

Behavioral Health Commission Peer Input Group

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In this presentation

Peer values in treatment

Challenges with medical model of treatment

Least restrictive environment



What is a “peer”

In behavioral health, a peer is usually used to refer to someone who shares the experience of living with a mental health condition and/or substance use / behavioral addiction.



What is the difference between Wellness and Recovery?

Recovery 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.

Openhearted <i>I'm creating and in flow</i>	Thriving <i>I got this</i>	Surviving <i>Something isn't right</i>	Struggling <i>I can't keep this up</i>	In Crisis <i>I can't survive this</i>
<ul style="list-style-type: none"> Confident and curious Clear and energized Courageously pursuing your interests Compassionate and kind Connected and open communication Growth mindset Dynamic balance in your life priorities Spiritual and consciousness development 	<ul style="list-style-type: none"> Calm and steady with minor mood fluctuations Able to take things in stride Consistent performance Able to take feedback and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite 	<ul style="list-style-type: none"> Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Trouble Sleeping or eating Activities and relationships you used to enjoy seem less interesting or even stressful Muscle tension, low energy, headaches 	<ul style="list-style-type: none"> Persisten fear, panic, anxiety, anger, pervasive sadness, hopelessness Exhaustion Poor performance and difficulty making descisions or concentrating Avoiding interaction with coworkers, family and friends Fatigue, aches and pains Restless, disturbed sleep Self-medicating with substances, food, or other numbing activities 	<ul style="list-style-type: none"> Disabling distress and loss of function Panic attacs Nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes, an inability to focus Feeling numb, lost, or out of control Withdrawal from relationships Dependence on substances, food, or other numbing activites to cope
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

What is Recovery?

4 MAJOR DIMENSIONS OF RECOVERY

HEALTH

HOME

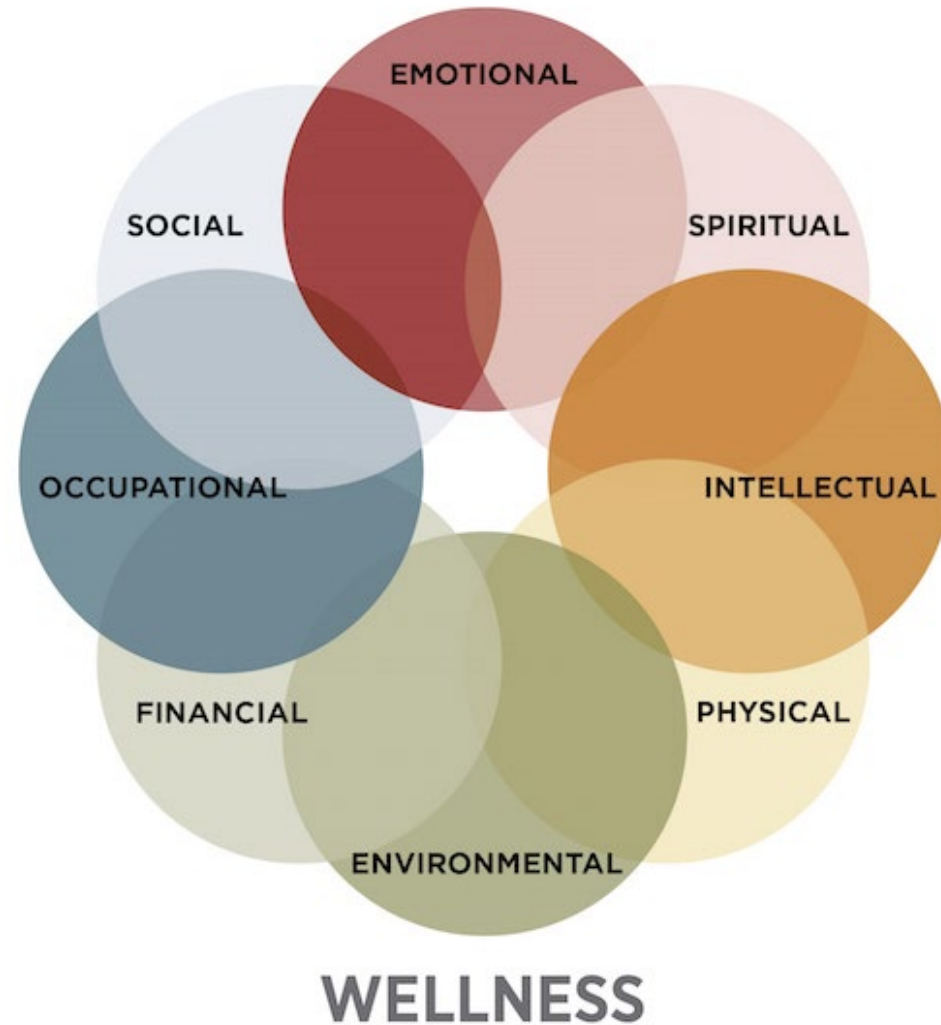
PURPOSE

COMMUNITY



Hope

Eight Dimensions of Wellness: SAMHSA



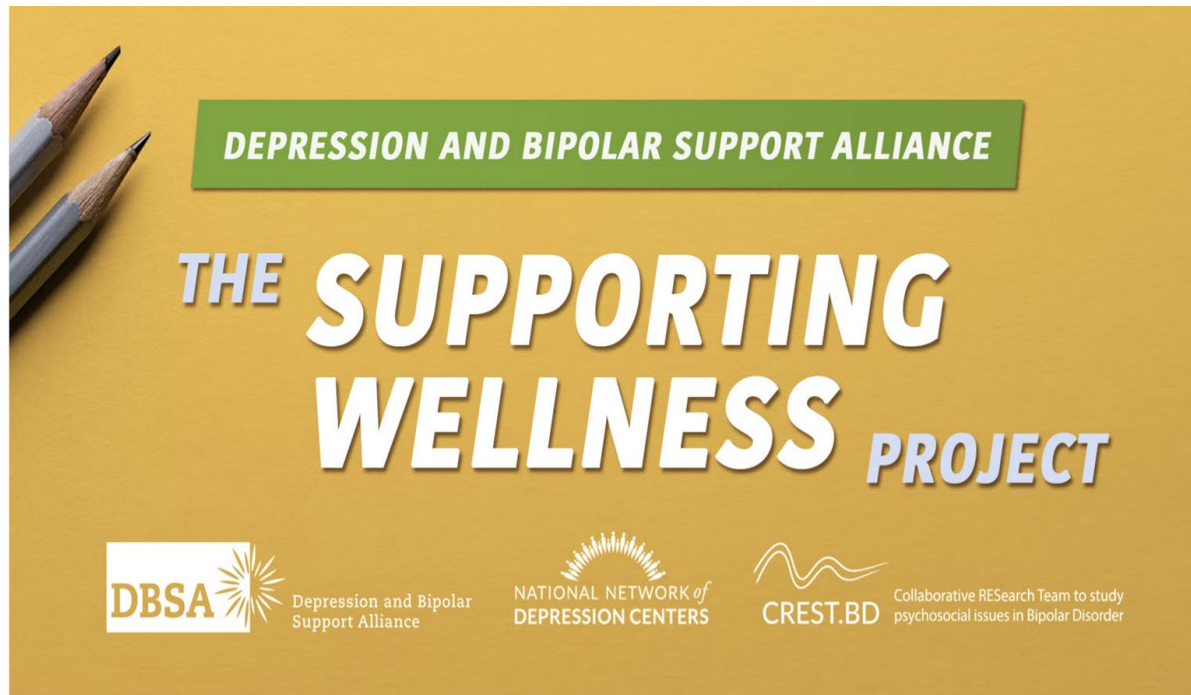
What is Wellness: Clinicians

Reduce symptoms

Delay the onset of new episodes

Lower the number of hospitalizations

Lower other treatment costs



What is Wellness: Peer

The ability to act independently

Purpose in life

Getting through the day

Experiencing feelings of contentment

Recovery Oriented System of Care (ROSC)

A **ROSC** is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve improved health, wellness, and quality of life for those with mental health challenges or behavioral addiction.

Empowerment

Person-Centered

Self-Determination

Self-Direction

Strengths Based

Hope

Community-Based

Supportive

International Human Rights Standards

United Nations (UN)

Convention on the Rights of Persons with disabilities

- Personhood
- Autonomy
- Community Inclusion

World Health Organization (WHO)

QualityRights Initiative

- Freedom from coercion, violation, and abuse
- Legal capacity and the right to decide
- Recovery and the right to health

Novel Approaches Needed to Achieve These Human Rights Standards:

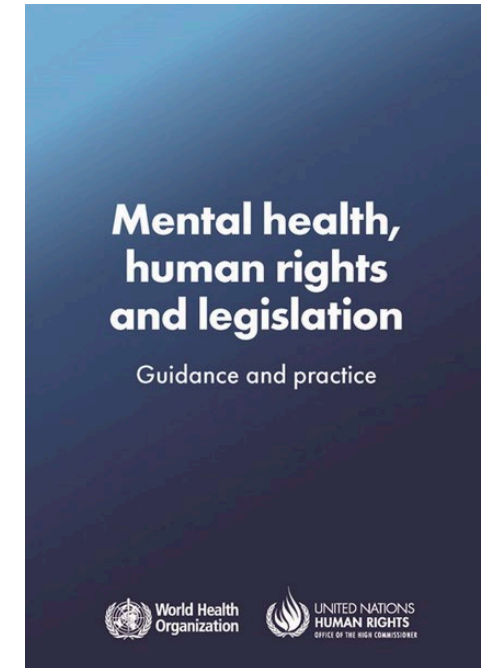
Promoting community inclusion and participation

Raising awareness and challenging stigma

Eradicating discrimination and coercion

Enabling person centered and community based services

Setting a clear mandate for mental health systems to adopt rights based approaches



<https://www.who.int/publications/i/item/9789240080737>

Forms of Restrictive Practices

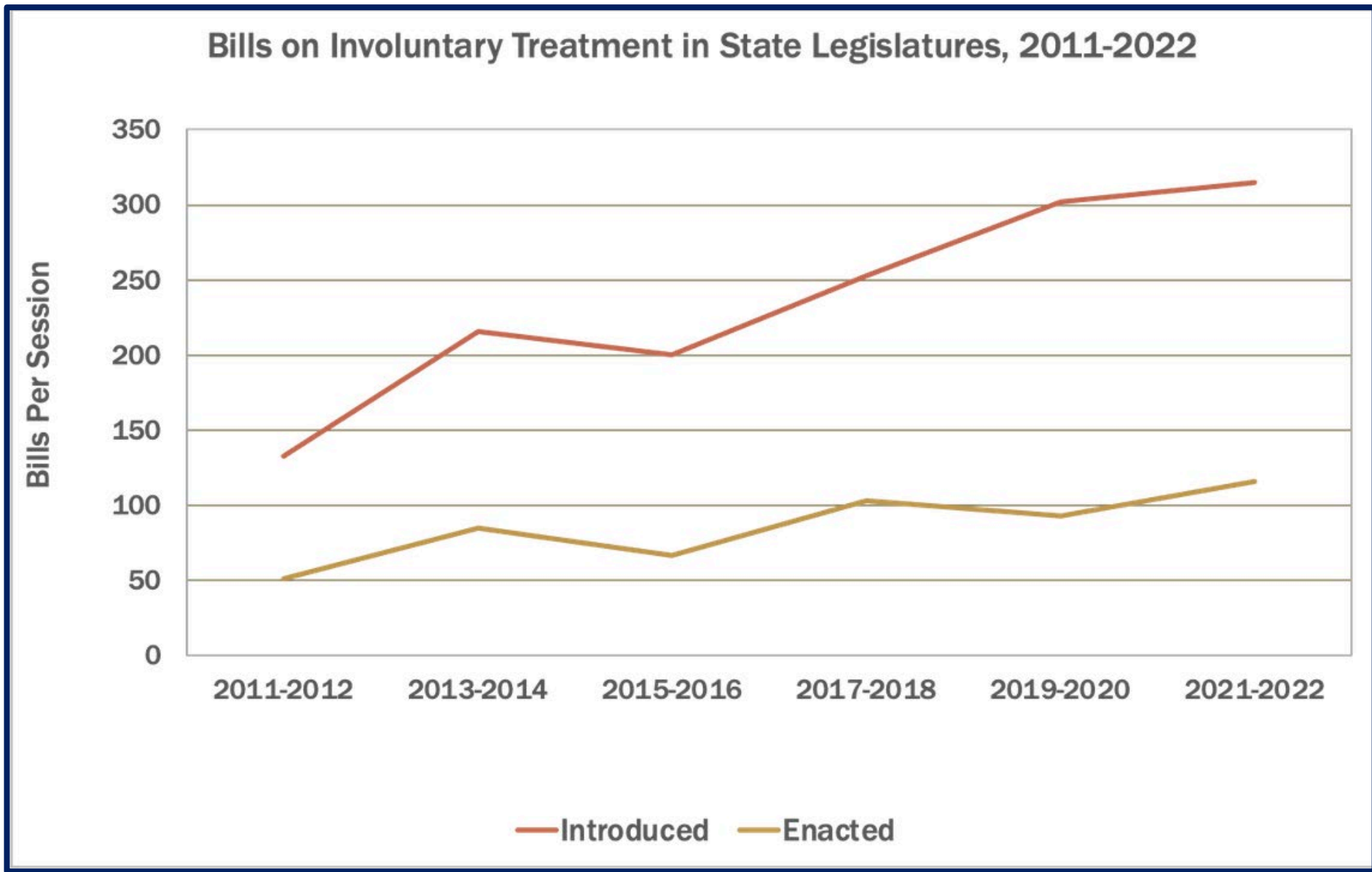
Chemical restraint

Mechanical restraint

Physical restraint

Seclusion



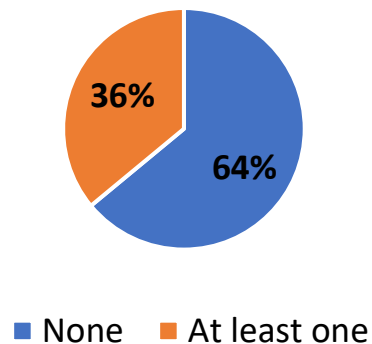


Alex V Barnard, Jenny Leigh, and Cecilia Plaza “Cataloguing Constraint: Statewide Legislation Around Involuntary Psychiatric Treatment, 2011-2022.” In Preparation.

Impact of Experiences of Treatment Mandates and Perceived Coercion on Voluntary Help-Seeking

- 104 adults with schizophrenia spectrum diagnosis
- “mandated-treatment-related barriers to care” = delayed getting help in past 6 months due to worry that going for treatment might:
 - Lead person to be in trouble with the law,
 - Cause the person to be forced to take unwanted medications or treatments
 - Lead to involuntary hospitalization

Number of mandated-treatment-related barriers to care



Participants more likely to report mandated-treatment-related barriers included people who experienced...

Involuntary hospitalization	4.0 times more likely
Legal pressures	2.7 times more likely
Reminders or warnings about consequences of - medication nonadherence - appointment nonadherence	3.4 times more likely 4.1 times more likely
Higher levels of coercion in outpatient treatment	1.2 times more likely

Least Restrictive Environment is Care without Coercion



Patients are treated in those settings that least interfere with their civil rights and freedom to participate in society.

Patients can disagree with clinician recommendations for care.

Nothing About us Without Us!



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Subtle Forms of Coercion

"You've relapsed again? I thought we were making progress."

"You don't seem to want to be here. Why are you wasting our time?"

"At this point, it feels like you're not really committed to recovery."

"You're an embarrassment."

"There's only so much we can do if you're not ready to put in the work."

"I have cancer patients to see. When you're serious about your health I can help you."

After asking for an attorney following a restraint, "You're crazy."

Versus Support

"I was called inspirational and strong by my CSB case manager."