

# Recovery as an “approach to wellbeing”

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# Overview

- The convergence of recovery and wellbeing (part of positive psychology)
- The ecology of recovery
- The stages of psychological recovery
- The relationship of approach and avoidance to wellbeing
- CRM as a systemic way of implementing recovery oriented service provision as literally an “approach to wellbeing”
- Whole of organisation implementation of CRM in Canadian and Australian organisations- example of a “parallel process” for staff and user

# Conceptual convergence of recovery and wellbeing

- Mental health recovery and evidence are compatible
- Positive psychology builds the empirical bridge between lived experience and quantitative science
- Psychological wellbeing (eudaimonic happiness) is very similar to many aspects of personal recovery

# “Ecology of Recovery”



collaborative  
recovery

# Psychological Recovery

- Recovery as lived experience
- Recovery from four perspectives
  - Medical
  - Rehabilitation
  - **Psychological**
  - Empowerment
- Slade, Amering, Oades (2008) clinical versus personal recovery

# Psychological Recovery

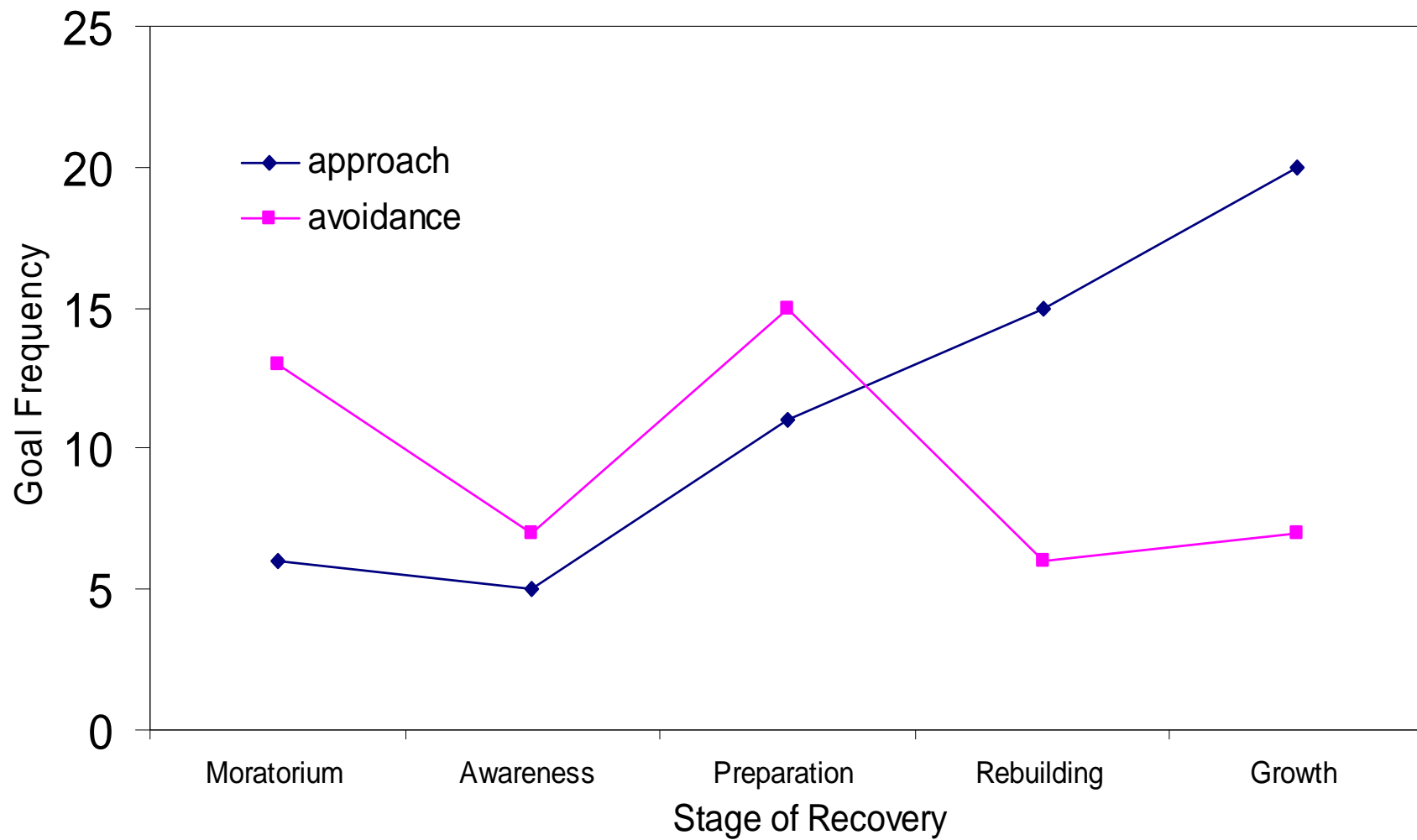
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# “Stages of psychological recovery”

1. **MORATORIUM** Absence of hope for recovery or having a better life.
2. **AWARENESS** Realisation of the possibility of a more fulfilling life.
3. **PREPARATION** Tentatively looking out for ways to make changes.
4. **REBUILDING** Actively pursuing goals.
5. **GROWTH** Optimistic about the future, contentment with the present.

# Processes Psychological Recovery

- **Hope**
  - The importance of hope permeates the experiential literature on recovery
- **Identity**
  - An horrific impact of mental illness can be the loss of one's identity
- **Meaning**
  - The reestablishment of meaning in life is central to the concept of recovery
- **Responsibility**
  - Taking responsibility for one's own recovery, including self-management of medication and well-being



*Avoidance is like drowning, Approach is like making love-*

Jonathon Haidt- author of Happiness Hypothesis

# Approach and Avoidance Goals

We know that avoidance goals lead to..

- less satisfaction with progress and more negative feelings about progress with personal goals,
- decreased self-esteem, personal control and vitality,
- less satisfaction with life, and
- feeling less competent in relation to goal pursuits

Yet most care plans start with “reduce, manage or control....”

# What is positive and negative liberty?

- Understanding consumer defined recovery includes understanding issues of power and freedom
- The distinction between negative and positive liberty was drawn by Isaiah Berlin in his lecture "Two Concepts of Liberty"
  - Negative liberty- *freedom from*
  - Positive liberty- *freedom to*

# “ Focus of Recovery”

PRESENT

FUTURE

DECREASE  
SYMPTOMS/  
UNWANTED  
BEHAVIOUR  
(EXPENSE)

1

PREVENT SYMPTOMS/  
UNWANTED  
BEHAVIOUR  
(INSURE)

2

AVOID  
(ILLNESS)

INCREASE WELLBEING  
(INCOME)

3

PROMOTE WELLBEING  
& STRENGTHS  
(INVEST)

4

APPROACH  
(WELLBEING)

# What is the Collaborative Recovery Model?

- The Collaborative Recovery Model (CRM) is a practice model designed to incorporate evidence of practices that have previously assisted people living within enduring mental illness, designed to be consistent with the values of the recovery movement
- The model has two guiding principles and four components
- The Collaborative Recovery Training Program, based on the model is designed to assist mental health workers assist those living with illness
- The CRM has relevance to the broader “system of recovery” ie carers, self-help and whole organisations in addition to training mental health workers.

## Guiding Principle 1: Recovery as an Individual Process

Consumer: "It was important to stay focussed on my recovery vision" (Danielle cited in *New Paradigm*, 2007, p.40).

There is preliminary support for psychological recovery occurring in five stages: 1. Moratorium, 2. Awareness, 3. Preparation, 4. Rebuilding, 5. Growth, and involving hope, meaning, identity and responsibility for health and wellbeing (Andresen, Caputi & Oades, 2006).

### Component 1:

Change  
Enhancement

### Component 2:

Collaborative Strengths  
& Values Identification

### Component 4:

Collaborative action  
& monitoring

### Component 3:

Collaborative Visioning  
& Goal Striving

## Guiding Principle 2: Collaboration & Autonomy Support

Consumer: "It is very important for me to manage my own recovery to feel I am having some input into it, not just to be told what I should be doing" (Anonymous Consumer, 2007).

In the Collaborative Recovery study, involving 160 adults with an enduring mental illness, overall ratings of working alliance made by mental health workers were not related to any 'recovery' measures. However, overall ratings by consumer of the working alliance with the mental health worker were significantly related to recovery measures (Deane et al., 2005).

# Advantages of CRM

- The CRM has been designed to have the following advantages:
  - Generic skills that can be used flexibly
  - Approaches that are relevant across case management and psychosocial rehabilitation contexts
  - Emphasis on issues of autonomy, hope, and individual experience central to the recovery movement within mental health
  - Skills based components than have an evidence base
  - An emphasis on measurement, consistent with the need for mental health services to generate evidence.

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## Component 4:

Collaborative action  
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Module	Key Positive Psychological Constructs
Recovery as an individual process (Guiding Principle 1)	Flourishing Resilience Hope Optimism Wellbeing Positive Emotions Meaning Posttraumatic Growth
Collaboration and autonomy support (Guiding Principle 2)	Autonomy Self -determination Coaching as applied positive psychology
Change Enhancement (Component 1)	Intrinsic Motivation Growth Mindset
Collaborative values and strengths identification (Component 2)	Values Strengths
Collaborative life visioning and goal striving (Component 3)	Best possible self Autonomous Goals Approach Goals Self Concordance
Collaborative action planning and monitoring (Component 4)	Self-efficacy Self-regulation Self -responsibility

# LifeJET

Journey Enhancement Tools



University of Wollongong



collaborative  
recovery

consumer

family

organisation

clinician

# Relationship between Life Vision, Values, Goals and Action Plan

**Life Vision (Album title)- *Why***  
Provides motivation, meaning and purpose, and preferred identity



**Values of Life (Camera) – *What is important***  
Important life directions that infuse the person's life with more meaning and hope.



**3 Month Goals (Compass)- *What***  
More specific goals. Still considered "large" steps, hence the three month time frame.



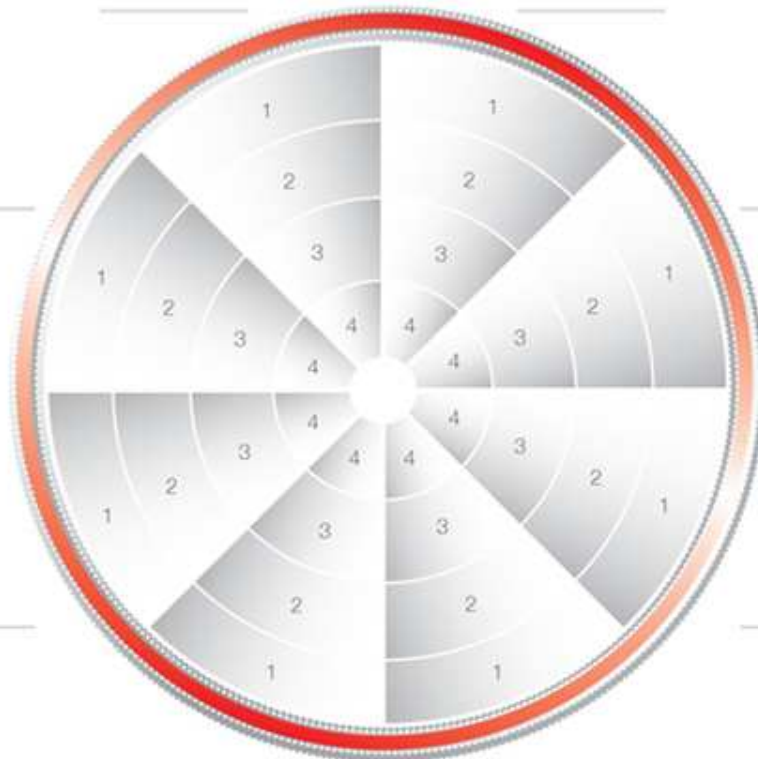
**Action Plan (Map)- *What, When, Where, Frequency, Duration***  
Techniques to increase the probability of goal/task attainment, done in natural environment



# The Camera

The instrument to **focus** personal values and strengths

Date:	Review Date: .
Client ID:	Signature:
Worker ID:	







# The Compass

The instrument to know where you are and **where you are going**

Date:	Review Date: .
Client ID:	Signature:
Worker ID:	

## My personal life vision is:

(eg what would you call a photo album of photos taken by your camera- ie values and strengths)

Please list in order of importance up to 3 **valued life directions** towards which you are typically trying to orient yourself in your daily life (blue areas).  
 On the review date, rate the level of success you feel you've attained within this **valued direction** (orange areas).

	Valued direction A		Attainment Score	Valued direction B		Attainment Score	Valued direction C		Attainment Score
			(tick one at review)			(tick one at review)			(tick one at review)
<b>Higher level goal attainment</b>	Write goal here		<input type="checkbox"/> score = 2	Write goal here		<input type="checkbox"/> score = 2	Write goal here		<input type="checkbox"/> score = 2
<b>Target goal attainment</b> >70% confident	Write goal here	<b>Target goal importance A</b> <input type="checkbox"/> (A+B+C must = 10)	<input type="checkbox"/> score = 1	Write goal here	<b>Target goal importance B</b> <input type="checkbox"/> (A+B+C must = 10)	<input type="checkbox"/> score = 1	Write goal here	<b>Target goal importance C</b> <input type="checkbox"/> (A+B+C must = 10)	<input type="checkbox"/> score = 1
<b>Lower level goal attainment</b>	Write goal here		<input type="checkbox"/> score = 0	Write goal here		<input type="checkbox"/> score = 0	Write goal here		<input type="checkbox"/> score = 0
	Coordinate A <input type="text"/>			Coordinate B <input type="text"/>			Coordinate C <input type="text"/>		

**Calculating Coordinates:** For each Valued direction, multiply the Attainment score by the Target goal importance, to get a Coordinate.  
**Calculating Success Coordinates:** Add Coordinates A, B and C. Multiply this number by 5. This is your Success coordinate out of 100.



**Success Coordinate**





# The MAP

**My Action Plan:** The instrument to plan **what to do next**

<b>Valued Direction</b> (from Compass)	<b>Target goal</b> (from Compass)		
<b>Action name:</b>	<b>Action Description:</b> What specific action is required to achieve the target level goal?		
<i>Eg walking</i>	<i>Eg Walking briskly on the oval next door (five times a week in the morning)</i>		
<b>Date Set:</b>	<b>How often</b>	<b>When</b>	<b>Where</b>
<b>Social support</b>	<b>Resources</b> Who can give me practical help? With what?	<b>Information</b> Who can give me information when needed? What information?	<b>Emotional</b> Who can listen to and support me?
<b>Monitoring actions</b>	How will I monitor actions?		
	<i>Eg diary, calendar recording what you have done!</i>		
<b>Barriers</b>	What are my barriers?		
	<i>Eg financial, time, motivation!</i>		
<b>Solutions</b>	What are some solutions or backup plans?		
<b>Confidence</b> (circle level of confidence)	Not at all confident   0 10 20 30 40 50 60 70 80 90 100   Very confident		
	Specific action listed above. Repeat if not over 70% confident.		
<b>Review date:</b>	<b>Review outcome:</b>		
<i>Make as soon as possible</i>			

Date:                      Client ID:                      Worker ID:                      Review Date:                      Signature

# Ontario Shores Centre for Mental Health Sciences



- Hospital Setting- Largest in Ontario
- Including Adolescent, Forensic, Aged
- 1000 Staff
- 1300 Patients
- Full staff development using CRM of with staff completes this March
- Patients also being trained



What is covered and how?	PERSONAL Personal Experience and Reflection	PRACTITIONER Experience and Reflection on working with consumer
Meaningful life (recovery)	✓	✓
Collaborative Relationships	✓	✓
Change Enhancement	✓	✓
Strengths and values	✓	✓
Life Visioning and goal setting	✓	✓
Action planning and monitoring	✓	✓

Improving mental health and wellbeing in local communities



Community based  
National (started in Melbourne)  
Non-government organisation  
240 Staff  
1200 consumers  
All sites/staff implementing CRM  
Completes this June

