Implementation of Recovery Principles & Services

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Implementation of Recovery Principles & Services

- PSR & R Program Structure & Staff
- Overview of Recovery & Systems of Care
- Implementing Recovery
- Psychologist Roles in Recovery Services
PSR Program Areas

- Therapeutic & Supported Employment Services (TSES)
- Local Recovery Coordinators (LRCs)
- Psychosocial Rehabilitation and Recovery Centers (PRRCs)
- Peer Support
- Family Services
- Consumer & Liaison Services
Recovery

“Mental Health Recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” (SAMHSA, 2006)
Recovery... Can Be a Long, Rewarding Ride
Recovery... Is Grabbing the Bull by the Horns
Origins of Recovery in VA

- President’s New Freedom Commission - July 2003
- Mental Health Strategic Plan - November 2004
- PSR & R Section of OMHS - November 2005
- Uniform MH Services Package - draft
- PSR & R Section Handbook - draft
Recovery Oriented Systems of Care

- Support person-centered & self-directed approaches to care
- Encompass & coordinate the operations of multiple systems providing responsive, outcomes-driven approaches to care
- Require ongoing process of systems improvement that incorporates experiences of veterans & family members
Recovery Oriented Systems of Care

- Collaboration
- Partnership
- Non-Duplication of Services
- Community Based
- Client Focused
- Cost Effective
- Efficient
- Competency Based
- Outcomes oriented
How Do We Achieve This?

We SET OUT to Recover.

- System Transformation
- Evidence-Based Practice
- Training/Education
- Outreach/Advocacy
How Do We Achieve This?

- Psychologists play an important role in the transformation of VHA MH care.

- We need you to help make this recovery transformation successful.
System Transformation

Recovery is...

- A philosophy of how we provide care
- Not a “program” or set of programs within PSR & R Section
- Initially focused on veterans with SMI
- Ultimately to be infused throughout ALL programs & services in MH continuum of care
System Transformation: A Culture Change

- Leadership
  - Model recovery & support your staff

- Collaboration
  - Work with other services & programs (LRCs)

- Partnership
  - Work with veterans, family, & community (Peer Support & PRRCs)

- Non-Duplication of Services
Evidence-Based Practices

- **Outcomes Oriented**
  - Identify best practices through research
  - Train staff to implement EBPs
    - Social Skills Training, CBT w/Psychosis
  - Implement EBPs
  - Evaluate outcomes
    - National Program Evaluation & Monitoring
      - NEPEC, SMITREC
      - MIRECCs (VISNs 1, 3, 5, 16, 22)
      - Centers of Excellence (VISN 16)
      - NRAC
    - Performance Measures
      - PSR Metrics Group
Training/ Education

- Competency Based
  - Teach new skills
    - Formal and informal training programs
      - PSR Fellowship Program
  - Supervise staff
    - Program development/coordination
  - Mentor new leaders
    - Formal and informal mentoring
Outreach/Advocacy

- Community Based
  - Seek input from veterans
    - Consumer Councils
  - Involve family members
    - Family Services
  - Consider other stakeholders
  - Develop partnerships
    - Supported Employment
Psychologist Roles in Recovery Services

- Therapeutic & Supported Employment (several program managers; psychologists in $\frac{1}{2}$ of the CWT Polytrauma programs)
- LRCs (53 psychologists—about 40%)
- PRRCs (11 psychologist directors--42% of VACO-funded PRRCs)
- Peer Support (multiple supervisors)
- Family Services (majority FPE clinicians are psychologists)
- Consumer & Liaison Services (liaisons to Consumer Councils and involvement w/community organizations)
Psychologist Roles in Recovery Services

- **Outpatient**
  - SMI (TSES, LRCs, PRRCs, Peer Support, Family Services, Consumer & Liaison Services)
  - General MH (PC-MH integration)
  - Specialty MH (MHICM, PTSD, SUD)

- **Residential (RRTPs)**
  - Resident Advisory Councils
  - CARF Preparation

- **Inpatient (Acute Psychiatry)**
  - Therapeutic Programming
Psychologist Roles in Recovery Services

- **System Transformation**
  - Leadership, Support/Advocacy, Partnership
    - MH Executive Committee, Recovery Implementation Teams

- **Evidence-Based Practice**
  - Research, Therapy, Evaluation
    - Research studies, outcomes measurement work groups

- **Training/Education**
  - Teaching, Supervising, Mentoring
    - Presentations, coffee/lunch groups, internships/post-docs, program coordination, coaching groups

- **Outreach/Advocacy**
  - Involving Veterans, Family, & Community
    - Consumer Councils, family services, NAMI, DBSA, etc.
Elements of Recovery

**Hope**
- **VA STAFF:** Maintain a positive approach
- **Veteran:** Talk about your success

**Holistic**
- **VA STAFF:** Pay attention to the patient’s basic needs
- **Veteran:** Join therapeutic sessions regularly

**Self-Directed**
- **VA STAFF:** Share information
- **Veteran:** Consider a new path for the future

**Respect**
- **VA STAFF:** Use a pleasant, caring voice
- **Veteran:** Ask for help when needed

**Empowerment**
- **VA STAFF:** Encourage individuals to share their experiences
- **Veteran:** Ask questions until you understand

**Person Centered**
- **VA STAFF:** Ask about personal preferences, interests, and skills
- **Veteran:** Monitor your symptoms

**Focus on Recovery**
- **VA STAFF:** Focus on the person’s abilities, not disabilities
- **Veteran:** Ask for information you need

**Peer Support**
- **VA STAFF:** Make your personal needs known
- **Veteran:** Make your personal needs known

**Non-Linear**
- **VA STAFF:** Create service options and support
- **Veteran:** Ask the patient to tell about their story

**Strength-Based**
- **VA STAFF:** Reach out to colleagues in the community to extend care plans
- **Veteran:** Be open to new possibilities

**Responsibility**
- **VA STAFF:** Provide sources of support with patients and families
- **Veteran:** Be open to new possibilities

**Person in Charge**
- **VA STAFF:** Assist patients in communicating their needs and hopes
- **Veteran:** Be open to new possibilities

**Focus on Recovery**
- **VA STAFF:** Provide information to assist in decision making
- **Veteran:** Believe in the goals of recovery

**Focus on Recovery**
- **VA STAFF:** Provide a clear and concise way of explaining information
- **Veteran:** Believe in the goals of recovery

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Expect Recovery!
Wellness for Mind, Body, and Spirit

Spring 2008
Volume 1, Issue 2

Upcoming Events:
- Women’s History Month
  March 1-31
- World Diabetes Day
  April 14
- Alcohol Awareness Month
  April 1-30
- Nat’l Women’s Health Week
  May 11-17
- Nat’l Employee Health Day
  May 24
- Nat’l HIV Testing Day
  June 27

Spring Is Here!

Exciting things are happening in the VA Sierra Nevada Health Care System! From new hires to improving programs, our family is growing and improving each day. In this issue, you will find examples of how focusing on recovery can and does make a difference.

It is always important to recognize why and how things happen. From veterans’ needs to family involvement, to staff satisfaction, it is all about making our experiences more pleasant, more meaningful, and more hopeful.

This journey on which we continue is only possible through ongoing collaboration and communication with one another. We can only accomplish this through more education, more commitment, and more feedback from everyone. Please join me in continuing to pursue and expect recovery in our system!

Everyone’s thoughts and creativity are always welcome!

I look forward to hearing from you,

Troy H. Seidl, Ph.D., M.Ed.
Local Recovery Coordinator
1-888-838-6256 ext.1352

Elements of Recovery

Hope: Open up to new possibilities.

Self-Directed: Always be an active participant in your healthcare plan.

Empowerment: Ask any questions until you understand.

Peer Support: Do share your recovery story with others.

Respect: Make sure you share your own personal needs with others.

Non-Linear: Learn new coping skills and share with friends.

Strengths-Based: Look for chances to learn new skills.

Person Centered: Be open to possibilities.

Responsibility: Monitor your symptoms.

Holistic: Join sessions regularly.
Summary

- There are many opportunities for psychologists to be involved in the recovery transformation.
- Psychologists bring a unique set of skills to the transformation process.
- Successful transformation depends on active participation by all disciplines.