

Quality Improvement

QuickTip

#4

Why All This Talk About Recovery? Levels of Care: All

For several years, the mental health treatment world has been talking about incorporating the Recovery principles. The Recovery principles are second nature to providers of substance abuse treatment, and they have used the principles in practice for many years. So, what do the Recovery principals mean to you as a provider of mental health services?

Recovery describes the Member's change process, in both mental illness and substance abuse treatment, as the Member achieves healthy living. Each individual's Recovery process is unique and has its ups and downs, which mirror the Member's spurts of growth and change. Recovery offers a paradigm shift from the current medical model treatment paradigm, which focuses on symptoms management with professional supports; to a more client centered treatment paradigm, which embraces symptom integration and elimination, self-management of symptoms, and community inclusion. The Recovery paradigm has higher expectations of mental health treatment outcomes, and recognizes that emotional health is fluid and achievable for everyone.

As mental health and substance abuse treatment providers, the Recovery paradigm may focus on any of the following goals:

- Hope
- Interdependency
- Self-management of symptoms
- Using medication as a tool - not the primary intervention
- Coping with stigma and discrimination as part of treatment
- Actively co-creating a meaningful and purposeful life
- Promoting knowledge and acceptance of disabilities
- Supporting self help and peer support
- Highlighting resilience
- Exercising client's strengths
- Understanding that the professional's task is education and support
- Believing that treatment is client driven

