

Suggestions for use of these internet resource lists:

The **first section** has examples of **5 models for recovery**. The **Ohio model** is quite clinical and detailed. The **Maine model** was developed by a group of survivors and researchers and describes a journey to recovery from the perspective of the survivor. The Mass. **PACE model** is a survivor – written model. A **Conceptual Model of Recovery** by Jacobson & Greenley (2001) presents a model developed to aid the state of Wisconsin in moving towards its goal of developing a recovery-oriented mental health system. This section also lists some **recovery websites** that have lots of recovery information and links.

The **second section** – for **service providers** in particular. The New Zealand report on **competencies for mental health workers** is an excellent document –95 pages long – that outlines in detail the knowledge and skills that providers need to do mental health recovery work. It includes an extensive bibliography at the back and website links.

The **third section** – A summary of **mental health recovery developments** in various US states and other countries around the world.

The **fourth and fifth sections** –include 4 excellent **bibliographies** on mental health recovery literature and a groundbreaking **report on what helps and what hinders recovery**.

1) Information on Mental Health Recovery – Models, Concepts & Websites

◆ Models

- i. **Ohio Department of Mental Health Recovery Process Model**
www.mhrecovery.com/best_practices.htm
- ii. **Maine Recovery Advisory Group Recovery Model**
www.mhsip.org/recovery/index.html
- iii. **Massachusetts National Empowerment Center PACE – Personal Assistance in Community Existence**
www.power2u.org/pace_manual.pdf
- iv. **UK - Tidal Model of Recovery**
www.tidal-model.co.uk
www.clan-unity.co.uk
- v. **Wisconsin – a Conceptual Model of Recovery**
www.bu.edu/cpr/recovery/articles.html
see Jacobson & Greenley article

◆ Mental Health Recovery Websites

- i. **Ohio**
www.mhrecovery.com
- ii. **Spokane, Washington**
www.recoveryspokane.org
(temporarily unavailable)
- iii. **Vermont – Mary Ellen Copeland**
www.mentalhealthrecovery.com
- **Copeland Center**
www.copelandcenter.com

- iv. **Massachusetts – National Empowerment Center**
www.power2u.org
 - **Patricia Deegan**
www.patdeegan.com
 - **Repository of Recovery Resources – Centre For Psychiatric Rehabilitation, Boston U.**
Contains published articles on recovery, books/booklets, documents/reports, multimedia, organizations, training/education, related topics
www.bu.edu/cpr/recovery/index.html
- v. **New Hampshire – Shery Mead**
www.mentalhealthpeers.com
- vi. **Pennsylvania - www.mhrecovery.org**
- vi. **Alaska – Alaska Mental Health Consumer Web**
www.akmhcweb.org/recovery/rec.htm
- vii. **United States – website dedicated to Mental Health Recovery research**
www.mentalhealthrecovery.org
- viii. **INTAR – International Network for Treatment Alternatives for Recovery**
www.intar.org
- xi. **Ontario – Queen Street Outreach Society**
www.qsos.ca
 - **Canadian Mental Health Association – Ont. Div.**
Recovery section under “Mental Health System”
www.ontario.cmha.ca
 - **Family Outreach and Response Program – section on family mental health recovery education**
www.familymentalhealthrecovery.org

2) Information on Recovery Competencies for Mental Health Workers/Service Providers

- ◆ **New Zealand – Recovery Competencies for New Zealand Mental Health Workers(95 pages)**

www.mhc.govt.nz/publications/2001/Recovery_Competencies.pdf

a. Recovery Competencies Teaching Kit (2003)

www.mhc.govt.nz/pages/publications/2003/teacher_resource.zip
(you need to type this address in separately – it won't open if you click on this typed line above)

- b. **Like Minds Teaching Kit** – addresses issues of discrimination in mental health

www.likeminds.govt.nz

- ◆ **Massachusetts – Advocates Inc. and Patricia E. Deegan**
www.intentionalcare.org

- ◆ **Kansas – Kansas School of Social Welfare, strengths perspective**

www.socwel.ku.edu

- c. Office of Mental Health Research & Training

www.socwel.ku.edu/mentalhealth/index.htm

- ◆ **"Measuring the Promise: A Compendium of Recovery Measures, Volume II" 2005**

This compendium offers an update to PN-43, *Can We Measure Recovery? A Compendium of Recovery and Recovery-Related Instruments* (Ralph, Kidder, & Phillips, 2000). Following a discussion of the need for recovery measures, *Volume II* offers a synopsis of the November 2004 invitational conference *Measuring the Promise: Assessing Recovery and Self-Determination Instruments for Evidence-Based Practices*. Reviews of the instruments themselves follow this section. The instruments are divided into two categories: measures of individual recovery and measures of recovery-promoting environments. *Volume II* concludes with recommendations for further developments in the measurement of recovery.

Free download available at:

www.tecathsri.org (The Evaluation Center)

- 1) click on **Toolkits & Materials** in the top tabs
- 2) Type **PN-55** in the search box (Toolkits & Materials) to the right
- 3) Click Search and follow the instructions for a free download

“Can We Measure Recovery? A Compendium of Recovery and Recovery-Related Instruments” by Ralph, R., Kidder, K., & Phillips, D. (2000) – free download. Click “Publications” then type in the first 4 words of the title in the search box. Order the free internet version.
www.hsri.org/eval/eval.html

- ◆ **Australia – Multicultural Mental Health** – in Books & Reports, See *Cultural Awareness Tool* – understanding cultural diversity in mental health www.mmha.org.au

3) Where is Recovery Happening Now??

◆ **United States**

- i. **California**, Santa Cruz and Contra Costa Counties
www.namisc.org/index.htm
Village Integrated Service Agency, Long Beach
www.village-isa.org
- ii. **Arizona**
www.metaservices.com
Kansas
www.socwel.ku.edu/mentalhealth/index.htm
- iii. **Wisconsin and Ohio**
www.mh.state.oh.us
- iv. **Vermont** – Vermont Recovery Education Project
www.mentalhealthrecovery.com/vtrecovery.html
- v. **Massachusetts**
 - Boston University Center for Psychiatric Rehabilitation - see Recovery Center
www.bu.edu/cpr
 - Institute for the Study of Human Resilience
www.bu.edu/resilience
 - National Empowerment Center

- www.power2u.org
 - Windhorse – a recovery treatment center
www.windhorseassociates.org
- vi. **Connecticut** – Yale Program for Recovery and Community Health (summer, 2003).
Recovery Institute Training
www.dmhas.state.ct.us/recovery.htm
Recovery Institute
www.dmhas.state.ct.us/recovery.htm
- vii. **Pennsylvania**
www.mhrecovery.org
- vii **New York**
www.nyaprs.org
- vii **Georgia**
www.gacps.org

- ◆ **Finland** – www.talkingcure.com/JaakkoSeikkula.htm
- ◆ **Italy** – www.triestesalutementale.it
- ◆ **United Kingdom** – www.tidal-model.co.uk
www.critpsynet.freeuk.com

- ◆ **New Zealand** – www.mhc.govt.nz
- ◆ **Canada** – www.qsos.ca

- ◆ At the **2002 Boston University Conference on Mental Health Recovery**, there were 37 presentations on Recovery projects happening in countries including Sweden, Israel, Belgium, Brazil, Slovenia, Norway, Ireland, Japan, India and Australia.

4) Recovery Bibliographies, Review of Literature on Research

- ◆ **USA** – Ruth Ralph – Review of Recovery Literature (2000)
www.nasmhpd.org/general_files/publications/ntac_pubs/reports/ralphrecovweb.pdf

- Bibliography of First-Person Narratives of Madness, Anthologies & Criticism by Gail Hornstein (2003)

www.mtholyoke.edu/acad/misc/profile/names/pdf/Hornstein_Bibliography.pdf

- ◆ **New Zealand** – Recovery Competencies Report – pg.74-86 (see #2 above)

- ◆ **Canada** – CMHA- Canadian Mental Health Association- Ontario (2002)
www.ontario.cmha.ca Click on “mental health system” and then on bibliography of Recovery Resources

5) What Helps and What Hinders Report , 2002 & 2006

Phase One of a USA National Research Project, conducted in 9 states to gain knowledge on what helps and what hinders mental health recovery. (2002)

www.nasmhpd.org/general_files/publications/ntac_pubs/reports/MH_SIPReport.pdf

Phase Two Report, 2006 – is available at www.nasmhpd.org
Click on publications, scroll to NTAC Publications and Reports, scroll to and click on Technical Reports under 2006 listing
“Phase II Technical Report: Development of the Recovery Oriented System Indicators (ROSI) Measures to Advance Mental Health System Transformation