

Midterm Paper: Recovery Movement in Mental Health

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Introduction

The recovery movement in mental health is the foundation for individuals who suffer from mental illness. The goal in the recovery movement is to empower, equip, respect, and support individuals who suffer from mental illness. The goal is important to this community because it recognizes that individuals who deal with mental illness can be successful in their communities with the adequate amount of support, and services provided. One of the roles as a social worker is to empower, and to feel the need to empower, one must see the worth and dignity that every individual should have when it comes to their journey of life. One should be able to participate in life in a complete, and fulfilling way. When people think of recovery they only think of individuals and families who have been substance abusers, or been a victim of substance abuse when in all reality an individual who suffers from mental illness need the same amount of recovery. Recovery is all about resurfacing one's life to a better condition or circumstance they once found themselves in. As stated in Rosenberg's book in chapter one, it is stated in the mid-year of the 1980s the strength based model was introduced where the primary focus was to provide services to individuals to have a positive impact on one's livelihood which included independent living, and vocational activities (Rapp & Wintersteen, 1989). Another statement written in Rosenberg's book of chapter one was when Bill Anthony had introduced that the recovery movement should be a movement where it could be and should be attainable for those individuals who face serious mental illnesses. The recovery movement introduces a new life for those who suffer from mental illness who has not been encouraged to believe that they can function in a world that is forever moving at such a fast pace.

Timeline of Recovery

The recovery movement goes back all the way to the year 1830. Per one peer reviewed article John Perceval was a son to a prime minister in England and he had a personal experience that caused him to receive a certain type of treatment that he considered help him recover. The recovery model was initiated from the Consumer/Survivor/ Ex-patient movement and this was in the year between the 1980s and early 1990s. The consumer/survivor/ex-patient movement started within the psychiatric rehabilitation movement. The word recovery was never used in practice in the earlier years but practitioners realized that individuals had shared personal experiences of becoming better individuals based off certain practices that were in place which developed the recovery movement. The idea of recovery was practiced and used differently by the consumers/survivors and professionals during the movement which allowed policy and clinical strategies to be implemented. As stated in the introduction the idea of recovery in the United States is connected to substance abuse in specific alcoholic anonymous, and narcotic anonymous which began in the year of 1930 where people came together and focused on the main goal of recovery which was so become clean. In the years 1940s, and the 1950s professionals in the U.S was not concerned about helping patients recover but was more concerned of keeping patients confined within hospitals. Mental Health was looked upon as something that would never be able to be controlled, and individuals who dealt with mental illness did not have a chance to get better, and live a normal life like their friends and family members who did not suffer with mental illness. The Consumer/Survivor movement is what inspired changed through the field of mental health and allowed advocacy to take place for change to happen. Due to the persistence of determination and resilience, individuals who battle with mental health never gave up on themselves, and now mental health organizations, and the systems focus on therapeutic

approaches that embraces the recovery model. In an article that Mary O'Hagan wrote she stated that if professionals who work within different mental health organizations do not continue to fight for change in the United States the structures, and practices that are already in place will continue to be a disservice to individuals who deal with mental illness that are not fully able to admit that they have an illness. This is very true in social service agencies, and mental health systems because there is a percentage of higher up professionals who do not encourage the recovery movement and rather send individuals to psychiatric hospitals, and asylums where they may never find their purpose, or the means to even recover versus servicing these individuals well by allowing themselves to see they are just as capable as the next person, all they would need is the extra push of support.

Medical Model & Recovery Model

The medical model is a model that focuses on the disease or illness that is detected and identified through a systematic process of observation, description, and differentiation. The medical model focuses on certain procedures which are medical examinations, tests, and symptom description. It is proposed that the medical model focuses on interventions and whether they work or not. The medical model focuses on recovery only in the aspect of symptoms, and medication, the medical model does not incorporate one's experience in their life as a factor to their overall health. Individuals symptoms comes from one's mental feelings, and sensations which is why medical model and the recovery model can be connected within practice. One of the key elements is life satisfaction which focuses on one's mental stability of where they are currently in their life, and if they are satisfied how is their health rather than one being unsatisfied with their current life situations which brings on stress, worry, weight gain, weight

loss, and many more medical factors that can impact one's health. Another factor would be hope and optimism and this weighs heavily in the recovery model because the goal in the recovery model is to empower the patient for the patient to believe that life will be better whether it is dealing with mental illness, or a physical disability, or another health issues. Hope and optimism is used heavily in the recovery model because of the focus on an individual's life and life's experiences and how it can shape an individual's life on their road to recovery. Hope and Optimism is relevant in the medical model because this allows doctors to focus on conventionality of science and finds the passion to cultivate cures for different diagnosis. In relation to mental illness it would be more of a person's viewpoint than a medical or mental diagnosis. Then, there is empowerment which weighs heavily on both the practitioner, and the client. In the medical field empowerment, does not always stem from the patient and doctor but doctors use empowerment to push their patients to attend doctor's appointments, and build their patients self-management and personal responsibility when it comes to their health. In the medical field knowledge weighs, heavy on patient's lives, as well as mental health clients. In the article, it states that knowledge plays an important role in both the medical model, and recovery model because of the value of an individual's life. The recovery movement focuses on the knowledge of someone's illness, but also the movement values the importance of one's life experiences. The medical model and recovery model is different in the sense of the values that each practice acknowledges but in the medical field good doctors tend to their patients emotionally, and physically because it is important to create a safe place for their patients to even make it to the road of recovery. Medical model focuses more on diagnosis and it has come a time where diagnosis' could be ruled wrong today because some medical practitioners only focus on science, and the assumption of what a patient may be sick from. The recovery model endows

more of an understanding of one's history, and one's environment that can have a lot to do with someone's health. When it comes to mental health professional and doctors in the medical field it is proposed that hope, encouragement, knowledge, helps practitioners practice and practice well, and the recovery model helps promotes these values in the medical field that allows clients to rediscover their meaning and purpose of life.

Ecological Model & Recovery Model

The ecological model is used to understand the factors that can influence an individual's health and well-being. The ecological model is important because it also helps practitioners cultivate a complete picture of an individual behavior and the different levels of influence such as interpersonal, communities, policy. In the world of social work, clinicians are taught to pay attention to a client's overall background including their social environment, how they communicate, how they were raised etc. In the ecological model, it focuses on the intrapersonal, and social environmental factors as well as the recovery model. The ecological model developed in the early work in cross-cultural psychology. (Joan G. Miller). The model proves that those individuals who have been raised to adapt in certain cultures lead them to adapt in different ways such as survival. When one has been raised in that type of environment their cognitive development, and their skills are affected. The new ecological model in social work creates a foundation of change to occur. In this second article written by Besthorn, it states that the value and importance of one's environment and the seriousness of the concerns that can weigh heavily on someone's life should not be minimized. Whether at a level of assessment, individual, community, organizational, or political practice it is important that the ecological model remains constant because each aspect of life has value to one's way of living. The ecological model and

the recovery model relates due to the values of a client. Ecological model works closely with the social work practice and the recovery model due to the same mission which is to continue to allow society, and practitioners to learn more about the human person and pursue, and enhance more of a capacity of growth for individuals who deal with mental health.

Social Work's Role (Recovery Based Treatment)

Recovery based treatment is assumed to be focused on the sobriety of a person. Recovery is not just meant to focus on only the AA, or NA community. Recovery focuses on the self-determination of an individual, empowerment, strength based practice and in the social work practice, practitioners are trained in cultivating these skills. The recovery model is not implemented in a lot of mental health organizations but states that it is the approach to mental health care, so one of the things that should be advocated is for the recovery model to be implemented in treating clients who suffer from mental illness. The model is based on two points and that is to always remember it is effective when it is patient focused, and for patients to realize that it is possible for them to recover from a mental health condition. As social workers, our job is to constantly implement the power of recovery, and the power of self-worth, and determination when it comes to human beings. Our job as social work clinicians is to always focus on the client's progress, growth, and the client's purpose. Health, home, purpose, and community are all aspects of supports when it comes to recovery, the recovery model pushes the importance of connectedness, and social supports. When individuals have the support from their family, community, and social relationships life ends up being a lot easier than dealing with battles back to back with no support from anyone. When there is no support, a person may not feel like they have purpose in their life. It is shown all over the world that many models and

interventions are put in place to help support individuals with mental health issues but the problem that is at a high risk is everyone who deals with mental illness is not given the opportunity to benefit from the many models and interventions that are in place. It is social worker's responsibility to stand firm on the code of ethics, principles of social work and advocate for the dignity and worth of people all over the world.

Work Cited

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