

# The Irwin Foundation

**RECOVERING FROM MENTAL ILLNESS -**  
*Implementing a Recovery-Oriented Treatment Program:  
Conceptual and Practical Issues*

**RECOVERY WORKSHOPS  
and  
TRAINING/CONSULTATION PROGRAMS**



## **WORKSHOPS:**

Workshops are available as half-day and full-day events. They can be scheduled regionally at convenient locations or at particular sites, such as mental health centers and consumer organizations. CE and CME credits are offered.

## **TRAINING/CONSULTATION:**

Project consultants and trainers are available to assist consumer groups, providers, facilities, and organizations to move toward a recovery-oriented mental health delivery system. On-site training and consultation is designed to address the individual needs of the requesting group and is available for limited periods as well as for more extensive arrangements.

[www.irwinfoundation.org](http://www.irwinfoundation.org)

The Irwin Foundation is a nonprofit organization committed to advancing educational, training, research, and advocacy initiatives related to recovery from mental illness. The 2003 Report of the President's New Freedom Commission on Mental Health called for a recovery-focused, consumer and family driven transformation of mental health care in America, such that adults with serious mental illness and children with severe emotional disturbance can live, work, learn, and participate fully in their communities. The Report also highlighted the need to overcome the stigma associated with mental illness and to provide treatment that will build resiliency to increase the consumer's ability to cope with the challenges of life.

The SAMHSA sponsored National Consensus Conference on Mental Health Recovery (2004) identified fundamental components of the concept of "recovery." These include:

**HOPE? RESPECT? SELF-DETERMINATION  
PEER SUPPORT? PERSONAL CHOICE  
EMPOWERMENT? SELF-RESPONSIBILITY  
INDIVIDUALIZED AND PERSON-CENTERED  
STRENGTHS-BASED? RESILIENCY  
COMMUNITY INVOLVEMENT  
SUPPORTED: HOUSING, EMPLOYMENT,  
AND EDUCATION**

## **PROJECT COORDINATORS:**

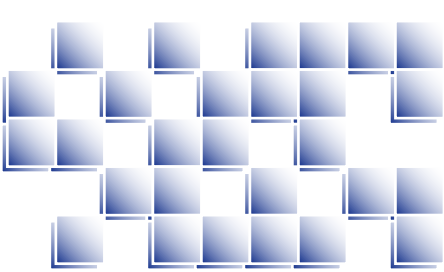
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## The Irwin Foundation

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# WORKSHOPS

## Workshop Objectives –

### Participants in the workshops will:

- ? Learn the different meanings of “recovery.”
- ? Know how to apply recovery-oriented principles to mental health service systems.
- ? Become familiar with methods of assessing dimensions of recovery.
- ? Learn the similarities and differences among recovery, psychiatric rehabilitation, and other orientations.
- ? Understand the roles of the consumer, family members, peer support groups, and mental health providers.

## Course Content –

### Topics covered include the following:

- ? Historical background of the “recovery” movement.
- ? Recovery – Process or Outcome?
- ? Long-term and short-term outcome data supporting recovery from mental illness.
- ? Clinical and environmental factors associated with recovery.
- ? Conceptual and practical issues involved in adopting a recovery-oriented model.
- ? Recommendations for standards for a recovery-oriented practice.
- ? Integrating the recovery model with evidence-based practices.
- ? Supported education, housing, and employment.
- ? Consumer operated services, peer support, and community services.
- ? Cultural competencies.
- ? Assessment procedures for individuals, staff, and agencies.

## Workshop Format -

The workshops are designed to be interactive and include the following: didactic presentations with a comprehensive syllabus; video segments; panel discussions; and question and answer sessions. Workshops include several presenters: speakers recognized for their contributions in the field of recovery-oriented teaching, research, practice, and public policy; consumers and members of peer support services; and family members.

# TRAINING & CONSULTATION SERVICES

The transformation of mental health systems to recovery-oriented care is an ongoing process. It is not likely to be accomplished by staff and providers attending single session workshops, although this is often an important first step. Rather, to move toward the recovery model, there is a need for ongoing commitment to program and agency change. This involves each member of an organization and group learning the values and practices of the recovery model.

The process of creating the necessary transformation to the recovery model is interactive and includes a series of steps:

- ? Assessment of the current provisions for recovery-oriented services.
- ? Discussions with staff of the advantages and disadvantages of the existing framework of care – and, comparing this to the advantages of working from within a recovery model.
- ? Prioritization of tasks appropriate to the agency that are consistent with the recovery vision.
- ? Problem-solving around implementation of the initial changes.
- ? Evaluation of the initial implementation of recovery-oriented changes and their impact on both consumers and staff.
- ? Implementation of larger-scale changes.
- ? Establishment of an on-going quality assurance mechanism to ensure that positive changes are maintained.
- ? Development of an orientation program for new staff.

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Please send me information on the following:

Training & Consultation  
 Workshops

Organization:
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