Recovery should not be a possibility but the EXPECTATION."
Improving Outcomes:
Enhancing Motivation & Removing Barriers to Recovery
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Welcome!
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Overview of Content

- Performance of Crazy for Life
- Definition of Recovery
- Recovery: really a possibility?
- Barriers & Solutions to Adherence
- Personal Medicine & Tx Alignment
In Addition...

- Insight into ‘lived’ experience of mental illness
- Experience the role of the help seeker
- Acknowledge the vital role you play in recovery
- Recovery & empowerment is real for everyone
My motivation for being here is...

1. I have no idea why I’m here. But I heard there was chocolate.
2. To learn about solutions to barriers that may prevent recovery
3. To network with friends & colleagues
4. I was dragged here, okay. You gotta a problem with that?
Who Am I?

- Diagnosed in 1992 with...
- Prior: trained & worked as actor
- 5 yrs. to accept illness; another 5 to get back to stability & return to work
- 2 yrs.: right meds, another yr. correct dosage
- Very unwell, very different than I am today
Who Am I?

- Mental health worker in drop-in centre
- Program leader at CMHA clubhouse
- 2001: writing, solo shows, workshops
- 2004: touring & presenting full time
“Recovery is more than remission of symptoms. It is...the return of **meaning**, sense of self and QoL”
“...about changing our lives, not just our biochemistry”

- Dr. Patricia Deegan, 2006
How do you define recovery?
“Full remission from symptoms is possible... Research indicates seeking treatment early offers the best chance to live virtually symptom-free and enjoy a full, rich life.”

-Dr. Sidney H. Kennedy, Chief Psychiatrist, University of Toronto
“...the goal is to become the unique, awesome, never to be repeated human being that we are called to be...

one of the essential challenges facing us is to ask ‘who can I become’ & ‘why should I say ‘yes’ to life.’” pat deegan
## Recovery: Really a Possibility?

<table>
<thead>
<tr>
<th>Study</th>
<th>Sample Size</th>
<th>Follow Up in years</th>
<th>% Significantly improved (&amp; recovered)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleuler (1974) Switzerland</td>
<td>208</td>
<td>23</td>
<td>59% (22.5%)</td>
</tr>
<tr>
<td>Huber et al (1979) Germany</td>
<td>502</td>
<td>22</td>
<td>56% F/T work (Complete remission 22%)</td>
</tr>
<tr>
<td>DeSisto et al (1995) Maine (matched to Vermont)</td>
<td>269</td>
<td>36/32</td>
<td>49%</td>
</tr>
<tr>
<td>Tsuang et al. (1979) Iowa</td>
<td>186</td>
<td>35</td>
<td>46%</td>
</tr>
<tr>
<td>Harding et al. (1987) Vermont</td>
<td>269</td>
<td>32</td>
<td>(62%- 68%)</td>
</tr>
</tbody>
</table>

Recovery increases for:
• Panic Disorder: 80%
• Major Depression: 80%
• OCD: 65%
• Bipolar Disorder: 80%

National Institute of Mental Health, 1993; Dr. Ken Duckworth, NAMI Medical Director, 2006
Although recovery isn’t easy, it is possible.
Recovery: Other important points

**Partnering** vs. Paternalism
- shifting not resources, funds or time but locus of power for more collaborative decision making

Incorporate this fundamental of the recovery model
- the ‘dignity of risk & the right to learn & grow through failure as well as success’ (Dejong, 1978, Deegan 1992, 2001)

Helping clients move slightly out of their comfort zone
- it’s about incremental steps not exponential leaps

**safe housing** most important element

- focus on self-sufficiency, rehab, community integration, community housing & vocational clinics vs. medication, maintenance & stabilization
The Great **Barrier** Reefs: Road Blocks to Recovery

Dr. Mark Berber, Toronto Psychiatrist, wisely states:

“Assume adherence will be an issue”

-yet often never discussed
Road Blocks to Recovery

- Message of Hopelessness
- Experience of Powerlessness
- Stigma, Shame & Misinformation
- Recovery ‘Snipers’
- Interference with ‘Personal Medicine’
FIVE TOOLS
to break through barriers and enhance recovery and empowerment
Top Five Tools

✓ Focus on recovery & Possibilities
✓ Feedback Opportunities
✓ Stigma Busting & ‘WHY?’
✓ Family & Buddy ‘Buy-In’
✓ Treatment Supporting Personal Medicine
Road Blocks to Recovery & Solutions

Barrier:
× Message of Hopelessness

Solution:
✓ Focus on recovery, possibilities, improvement of quality of life.
Road Blocks to Recovery & Solutions

Barrier:
× Powerlessness in process

Solution:
✓ Feedback opportunities
✓ Assertiveness skills
✓ Safety & encouragement to be assertive & give feedback
Feedback & Assessment Scales

The Institute for the Study of Therapeutic Change, Chicago:

✓ Research demonstrates using client-based outcome feedback increases effectiveness by 65%.

✓ Therapists need to know is the relationship a good fit and providing benefit?

‘How to Improve Your Effectiveness by 65% Without Hardly Trying.’
- Scott Miller, Ph.D., Barry Duncan, Psy.D., 2007
Feedback that WORKS is:

- a safe & comfortable means to address frustrations & satisfaction of process
- easy to use, practical & reliable
- provides window of opportunity
- Assessment Scales: http://scott-d-miller-ph-d.myshopify.com/
Road Blocks to Recovery & Solutions

Barrier:
- Stigma, Shame & Misinformation

Solution:
- The answer lies in asking ‘Why?’
- Explore as partners
- Explore to find FACTS
- Asking ‘Why?’ again

This leads to ‘stigma busting’ together...
The difference between mental illness and mental wellness is going from I to We.
Stigmas, Myths and Lies – Oh My!

The ABC’s of Stigma Busting

A 3-step directed investigation of Internalized Stigma

Admit

Bust it or Back it

Change or confirm
Stigmas, Myths and Lies – Oh My!

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Bust it or Back it
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How will that change my future choices?

Change or confirm
Road Blocks to Recovery & Solutions

Barrier:
× Recovery 'Snipers'

Solution:
✓ Family & Buddy ‘Buy-In’
Road Blocks to Recovery & Solutions

Barrier:
- Interference with Personal Medicine

Solution:
- Aligning PM with TX
The Term: ‘Personal Medicine’ coined by Pat Deegan

www.patdeegan.com
Personal Medicine

• We all utilize it regardless of health state
• Expands / Challenges our idea of medicine
• Entails broader definition of medicine
• Appears simplistic and self-evident, but has extremely profound and powerful effects on wellness, recovery outcome and adherence
Personal Medicine

• ACTIVITIES we DO; already in our lives
• Enhances sense of meaning/purpose
• Raises our self-esteem
• Engages our core values and beliefs
• Improves our well-being
• Wellness strategies

NOT
• just about symptom abatement
Personal Medicine

Not:

• instead of, but in addition to meds / treatment
• over the counter mixture of our own making
• a goal
• a feeling
Personal Medicine

- Occurs in our lives already
- Equally critical to recovery as medication & other treatment plans
- Providers usually do not suggest it; but help identify current and discover new PM
- Closely linked to engagement & motivation
Personal Medicine

• Appears simplistic & self-evident, but has extremely profound & powerful effects on recovery outcome & adherence

Some
• Contain energy (mania)
  • Calm energy (anxiety, OCD)
  • Ground energy (non-shared reality)
  • Activate energy (depression)
Works simultaneously, on **multiple levels**, is **interdependent** and rests on a **spectrum**

Self Care Strategies
To Soothe and Subdue

Actions That Engage &
Enhance Core Values
and Self Image
Personal Medicine

Some of My ‘Mood Stabilizers’:

- Chi Kung
- Window Shopping
- Listening to Peggy Lee

AS WELL AS...

- Running
- Working
- Performing
- Reading
Spending Time with
My Husband…Gordon Bell
Watching ‘Good Bad’ TV:
Personal Medicine & Treatment: The Critical Recovery Connection

Treatment Options

Need to align with

Personal Medicine
Personal Medicine & Treatment: The Critical Recovery Connection

• Treatment plans & medication must compliment existing personal medicine

• Not the other way around

• When treatments and medication supports personal medicine, increased recovery results
“When psychiatric medication interfered with personal medicine, non-adherence often occurred...adherence may be improved when clinicians inquire about patients’ personal medicine and use pharmaceuticals to support these self-assessed health resources”

Aligning Treatment with PM:

Crucial Steps To Maximize Motivation, Recovery and Adherence

Problem solving to minimize PM interference & increase motivation:

Examples:

• Beliefs about God, Prayer & Meditation Minimized
• Unable to Parent Well
• Unable to stay awake to watch favourite TV show
PM as priority:
Self-perpetuating reinforcement phenomenon of alignment

• The more treatment aligned with my existing PM...
• The more valued and respected I felt...
• And the more willingly I embraced treatment plans...
• And the more my wellness improved...
• And the more my self esteem improved...
• The more I practiced my PM...
• And the more I adhered to treatment

Pat Deegan calls this:
“*The Cascading Effect of Personal Medicine and Psychiatric Meds*”
Deegan (2008), *Personal Medicine in the Recovery Process*
Personal Medicine & Treatment: The Critical Recovery Connection

Steps To Maximize motivation, recovery, adherence:

• Individuals review current PM*
• Providers discuss with clients/patients current PM*
• Determine if treatment or meds interfere with PM
• Problem solve to minimize PM interference
• Work together to discover Additional PM*

*See ‘Personal Medicine Worksheet’ & ‘Personal Medicine Calendar’ © 2003 Pat Deegan At: www.patdeegan.com
Summary

• Recovery is reclaiming life aspects;

• Not only symptom reduction

• Data shows recovery is possible over time

• There are effective solutions to the barriers to recovery

• Solutions include:
  messages of hope
  opportunities of empowerment and feedback
  stigma busting
  aligning PM with treatment
Summary

• PM: activities all of us do to stay well and feel better

• Providers need to know about patients’/clients’ PM

• Both providers or clients can initiate a dialogue to maximize alignment of treatment to PM

• When treatment aligns with PM: recovery & motivation is maximized & adherence may improve
Recovery is Real.

And

Healing Happens. But...
You are Their Bridge
And remember as Will Rogers says:
Even if you’re on the **right** track...
If you just sit there, you’ll still get hit.
THANK YOU!

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Or visit: www.victoriamaxwell.com