Adult Comprehensive Community Support Services

CCSS

The Path to Recovery

Harrison Kinney
Behavioral Health Services Division
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The Devastation of Serious Mental Illness and Chronic Substance Abuse

- Serious mental illness and chronic substance abuse can destroy a person’s ability to build a meaningful life.

- A person’s ability to work, play, build relationships and learn is often lost due to the illness.

- People often become homeless and do not have the ability to rebuild a life. Life expectancy on the streets is about two years.
Treatment

• Treatment for Chronic Substance Abuse and Serious Mental Illness is critical.

• Treatment typically centers on the reduction and elimination of symptoms.

• Many individuals have been so traumatized by their disorder after their symptoms are reduced or eliminated they still are unable to build a new life for themselves.
Recovery

• *Treatment and recovery are not the same.* Treatment encompasses the way professionals intervene to stabilize or alter the course of an illness; recovery is the personal experience of the individual as he or she moves out of illness into health and wholeness. Recovery is the experiential shift from despair to hope, alienation to purpose, isolation to relationship, withdrawal to involvement, and from passive adjustment to active coping (Ridgway, 2001).

• “recovery from mental illness must be defined as a complex, dynamic, and enduring process rather than a biological end-state described by an absence of symptoms. Recovery is, in its essence, a lived experience of moving through and beyond the limitations of one’s disorder. Viewing recovery in terms of an ongoing and highly personalized experience, rather than a biomedical disease (“Recovery in Mental Illness”).

• *Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life.*
CCSS Activities
Rebuilding a Meaningful Life

- Recovery and Resiliency Plan - This is the individual’s plan to build his or her life so that it has meaning and value. The focus is not treatment per se’ but about where to live, connecting with others, how to play, working and pursuing dreams > having a life.

- Crisis Management Plan - The illnesses are cyclical so that it will become active periodically. The person learns to minimize the extent of the relapse.

- Skill Enhancement - Making the person stronger by “assistance in the development of interpersonal, community coping and functional skills.” The person learns how to again take control of his or her life.

- Symptom Management - The person learns to control the illness and not be controlled by it.

- Housing and Employment - The corner stones of recovery.
• The Certified Peer Specialists are individuals who are in a successful recovery process, have been certified by the state and work within CCSS programs.

• The Certified Peer Specialists are in a unique position to provide a sense of hope, mentorship and support as they truly know how the person feels.

• The Certified Peer Specialist is a very adaptable position depending on the people being served. They can be: returning veterans with PTSD; or, 3rd generation black tar heroin users; or, person with schizophrenia; or, any nationality or ethnic group; or, woman with a history of domestic violence; or, a formerly homeless person and, so forth.

• The Certified Peer Specialist helps keep the program targeted on the real needs of the people they serve.
In Vivo Services

• People do not develop recovery in a therapist’s office. This is the therapist’s place of power not the person’s place of power.
• People develop recovery skills at home, at work, at play, relating to others, at a place of worship, and other places that the person lives. This is where people learn to rebuild their lives.
• CCSS allows the program to come to the person at their convenience according to their plan. It shows a very high level of respect for the individual.
• This respect helps develop a solid, therapeutic relationship between the individual and the CCSS worker.
CCSS
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