

**Robert Lee Sutherland Seminar XV
Hogg Foundation for Mental Health**

**Recovery & Integrated Care
Summary Notes**

I. Valarie Garza

A. Recovery is exemplified by Lance Armstrong, with his post-cancer return to functionality and expansion of abilities he didn't know was possible

- possible to recover from an illness and live life as fully as Lance Armstrong did
- including mental illness

- ultimately because recovery is personal and unique process, everyone with psychiatric illness has own definition of recovery

- it can include hope, medication and treatment, empowerment and support, education and knowledge, self help, employment and meaningful activity, spirituality

B. Ten fundamental components of recovery: self-direction, individualized, holistic, empowerment, non-linear, strength based, peer supports, respect, responsibility, hope

C. Her son Daniel Garza has had mental health challenges since 18 months old

- kicked out of every daycare in town, broke 1st grade teacher's jaw, at age 8 got children's psychiatric services

- ages 8-18, had 72 incarcerations for assault, was on 50 diff medications, had more than 40 inpatient hospitalizations and was at 7 treatment centers

- did not get individualized strength-based treatment. because of things failed to do, Daniel was arrested for serial rape of 4 people in Austin

- if give reason to hope/empower people to strive beyond today's reality, they can recover from mental illness

D. When people think of mental illness, they think of the bad things people sometimes do, not the good

- When we begin to see mental health consumers as positive contributing members of society, then they become that

- without good research-informed treatment, other health needs can't be met either

- in looking at how recovery plays out in integration of physical and mental health, think of Daniel Garza on one side and Lance Armstrong on the other

- have to make sure that people with mental illness have same chance of recovery as those with physical illness

II. Sam Shore

A. Consensus statement on mental health recovery hammered out by diverse group: useful when thinking of integrated care and why we do what we do

- "journey of healing and transformation"

- enabling someone with mental illness to live meaningful life, under their own definition, comes from individual who has had to deal with healthcare problems

- folks can live in the community of his or her choice

- people are motivated to live how and where they want to live

-“while striving to achieve his or her full potential” –unique and individualized definition

-each recovery journey is individual, we each have experience with recovery

-uniquely meaningful

B. Recovery-“single most important goal for the mental health delivery system”

-If you’re working at integrated site, then you’re in the mental health system and most important goal is recovery of that individual

-just co-locating doesn’t get outcomes would hope for

-integration of work flow and measurement-based care are critical components

-integrated care is highly compatible with recovery so must be looked at

C. 10 components:

1. Self Direction (deciding direction and also having some control over resources that pay for that care)

2. Individualized and person-centered (how much person-centered planning are we doing right now?)

a. Find out what their motivation is to recover, to address their illness, implementing plan that they see as useful

3. Holistic-all facets of person’s life, not just body or mind but all those things

4. Peer Support-one difference in substance abuse field’s concept of recovery, higher level of structure around peer support

a. Not same level of structure in mental health but realize importance

b. in terms of wellness model, ways to structure peer support so that

people with same lived experience can talk about struggles and what keeps them living healthy lifestyle

5. Respect-Ms. Darden noted respect was so important

6. Hope-Is the service setting that we’re responsible for communicating a message of hope or is it just focused on the illness? For recovery, hope of a better future is important

D. What is the state doing? Texas Department of State Health Services

1. Luanne Southern is responsible for integrated care initiative

-Looking at creating learning community to do better work at integration

-measurement based care, work flow process

-another piece of work we’re doing is integrated health electronic record and looking at making it operable with other records so available for practitioners when someone comes in

2. Personal health record-working on this-that people can take with them and have relevant information

3. Variety of other initiatives-informed activated patient is one that’s happier, has meaning in life; evidence suggests that it’s less costly to serve these patients

-“I got my life back” -recovery is about getting your life back after something horrible has happened to you

4. New strategies, work flow measurement based care, so we can support people in their recovery in individualized based care

III. Discussion

A. Vicki Herndon-Hill Country MHMR developed peer support group, "Lose the Label"- individual's responsibility to bring to the table-premise of her book to transition people from entitlement mentality to self care-MHMR in Kerrville has started hiring consumers and that's a small town area

- DSHS working on consumer-focused technical assistance center

- entity that ends up being this center will be charged with convening these groups and disseminating evidence-based practices for that type of work

B. Garza: equally important for consumers to embrace responsibility, have to be willing to step up to plate and say that I have a challenge that I need help with and have to be willing to support others in their challenges