



Recovery Models & Tools

See www.OnwardMentalHealth.com (Resources) for an array of integrative mental health material including the latest version of this monograph, extracted from our book, *Choices in Recovery*.



WHAT IS THE ESSENCE?

Recovery Models & Tools help us understand and take ownership of our mental health issues, which will be essential if we are to recover. Training and group interaction are part of this, as well as toolkits for goal-setting, planning, and monitoring. Recovery tools are often aligned with *recovery models*—proven wellness principles that help people regain their health.

Recovery Models & Tools emphasize the importance of *Self-Determination*, a *Wellness Basic*. They address insufficient mental health services by encouraging people to craft and execute their own recovery plans, with guidance and a measure of independence. However, a common thread in *Recovery Models & Tools* is the need to build both a professional support system of doctors and therapists, as well as a personal support system of friends and loved-ones, so that we don't "go it alone."

Recovery is a process that requires commitment and diligence. Some tools apply to specific diagnoses; others can be used effectively by everyone, regardless of diagnosis.

Recovery Models. Recovery models are integrated frameworks for understanding and working toward recovery. They focus on the *individual/wellness* orientation, as opposed to a *doctor/illness* orientation.

- Substance Abuse and Mental Health Services Association (SAMHSA). <http://goo.gl/y6S611>.
- Tidal model. <https://goo.gl/3g13MK>.
- Mental Health Recovery Star. <https://goo.gl/nH5d7u>.
- Recovery Map. <http://goo.gl/7ccRtd>.
- Recovery Model of Mental Illness. <https://goo.gl/2ISn8B>.

Tools for all diagnoses.

- Wellness Recovery and Planning (WRAP®). www.mentalhealthrecovery.org
- NAMI Hearts and Minds. <http://www.nami.org/heartsandminds>.
- Mental Health America Tools. <http://goo.gl/dNKk2W>.
- Wellness Self-Management. <https://goo.gl/cy2isi>.
- Mental Disorders Toolkit. <http://goo.gl/2q92a8>.
- Hafal recovery. <https://goo.gl/IR5Qtt>.
- BlackDog Toolkit. <http://goo.gl/nHe65a>.
- Here to Help Resources. <https://goo.gl/5bLmB6>.

Tools for specific diagnoses.

- Communication Skills and Psychosis. <https://goo.gl/TvL4H9>.
- Depression and Bipolar Wellness Toolbox. <http://goo.gl/CDzoLs>.
- University of Michigan Depression Toolkit. <http://goo.gl/yMSJ6m>.
- Dealing With Psychosis Toolkit. <http://goo.gl/oQgJUk>.
- Staying Well with Bipolar. <https://goo.gl/BFUK17>.
- Beating bipolar interactive course. <http://www.beatingbipolar.org>.



Tools for Family Members.

- A Toolkit for Families. <http://goo.gl/9G0dxF>.
- ReThink Mental Illness Family training. <https://goo.gl/XwsgkZ>.

Mental Health Apps. These tools constantly evolve. Search the internet to evaluate the current selections. If you choose an app, it can be constantly at hand, and many are based on sound clinical theory. Since mental health services are often difficult to acquire, these apps can offer a measure of access to therapeutic care. Apps are available for:

- Cognitive Behavioral Therapy (e.g. eCBT Calm, DBT Diary Card and Skills Coach and many more)
- Post-traumatic stress disorder (e.g. PTSD Coach)
- Anxiety (e.g. Mindshift).
- Mood Tracker Apps (e.g. iMoodJournal, eMoods, T2 Mood Tracker, Optimism)
- Deep Breathing (e.g. BellyBio, Breath2Relax)
- Suicide Prevention (Operation Reach Out)
- Eating Disorders (e.g. Recovery Record)

Sleep and Insomnia Apps include CBT Insomnia, Deep Sleep with Andrew Johnson, iSleepEasy.

Matrix Model. The Matrix Model is a sixteen-week outpatient treatment approach for people struggling with addictions, who want to abstain. The approach combines education (for individuals and family members), support groups, individual counseling, and urine and breath testing. A trained therapist functions as a teacher and coach whose approach is realistic and direct but not confrontational. The Matrix Model fosters self-esteem, dignity, and self-worth. (See four important elements of self. The Substance Abuse and Mental Health Services Administration (SAMHSA) considers this a valuable evidence-based approach.ⁱ

One study found patients treated with the Matrix Model reduced drug and alcohol use demonstrably, while improving psychological indicators.ⁱⁱ Another study found that 70% of people taking Matrix did not relapse, as compared to between 40% and 60% using other methods.ⁱⁱⁱ In a third study, people given Matrix treatment attended more clinical sessions, stayed in treatment longer, provided more clean urine samples, and had longer periods of abstinence—although, unfortunately, these improvements were not maintained post-treatment.^{iv}

Wellness Recovery Action Plan™ (WRAP®). An evidence-based self-management program for all diagnoses, the Wellness Recovery Action Plan™ is designed to *monitor* uncomfortable feelings and behaviors, follow *planned responses*, and *reduce, modify, or eliminate* the unwanted feelings. It uses a customized “Wellness Toolbox” that offers response plans for a patient’s supporters when the patients are unable to help themselves. WRAP® is the most widely used self-management therapy; over 1,500 leaders have been trained. There is a cost associated with Wrap® materials. Participants have “significant improvements in symptoms and many psychosocial outcome areas associated with recovery.”^v

WHAT EVIDENCE SHOWS THIS IS EFFECTIVE?

Little research exists on self-management therapy, and the evidence supporting it when dealing with psychosis is inconclusive.^{vi} However, many individuals claim success with self-management.

WHAT CONSIDERATIONS SHOULD I KEEP IN MIND?

The Substance Abuse & Mental Health Services Administration (SAMHSA) position is clear: *Self-determination and self-direction are the foundations for [mental health] recovery.* Self-management therapies and recovery models emphasize self-determination and self-empowerment in recovery, but these should not be incentives to “go it alone.” If you choose to use these programs, consider self-management



programs that 1) engage with healthcare professionals and peers, 2) respect the value and limits of psychotropic drugs, 3) encourage *Wellness Basics*, and 4) are chosen by the person seeking recovery.

In the end, self-management approaches are only as valuable as our commitment to use them. We have to start with a small, achievable goal, then grow it as we become successful. We should attend *support groups*. *Psychoeducation* offers incentives to stay on track with our self-management plan.

WHAT ARE ADDITIONAL RESOURCES?

- Matrix Model. www.matrixinstitute.org.

¹ SAMHSA National Registry of Evidence-based Programs and Practices. Matrix Model. <http://goo.gl/QqGTDW>.

² Rawson RA et al. An intensive outpatient approach for cocaine abuse treatment: The Matrix model. *Journal of Substance Abuse Treatment*, 1995, PMID: 7623389.

³ Matrix Institute of Addictions. Matrix model success rates. copied from <http://goo.gl/fiolLh> on 9/5/15.

⁴ Rawson RA et al. A multi-site comparison of psychosocial approaches for the treatment of methamphetamine dependence. *Addiction*. 2004, PMID: 15139869.

⁵ Cook J, Copeland ME et al. Initial Outcomes of a Mental Illness Self-Management Program Based on Wellness Recovery Action Planning. *PSYCHIATRIC SERVICES* 2009, PMID: 19176420.

⁶ Ziqiang L. Effectiveness of illness self-management programmes for adults with schizophrenia and other psychotic disorders: a systematic review. <http://goo.gl/y3wKYs>.