety, and Employment
  - c. Treatment, Compliance, Medication, and Coverage
  - d. Communication, Engagement, Support, and Wellness

# TEST Questions

## Recovery and Wellness

### 2. Recovery pathway: (true or false)

- a. An individual's path to recovery is the same for everyone, including from different cultures and backgrounds.

# TEST Questions

## Recovery and Wellness

### 3. Characteristics of a successful wellness program include:

- a. Programs that promotes health and well-being.
- b. Programs that promote healthy eating, exercise, and stress management.
- c. Programs that involve education, health screening, and the cultivation of supportive interpersonal relationships.
- d. All of the above

# Test Answer Key

Question	Answer
<i>The four dimensions supporting recovery are:</i>	<i>Health, Home, Purpose, and Community</i>
<i>An individual's path to recovery is the same for everyone, including from different cultures and backgrounds.</i>	<i>False</i>
<i>Characteristics of a successful wellness program include:</i>	<i>All of the above</i>