



Wellness & Recovery

Danyelle Borish
Community Wellness Team



Mental Health
FIRST AID
Instructor

#stand
together



Introduction

- Who I am
- My role
- Why I'm here

Recovery or Wellness?



- Recovery: process
- Wellness: state of being

Are they interchangeable? No.
Do they belong together? YES!

Components of Wellness & Recovery

1

Educate

Self

Individual you serve

2

Engage

Your role

Individual
participation

3

Advocate

Team advocacy

Self-advocacy

The image features a vibrant red background with several yellow pencils scattered across it. A large white circle is centered on the page, containing the word "Educate" in a bold, black, sans-serif font. To the left of the circle, a dashed teal line curves around its edge. A solid blue circle is positioned at the bottom right of the white circle. The overall composition is clean and modern, emphasizing the theme of education.

Educate

In order to understand others, you must understand yourself first.

-Vikrant

- Who are you?
- What is your role as a service coordinator? What is your role in recovery?
- *Why* do you do what you do?



**(also called
"Personal Factors")**

- Knowledge
- Expectations
- Attitudes

**Determines
Human Behavior**

Environmental Factors

- Social norms
- Access in community
- Influence on others
(ability to change own environment)

Behavioral Factors

- Skills
- Practice
- Self-efficacy

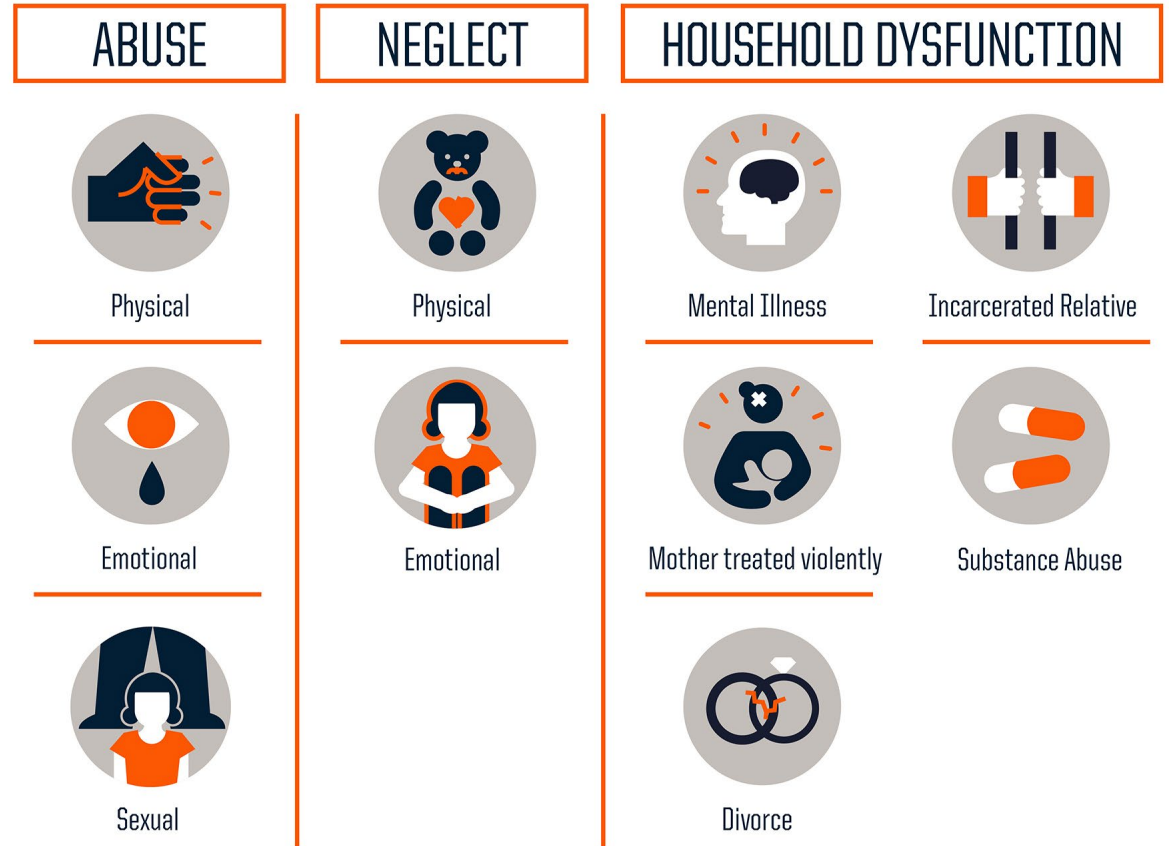
Environmental Factors: Trauma

Trauma and ACEs

ACE: Adverse Childhood Experience

Over **60%** of people have experienced at least one
















(see handout)





Long-term Consequences



BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones

SAMHSA's definition of

recovery

noun.

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

4 MAJOR DIMENSIONS OF RECOVERY

HEALTH

HOME

PURPOSE

COMMUNITY

5 Key Recovery Concepts

Designated by Individuals Receiving Services

**Hope*

**Support*

Personal responsibility

Self-advocacy

Education

PA Mental Health Consumer Assoc.

Wellness & Recovery





Engage

Partner Scavenger Hunt

- Bandage-to heal when you're hurt (addresses trauma)
- Slinky-keep going! (resiliency)
- Rubber band-to stretch beyond your limits (goals)
- Candle-to light up the darkness (HOPE)
- Toothpick-pick out the good in others AND yourself (strengths-based, respect)
- Lifesaver-for the times others need your help and you need theirs (peer support)
 - Pen-write your own (new) story
 - WRAP-plan to maintain wellness
- Fidget-different self-care/coping skills for each person
- Eraser-move on from the past (expungement)
- Notepad-self-exploration (see next slides)
- 'yellow cards'-recognize need to slow down, be aware of signs/symptoms, get help early
- Visitor badges-try new things/step outside your comfort zone
- Paper clip-hold everything together when it feels like it's falling apart (ENCOURAGEMENT)
- 'Hug'/'Kiss'-to remind you that someone cares about you (relationships/support)
- Tea bag-to remember to take care of yourself (self-care) ['throat coat'-speak up (advocate)]





**There is no such thing as
an unmotivated person.**

...it's about finding what motivates them...

Individual being served: self-exploration

I am...

- Past: Who was I?
- Present: Who *am* I?
 - Strengths
 - Resources
 - Behavioral health services
 - Family/Friends
 - **PEERS/support groups**
(next slide)
- Future: Who do I want *to be*?
 - Small steps
 - Larger goals

Recovery is...

- Healing
- Growth
- Choices
- Opportunities
- Full potential
- **HOPE**



What recovery means to ME!

Key components of person-centered treatment plans:

- **Defined by the individual**
- Independence and choice are valued
- Clear 'exit' from services
- Attainable goals and high expectations
- **Personalized** treatment options
- Importance of **community**
- Self-determined/directed
- Strengths-based
- Promotes resilience
- Focuses on **holistic wellness**

Your Role

- **Listen** actively
- Orientate the individual to **recovery** principles and concepts
- Assess for **strengths**
- **Plan** for small steps
- Keep an individual **accountable**
- Promote **self-discovery**
- Encourage **resilience**
- Provide **mentorship**

...AND, most importantly, provide



Person-directed Engagement

Self-efficacy: believing oneself capable of successfully performing certain behaviors or reaching certain goals



Self-efficacy requires an individual to take control of their own recovery and wellness.

This individual takes personal responsibility.

Your role:

- Guide/assist
- Hold accountable

Social Cognitive Theory

SELF-EFFICACY

Believing oneself capable of successfully performing certain behaviors or reaching certain goals

Crucial to motivation

Learners more apt to initiate, exert effort in, and persist at activities for which they have high S.E.

Comes from past successes in an activity

(to a degree)

Social factors can boost S.E.

encouraging words


successful peer models





PEER SUPPORT can be one of the most important tools for an individual!

- **Most underutilized resource!**
- It's one thing to say you understand, but unless someone has had some of the **same experiences** (especially if it is a physical or mental challenge), they can connect with someone on a much deeper level.
- **Part of CTT/CIT teams:** provide a person with lived-experience's perspective to instill **hope**, provide **support**, and promote recovery and **wellness** from a personal perspective/provide an example
- **Bridges the gap** between professionals and individual receiving services



Certified Peer Specialist (mental health) Certified Recovery Specialist (substance use)

Certified by the state

Go through two weeks of **training**

Supervisor is also a person with lived-experience ('peer')

Provide assistance in **both crisis and non-crisis situations**

- Treatment teams
- At home/in the community
- PSAN's Warmline
- Resolve (phone/walk-in)

Must maintain **credentials**/complete **continuing education**



Advocate



Advocate

Team Advocacy

- It's *your job* to advocate for the individual in treatment teams, recovery services, etc.
- The individual is encouraged to do so, but might not be able to.
- If the individual is not available or is unable to advocate for themselves, *you are their voice*.

Individual Advocacy

Speak-up! Speak out!

- If things aren't working out, encourage them to address it.
- This includes...
 - Treatment options
 - Behavioral health professionals
 - Medications
- Outside this realm: **boundaries**



Moving from the
'medical model' to
**Recovery-
Oriented
Language**

Recovery-oriented language is **objective**.

Incorrect	Correct
John refused/resisted...	John ...declined ...repeatedly objected to...
Nancy believes...	Nancy stated...
Sarah is delusional.	Sarah is experiencing delusional thoughts.
We have watched Tim decompensate.	Tim is experiencing increased symptoms.
Sam is manipulative.	Sam is seeking alternative methods of meeting his needs.
Francine is noncompliant.	Francine is ...not in agreement with treatment ...having difficulty following treatment recommendations.

Summary: Recovery-Oriented Principles

Don'ts	Dos
Don't use subjective language	Use objective language (previous slide)
Don't use labels/generalizations Ex. 'She's moody.'	Use person-first language Ex. not 'She is bipolar.' but 'She <i>has</i> bipolar disorder.'
Don't assume you know best (as the professional, you're the expert)	Figure out what works for that individual- <i>they're</i> the expert!
Don't emphasize limitations	Emphasize abilities
Don't be condescending or patronizing	Focus on hope and empowerment

Take-aways

You play a key role in an individual's recovery.

The choices are theirs, but you can **support** them along the way.

The most important thing you can do is provide **HOPE**.

May you be proud
of the work you do,
the person you are,
and the difference
you make

PLANNING in pajamas



Thank you

Danyelle Borish

danyelle.borish@allegHENYcounty.us

For more information on Stand Together:

Facebook/Twitter/Instagram: **@stand2getherPGH**

Website: **<https://standtogether.againststigma.org>**