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SWK 685 Social Work and Mental Healthcare Systems

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## **Time line of the recovery movement in mental health**

The concept or experience of recovery was most formally established in the 1990s by Anthony (1993) as follows: Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/ or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness. (p.527). The recovery model views mental illness from a perspective radically different from traditional psychiatric approaches.

## **The Recovery Model**

An understanding of recovery movement in mental health as a personal and subjective experience has emerged within mental health systems. The key ideas from the paper is the person centered. Defined recovery model in terms of six key dimensions: capacity for self-determination, ability to manage one's surrounding world, realization of potential, positive relations with others, and self-acceptance or positive self-regard. How the recovery model can change people lives and give them hope. It aims to help people with mental illnesses and distress to look beyond mere survival and existence. It encourages them to move forward and set new goals. it supports the view that they should get on with their lives, do things and develop relationships that give their lives meaning. Listening to patient's concerns, about course and outcome is the most interesting or provocative. Enhanced ability to recover from negative events may allow a patient to be more success in the process of treatment. Recovery model predicts both health and longevity suggesting that the ability to find meaning from life's experiences, especially when confronting life's challenges, may be a mechanism underlying resilience. Focus on person centered may motivate reframing stressful situations to deal with them more

productively, thereby facilitating recovery from stress and trauma. In turn, enhanced ability to recover from negative events may allow a person to achieve or maintain a feeling of greater purpose in life over time. How might recovery model in life protect against depression, the body and brain ravages of growing older, and the accumulated toll of stress and challenges over the years? The recovery model may protect against depression, anxiety, and mental illness is by providing a buffer from negative events, promoting reappraisal and motivated coping processes, decreasing brooding and ruminative thinking styles, and thus increasing resiliency.

### **Factors which supports recovery**

Many factors are associated with the road to recovery and include good relationships, financial security and satisfying work. The environment, which provides for personal growth, developing resilience to stress and adversity and allows people to develop cultural and spiritual perspective. For many people with mental illness, the concept of recovery is about staying in control of their life rather than the elusive state of return to premorbid level of functioning. Such an approach, which does not focus on full symptom resolution but emphasizes resilience and control over problems and life, has been called the recovery model. The approach focuses on building resilience of people with mental illness and supporting those in emotional distress. The recovery process provides a holistic view of people with mental illness that focuses on the person. The recovery process is profoundly influenced by people's expectations and attitudes and requires a well-organized system of support from family, primary care, public health and social services to embrace new and innovative ways of working. The recovery model aims to help people with mental illnesses and distress to look beyond mere survival and existence. It encourages them to move forward and set new goals. It supports the view that they should get on with their lives, do things and develop relationships that give their lives meaning. Recovery is

about looking beyond those limits to help people achieve their own goals, aspirations and dreams. Recovery can be a voyage of self-discovery and personal growth; experiences of mental illness can provide opportunities for change, reflection and discovery of new values, skills and interests.

### **Spirituality and Recovery**

Understanding religion and spirituality role in the treatment of mental illness often provide a sense of security, social structure, support, and sense of acceptance, all of which are beneficial to mental health. The role of religion and spirituality plays a positive outcome to clients who are suffering from a mental illness. It provides protective factors and well-being such as praying God, and healing. The connectedness of a group can make people feel welcomed, and valued. Using a spiritual context, being able to serve the patient and see life as whole. Helping patients to find meaning and acceptance in the midst of suffering and chronic illness.

### **Emerging Community Mental Health Challenges with Military Service Members and Veterans**

Mental health care can be described in terms of counseling. For example, service members and their families have the opportunity to seek counseling from chaplains, unit-embedded mental health care providers, community service programs and from such facilities as Marine Corps Counseling Centers. The programs providers can refer veterans, and families within community settings such as PTSD resilience programs, operational stress control and readiness (OSCAR), and comprehensive soldier fitness into basic training. The role of programs plays a positive outcome to veterans and families help to prepare service members for stressful encounters and traumatic events while they serve on military mission. The goal of such programs

is to reduce the number of service members who develop mental health problems and to keep all service members as physically and mentally fit as possible during deployment. Other resilience programs called comprehensive soldier fitness into basic training. Comprehensive soldier fitness is a structured, long-term assessment and development program to build the resilience and enhance the performance of every soldier, and family member. The program focuses on positive psychology and building resilience. It includes an assessment tool that provides a baseline for a veteran's emotional, social, spiritual, and family strengths.

### **Emerging Community Mental Health Challenges #2 Asylum, Prison, and Community Mental Health**

The constitutional rights of prisoners and the contributing factors that more prisoners with mental illness are incarcerated than in psychiatric institutions. Many factors come into play in determining why more prisoners with mental illness are incarcerated than in psychiatric institutions. Generally, persons who are thought to have committed a felony are arrested and brought to jail regardless of their mental condition. As noted, it is clear that persons who have committed serious offenses, no matter how mentally ill, would normally be processed in the criminal justice system. However, it should be acknowledged that many mentally ill persons who commit serious crimes and enter the criminal justice system might not have engaged in such behavior if they had been receiving adequate and appropriate mental health treatment.

### **Emerging Mental Health Challenges # 3 Treatment of Suicide**

The key idea from the paper is strategy a clinician should keep in mind when working with suicidal clients such as pay close attention to clients, client's safety, and assessing client's background. The clinician needs to pay close attention to the client's feelings such as depression,

fear, hopeless, and anxiety. The clinician must be diligent in their efforts to ensure treatment. It is an ethical and to the client's benefit, and there is an effort to make sure the client is safe.

### **The medical model of treatment**

The medical model of treatment is a process whereby, informed by the best available evidence, doctors advise on, coordinate, or deliver interventions for health improvements (Shah& Mountain, 2007). It is really important to take a look at the charges leveled against the medical model of treatment and consider how the biopsychosocial approach and the recovery model have attempted to address these concerns. The medical model of treatment has some fundamental assumptions:

- There is normal, and then there is abnormal
- When things are abnormal in a person, getting back to normal is the highest priority.
- Abnormal things in people are caused by something physical/biological.
- Experts are the best people to identify what's abnormal, who has an abnormality, what's causing it, and how it needs to be fixed.

### **The medical model, diagnosis, and the DSM**

Similarly, when the medical model is applied to mental health, it identifies psychopathology within individuals as the reason they cannot get along with the world at large. Therefore, the solution is to identify these psychopathologies and discover effective treatments so everyone can function optimally in society. This has resulted in the diagnostic and statistical manual, or DSM, a catalog of mental disorders, each with its own suite of signs and symptoms and each with its own diagnostic label like major depression disorder. The medical model of treatment only considers biological factors that may be contributing to disease or dysfunction and ignores other

factors that may be critically important in a given person's context like their personal psychology or living environment, or relationships.

### **An ecological model to treatment**

A review of an ecological model to treatment emphasize the environmental and policy contexts of behavior. It provides comprehensive frameworks for understanding the multiple and interacting determinants of health behaviors, such as interactions with other people, which can provide social support or create barriers to interpersonal growth that promotes healthy behavior.

Compare each model's compatibility with the recovery movement are focused on several goals: to explain the person-environment interaction, to improve people environment transactions, to nurture human growth and development in particular environments, and to improve environments so they support expression of individual's systems. Each model with the recovery movement informs a comprehensive approach to increasing health care access through interventions at multiple levels such as engaging parents, schools, and clinical to good benefit from understanding how interventions at different levels of the model might interact to yield greater access to quality of care for our nation's young people.

### **The social worker's role in advocating based treatment**

The social worker's role in advocating based treatment is to empower, maintain well-being all clients by providing good service. People with severe mental illness need to be supported to create their own recovery plans, set their own goals, map their processes, identify their strengths and weaknesses, recognize the road blocks and facilitate good practice, which keeps them well. The social worker's role is to improve their quality of life and assist people achieve their dreams and goals. They focus on diverse areas covering the main aspects of

people's lives, including living skills, relationships, work and identity and self-esteem. This tool allows people with mental health problems and using services to enable them to measure their own recovery progress. It represents the views of service users from both dominant and marginalized communities. The recovery model adds a new dimension to care and allows for people with severe mental illness to take control of their lives and give it meaning. This is a worthy goal that all mental health professionals and social workers should subscribed to and help achieve.

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