



Family, Community & the Recovery Support Model

The significance of understanding & incorporating non traditional methods into
Mental Health & Substance Use Treatment

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Welcome & Background



Lives Interrupted





The Obstinate Intruder

Whether mental illness or substance use, the outcome for those untreated is often similar. People with either condition, and often times both conditions (co-occurring), have trouble with day-to-day function:

Bipolar
Depression
Anxiety
Eating Disorders
OCD
ADHD
Addiction



School Failure
Unemployment
Homelessness
Substance Abuse
Criminal Activity
Social Isolation
Suicidal Ideation or Completion



The Illness Hijacks Hope of Recovery

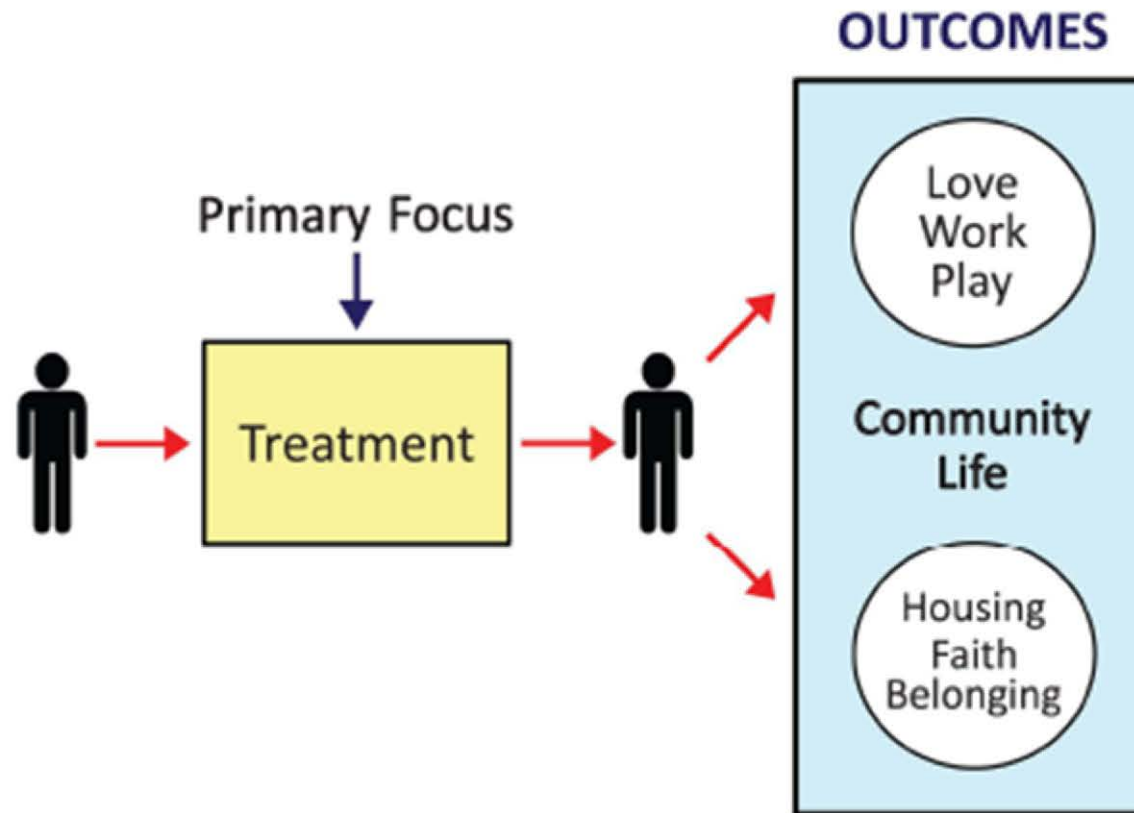
Mental illness and substance use disorders not only hijack the person with the illness, but they hijack the entire family system or support network of the person with illness. WE ALL MIGHT FEEL...

- Helplessness
- Hopelessness
- Anxiety
- Marital problems
- Turmoil within the family system
- Blame
- Guilt
- Shame



Traditional Treatment Model

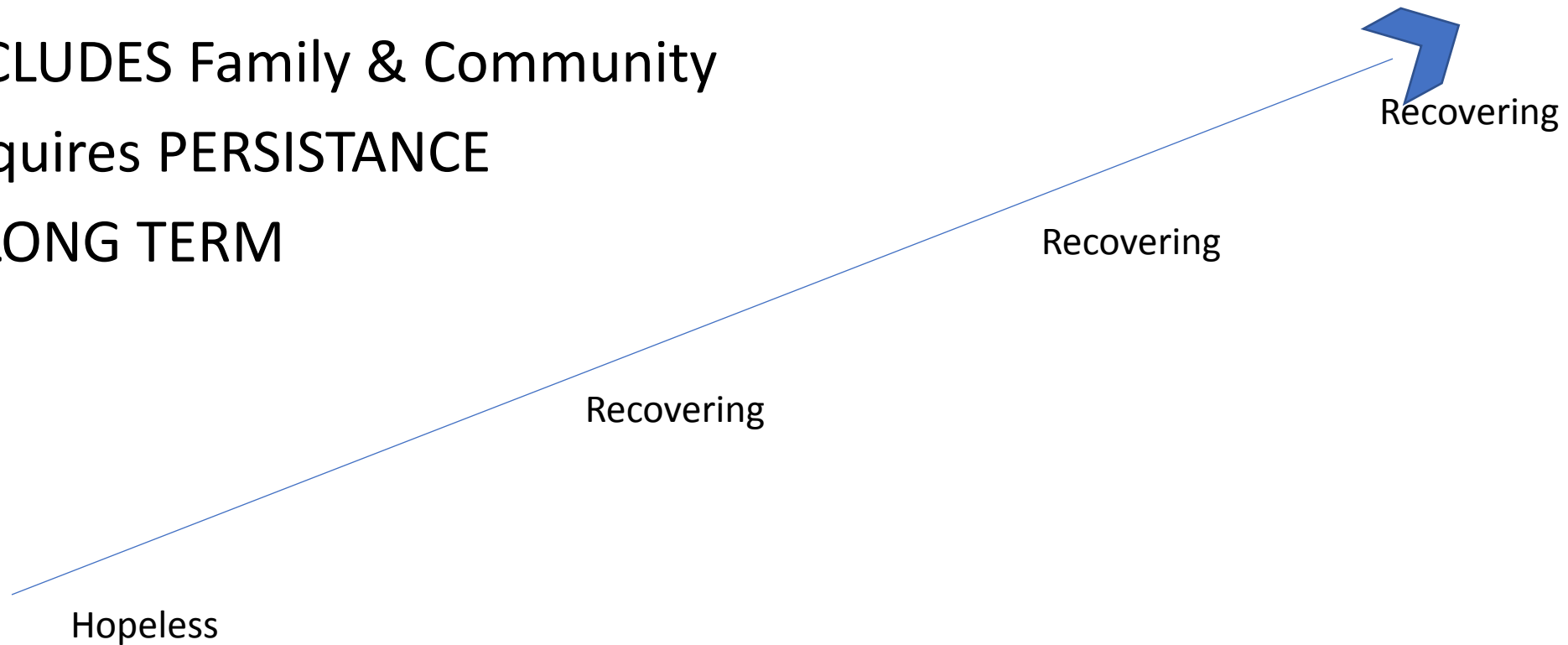
Our traditional treatment, SYMPTOMS BASED, approach has become disconnected from the larger and more enduring process of helping a person and a family achieve long term recovery.





Restoring Hope: The Recovery Model

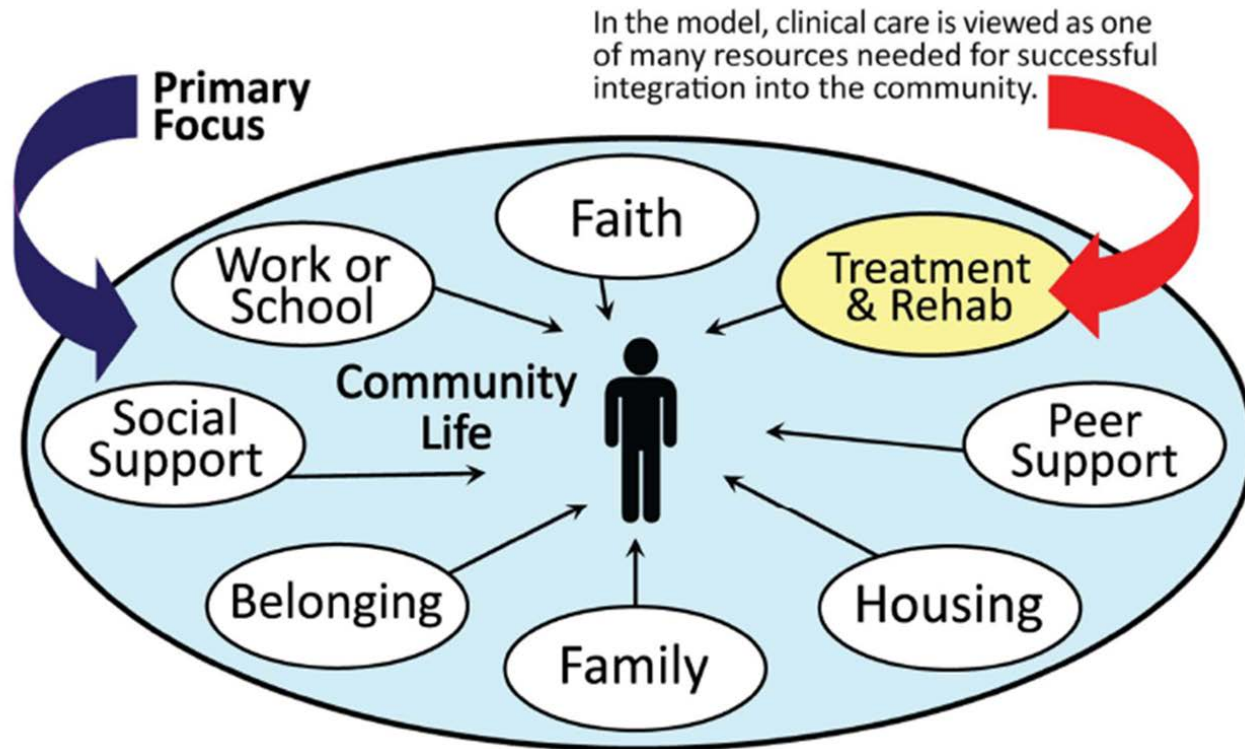
- Is an ACTIVE PROCESS
- INCLUDES Family & Community
- Requires PERSISTENCE
- Is LONG TERM



Understanding the Premise of Recovery

Recovering is a process of change through which individuals **IMPROVE** their **health** and wellness, live a self-directed life, and strive to reach their full potential.

RECOVER●ING: From Symptom Focus to Whole Person Focus



- **Multiple Pathways**
- **Multifaceted Change Process**
- **Supported by Peers and Allies**
- **Stages**

From Hopeless...



To Recovery... it's a Family Affair...



The Goals of the Recovery Support Model

- **Intervene earlier**
- **Improve treatment outcomes**
- **Support sustained recovery through Community Supports**

The KEY to Success: Dimensions of Recovery

No person is the same. Regardless of label/diagnosis, illness behaves differently. Consequently, the Model of “Recovering” must be adapted to meet the specific needs of every individual and their support network. To succeed the model must consider these objectives in all stages of recovery:

- physical health
- emotional health
- stability and quality of family and peer relationships
- comfort of living environment
- positive community participation
- life meaning and purpose

Connecting the Dimensions: Recovery Based Programs

- Familiarity and collaboration with a wide spectrum of services
- Supports **all** stages and pathways of recovery by finding the appropriate resources to aid in each stage
- Addresses access to services
- Includes treatment, alternatives to treatment, and recovery support services
- Coordinates multiple services



Meet Michael: Recovery Support Testimony



RECOVER●ING



It is Not a Destination...it is truly a journey, and that journey is

Being in the process of overcoming



RECOVER●ING Is Ever- Evolving

Because our lives are ever changing, our BEINGS are ever evolving. Our family lives change, or friendships change, the status of our physical and mental health ebb and flow...

RECOVER●ING: It Takes a Village (Community)

- At Karla Smith Behavioral Health, we believe that 30 days of treatment is never enough. It took more than 30 days to land in this position, and it will take more than 30 days to see your way through it.
- Karla Smith Behavioral Health helps coordinate the village. Our Recovery Specialists, Masters level and above clinicians, customize every treatment plan to every family.
- We offer EmpowerU, an outpatient treatment experience beginning at the appropriate stage for the client, and seeing them long through their Recovery journey.
- We offer therapy for individuals and families
- We offer support groups for families and continuing care groups for our EmpowerU individuals and families.

Questions

We are Here for You

