Recovery-orientation
- a Person Centered Approach in mental health and social services

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There is two overall areas of psychiatry in Denmark:

- Hospital psychiatry, under the regions, who make examinations, diagnosing and treatment under hospital admission

- Social psychiatry, under the municipalities, who runs what a vulnerable citizen needs after discharge: residence, drop-in centers, contact and support person, protected employment etcetera.
Housing possibilities in Aarhus

- Sheltered housing for homeless people (3 – 4 month time limit)
- Rehabilitation housing program (2 - 3 years)
- Individual special housing (without time limit)
- Individual supported housing in ordinary apartment (without time limit)
- Group housing with support in ordinary apartments with a common livingroom (without time limit)
- Private organisations offers a bed at night for homeless people
Recovery-orientation
Anthony’s Four Values (2000)

- Person Orientation
- Person Involvement
- Self Determination
- Potential for Development
<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>% Completely recovered</th>
<th>% Socially recovered</th>
<th>% Total recovered</th>
</tr>
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<tbody>
<tr>
<td>Bleuler 1972</td>
<td>208</td>
<td>23</td>
<td>43</td>
<td>66</td>
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<tr>
<td>Harding et al. 1986 and 1995</td>
<td>269</td>
<td>34</td>
<td>34</td>
<td>68</td>
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<tr>
<td>Huber et al. 1975</td>
<td>502</td>
<td>26</td>
<td>31</td>
<td>57</td>
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<td>Tsuang et al. 1972</td>
<td>186</td>
<td>20</td>
<td>26</td>
<td>46</td>
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<tr>
<td>Ciompi &amp; Muller 1976</td>
<td>289</td>
<td>29</td>
<td>24</td>
<td>53</td>
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<tr>
<td>Hinders</td>
<td>Helps</td>
<td></td>
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<tr>
<td>Lack of continuity, cohesion, burnout, overburdened workers</td>
<td>Continuity, one on one relations, approachable workers</td>
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<tr>
<td>Low expectations, negative messages</td>
<td>Hopeful, positive expectation, faith that recovery is possible</td>
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<td>Misunderstanding, mistrust</td>
<td>Understanding, credibility, honesty, openness</td>
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<tr>
<td>Force, power over, and formal roles</td>
<td>Continuity, one on one relations, approachable workers</td>
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<tr>
<td>Paternalism, no understanding of the user’s experience, superiority,</td>
<td>To be listened to, believed, workers are authentic, respectful,</td>
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<tr>
<td>lack of respect</td>
<td>supportive, caring, responsive, are humble besides something</td>
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<td>Culturally insensitive, devaluing, lack of diversity</td>
<td>Culturally sensitive</td>
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<td>Creates dependency, discourages and undermines user participation</td>
<td>Promotes empowerment</td>
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<td>Insufficient knowledge and education (about crisis management, the</td>
<td>Improved and ongoing, and further education, users involved as</td>
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<tr>
<td>recovery process, effective use of medication and treatment)</td>
<td>teachers</td>
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</table>
Connection Between Values, Methods and Effects in Aarhus

- **Connection Between Values, Methods and Effects in Aarhus**
- **Values**
- **Resources**
- **Relation**
- **Normality**
- **Empowerment**
- **Approach**
- **Tools**
- **Effect**

- **Recovery and Inclusion**
  - Work – Education – Housing
  - Family and friends

- **Approach**
  - Assertive Community Treatment
  - Coordinate Network (Private, Public)
  - Outreach Teams
  - Home Support
  - Crisis Management
  - Psycho-education
  - Critical Time Intervention
  - Individual Case Management

- **See the whole human being with potential and hope for development**

- **Værdigrundlag: Recovery-orientering**
- **Recovery and Inclusion**
- **Work – Education – Housing**
- **Family and friends**

- **Recognizing**
  - Resources
  - Relation
  - Normality
  - Empowerment

- **Tools**
  - Assertive Community Treatment
  - Coordinate Network (Private, Public)
  - Outreach Teams
  - Home Support
  - Crisis Management
  - Psycho-education
  - Critical Time Intervention
  - Individual Case Management
Dealing with drug and alcohol abuse in housing programs

- Dialog and individual plans instead of many rules
- The service user has to be ready to talk about the abuse and its consequences. Next step is to work with the problem.
- Involving the Center for Alcohol and Center for Drug abuse in the treatment
- Working with the psychological, social and health consequences for the individual
- Dialog with the service user about the consequences for others
- Learning to deal with the problems
Brian’s Journey
Monitoring effectiveness for clients

- Have you had enough money to meet your needs over the past two weeks?
- Have you had enough energy to accomplish everyday tasks in the past two weeks?
- How satisfied have you been with your relationships with other people in the past two weeks?
- How satisfied have you been with yourself in the past two weeks?
- How satisfied have you been with your skills to carry out daily tasks in the past two weeks?
- How would you rate your quality of life?
- How satisfied are you with your health?
- How satisfied have you been with your housing situation in the past two weeks?
Recommendations in the implementation process

- Always involve the service users perspective
- Focus on resources
- Work with inclusion and coherence
- Ensure the present of cheap apartments
- Include volunteers and resources from the civil society
- Have a strong focus on the implementation process
Contact Information

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