



Carol Coussons de Reyes

Administrator of the
Office of Consumer Affairs:
Division of Behavioral Health:

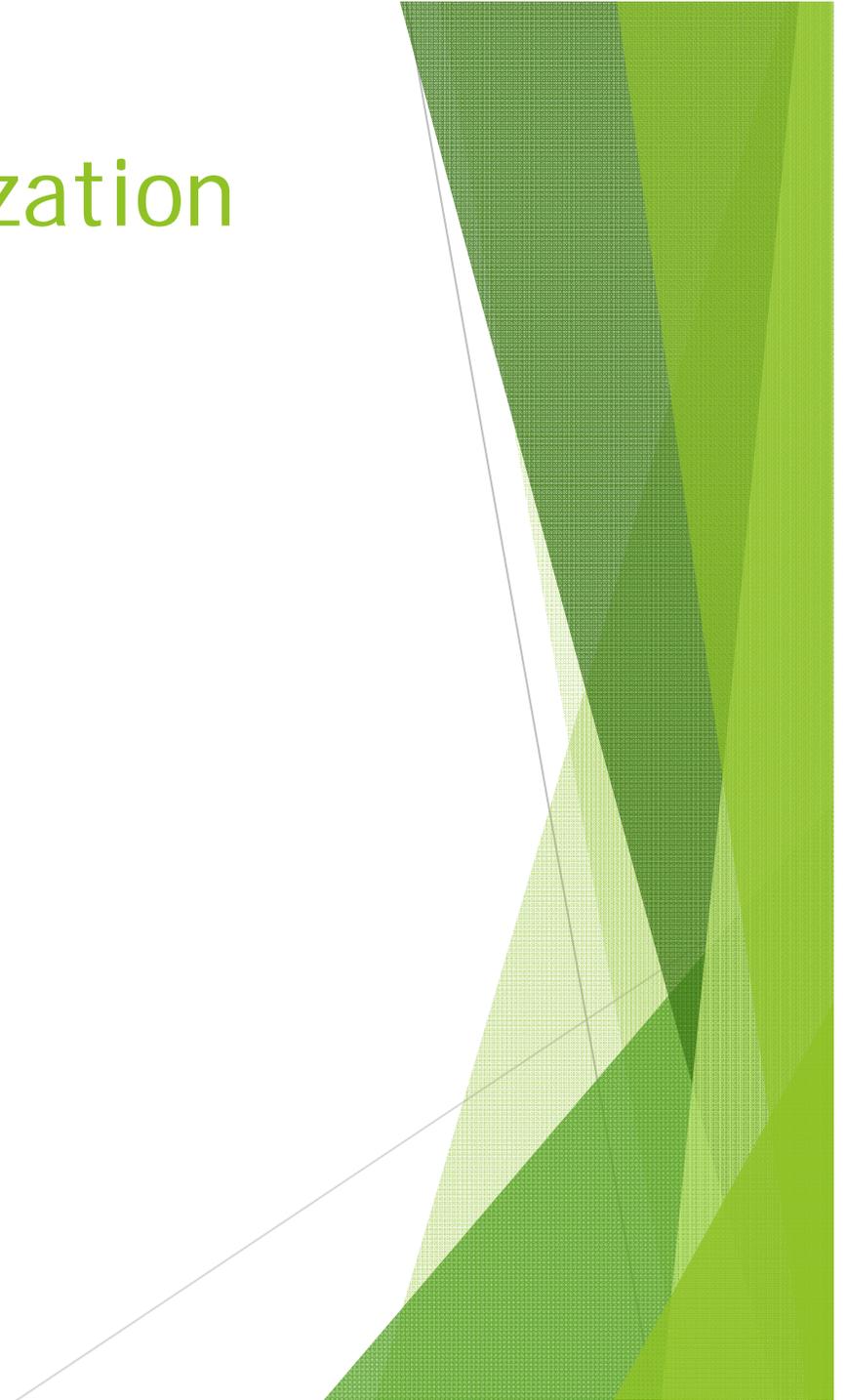


Commitment for the **person**: Virginia/Connecticut/Georgia

- ▶ Treated like criminal in front of neighbors
- ▶ People can't be honest
- ▶ Life just interrupted
- ▶ Taken away by strangers
- ▶ No one seems to know why
- ▶ Affront to all your beliefs about your rights
- ▶ Can't refuse care
- ▶ Process as *Traumatic* as Experiences that have led to the crisis

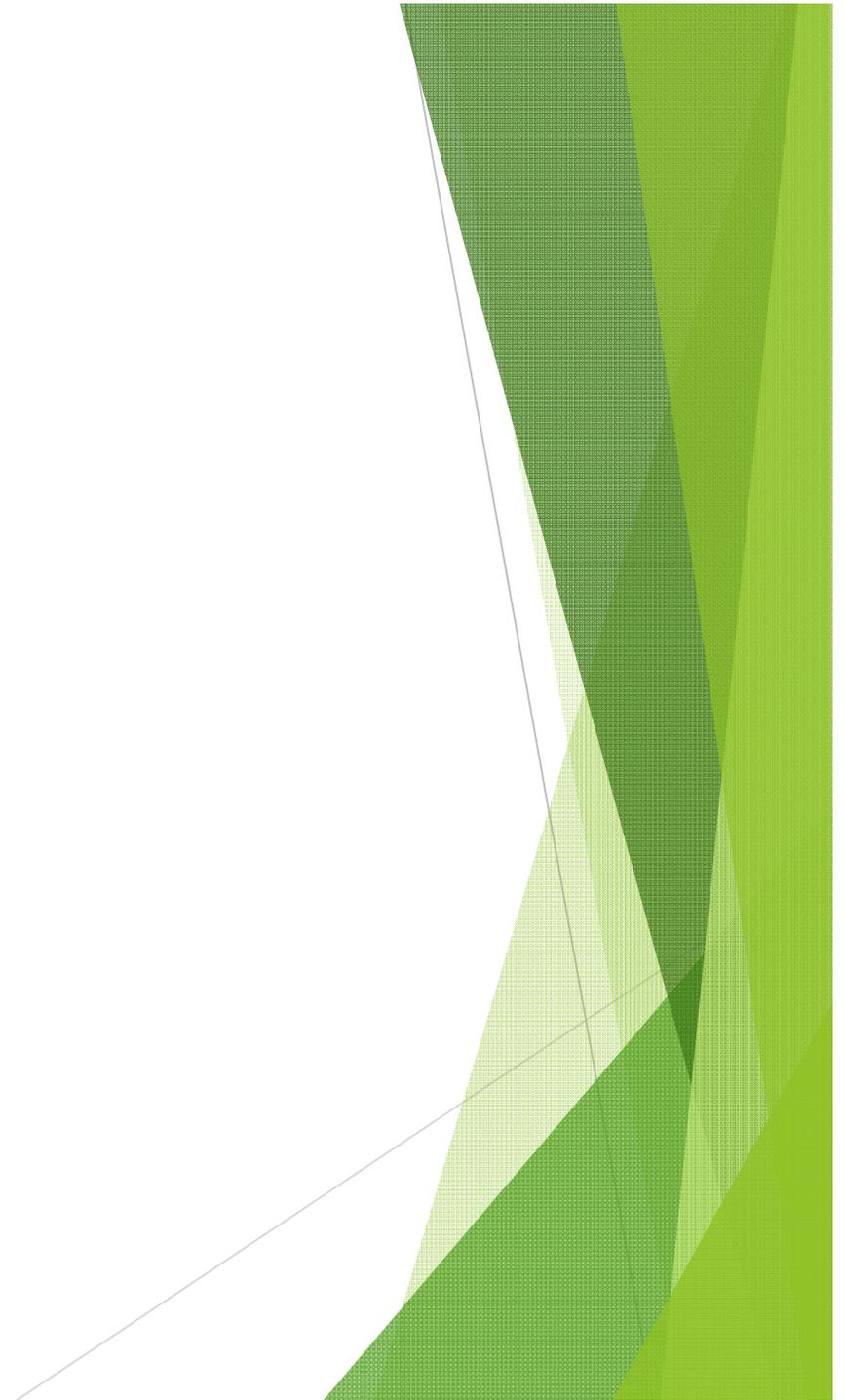
Involuntary Hospitalization

- ▶ No one believes in you
- ▶ No privacy
- ▶ Isolation
- ▶ Someone else's rules
- ▶ Forced medications
- ▶ Institutional Environment
- ▶ No Church



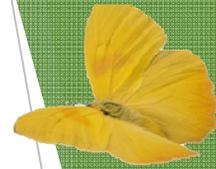
Free Fall

- ▶ Diagnosis of Serious Mental Illness
- ▶ Can I work?
- ▶ Loss of Friends
- ▶ What Is My Future?



What is *Recovery*?

- ▶ means a process of healing the mind, body, and spirit; inclusive of transformation of individuals with behavioral health conditions (consumers), family and friends, communities, and care systems to equip the person to exercise their choices and rights. This transformation or change can influence individual goals, roles, skills, attitudes that result in moving from hopelessness to hopeful life, dysfunctional relationships to quality relationships, and from illness to wellness.



Guiding Principles of Recovery

- Holistic
- Person-driven
- Many pathways
- Peer support
- Relational/social
- Strengths/responsibility
- Respect
- Culturally based
- Addresses trauma
- Hope



Four Dimensions of Recovery

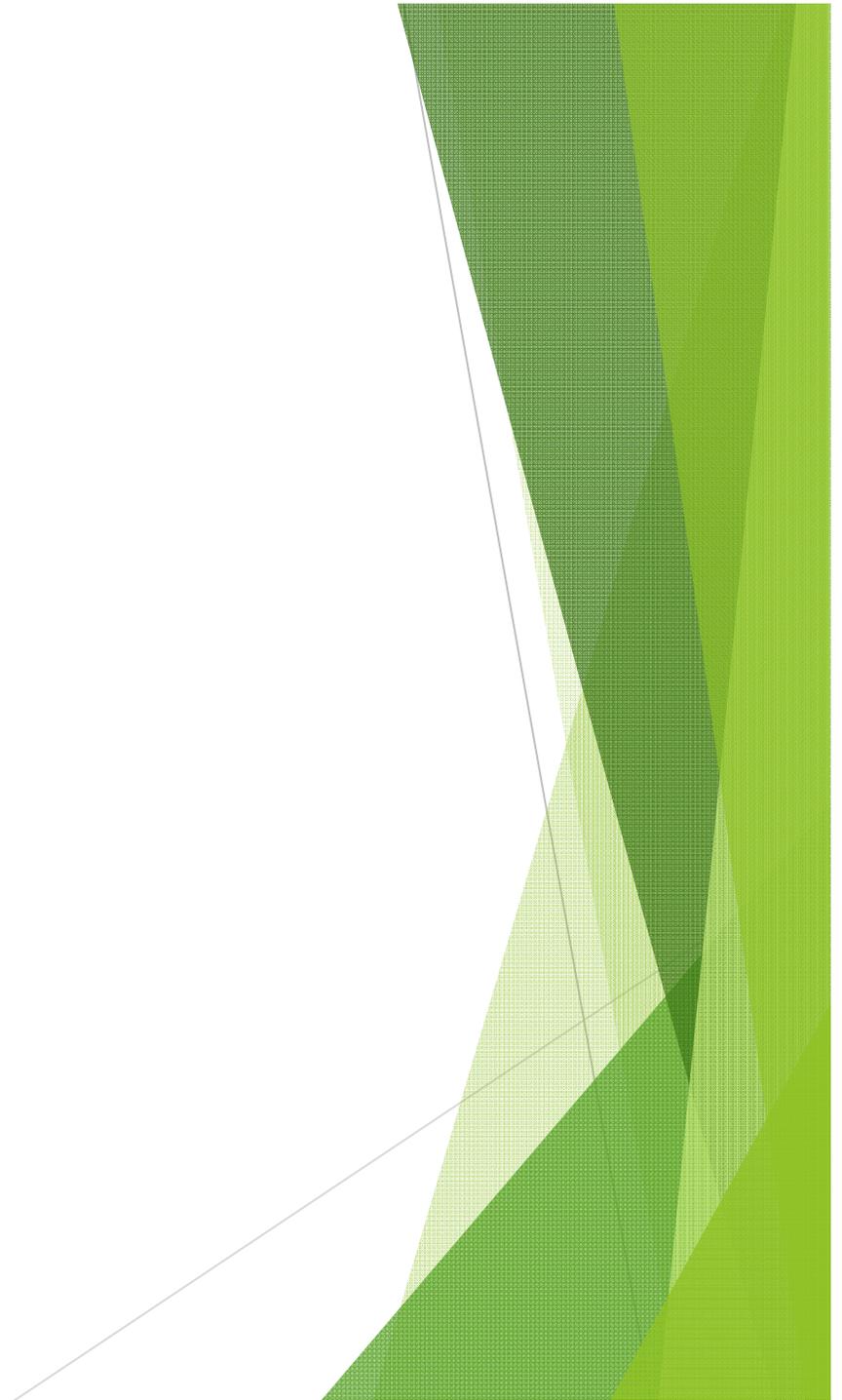
- ▶ **Health:** overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.
- ▶ **Home:** a stable and safe place to live;
- ▶ **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- ▶ **Community:** relationships and social networks that provide support, friendship, love, and hope.

SAMHSA, 2012



Recovery Begins

- ▶ Finding Sanctuary
- ▶ Finding Friends
- ▶ Finding Hope



What Nebraskans Say About Mental Health Boards & Commitment

- ▶ People just judge me before I speak, because they have seen me before
- ▶ They need new MH Board members
- ▶ My attorney doesn't understand recovery
- ▶ People just see you in the moment versus how you are doing in general
- ▶ The boards don't understand recovery
- ▶ No one seems to think the commitment should end
- ▶ How does it end?
- ▶ We need to inform people of their rights and how boards work
- ▶ I don't even remember what I was committed for, because it was so long ago.

Premise Behind Peer Support (Crisis) Respite Services

- ▶ Come in when you are well
- ▶ Fill Out Mutual Agreements for When in Crisis
- ▶ Stay 5-7 Days when needed
- ▶ You Keep Your Meds in a Locker/Self-Administer
- ▶ You Do Your Own Laundry/Cooking, etc.
- ▶ Active Peer Support to Challenge Vision of Crisis or Intentional Peer Support
- ▶ You Come and Go- Stay in School/On the Job
- ▶ Developing Relationships with Others/Community

- ▶ Keya House in Lincoln, NE (MHA and Region 5)



- ▶ Peer Support and Wellness Center in Decatur, GA (GMHCN)



Safe Harbor

- ▶ If you come for a visit:
- ▶ Please call before you come to the Center.
- ▶ Visits will be short term (24 hours or less) and recovery focused.
- ▶ Follow up is provided.
- ▶ Light snacks are available, however, no meals are served.
- ▶ We offer recliners (no beds) in which to relax.
- ▶ Please bring your medicine with you. There is a safe place for you to store these during your stay.
- ▶ Recovery focused
- ▶ Warm line available to talk with peers
- ▶ Safe & comfortable place to work through a crisis
- ▶ Trained peers available to offer assistance
- ▶ Individualized for you
- ▶ Connections with other resources



Statistics

- ▶ 5% of the People with Schizophrenia and Bipolar Disorder complete Suicide. (7-10 times the rate in general population).
- ▶ (Maris, 2000)
- ▶ People with Schizophrenia are far more likely to harm self than others. (MH First Aid, 2013)

What Nebraska Veterans Say:

- ▶ The Right to Bear Arms Important
- ▶ Service to our Country
- ▶ Loss of Rights can result in avoidance of assistance seeking



Choice & Commitment

- ▶ Recovery is different for everyone
- ▶ May want to remove commitment, but not gun rights
- ▶ May want gun rights



Fly Into Recovery

