



CMHA - Promoting recovery, resilience, and hope through mental health and wellness education.

A Recovery Reading List

Prepared by Vicki Fox Smith, April 2010

Recovery Tools

Illness Management and Recovery

The Illness Management and Recovery program strongly emphasizes helping people to set and pursue personal goals and to implement action strategies in their everyday lives. The link takes you to a toolkit produced in the US by the National Mental Health Information Center. The Practitioners Guide and Handouts is a large PDF file filled with useful handouts and much more.

http://download.ncadi.samhsa.gov/ken/pdf/toolkits/illness/IMR_PractitionerGuide.pdf

Tools for Shared Decision Making

Shared decision-making is an interactive and collaborative process between individuals and their health care providers that is used to make health care decisions pertinent to an individual's personal recovery. This approach is consistent with the values of choice, self-determination, and empowerment and provides a means of enhancing consumer involvement in mental health care which has recognized benefits for positive treatment outcomes. <http://mentalhealth.samhsa.gov/consumersurvivor/shared.asp>

Information About Mary Ellen Copeland's Wellness Recovery Action Plans

WRAP Program Description: http://www.mentalhealthrecovery.com/art_wrap.php

Values and ethics: http://www.mentalhealthrecovery.com/wrap_values_ethics.php

Recovery Workbook (Hip Pocket Version) BY LEROY SPANIOL ,MARTIN KOEHLER ,DORI HUTCHISON

http://www.veteranrecovery.med.va.gov/peer_support/Hip%20Pocket%20Recovery%20Workbook.doc

Pathways to Recovery (description and ordering information. 12 week course for individuals with a mental illness) Pricilla Ridgeway

http://www.cultureofrecovery.org/?page_id=24

Support and Family Education (SAFE) helpful worksheets/handouts for download as part of each session

<http://www.ouhsc.edu/safeprogram/>

100 Ways to Support Recovery Dr. Mike Slade

<http://www.mentalhealthshop.org/document.rm?id=8914>

Mental Health "Recovery": Users and Refusers, Toronto: Wellesley Institute. CC 2.5

http://wellesleyinstitute.com/files/Mental_Health%20_Recovery.pdf

Articles

What recovery Means to Us

by Shery Mead MSW and Mary Ellen Copeland MS, MA

<http://www.mentalhealthpeers.com/pdfs/WhatRecoveryMeansToUs.pdf>

Recovery from mental illness: The guiding vision of the mental health service system in the 1990s.

by William Anthony (1993) *Psychosocial Rehabilitation Journal*, 16(4), 11-23.

<http://www.bu.edu/cpr/resources/articles/1990-1995/anthony1993c.pdf>

The vision of recovery today: what it is and what it means for services

by Marianne Farkas (2007) World Psychiatry. 2007 June; 6(2): 68-74.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2219905/>

How Recovery Happens

Personal moments can motivate people in recovery and behavioral health professionals

by LORI ASHCRAFT, PhD and WILLIAM A. ANTHONY, PhD

<http://www.behavioral.net/ME2/dirmod.asp?sid=9B6FFC446FF7486981EA3C0C3CCE4943&nm=Archives&type=Publishing&mod=Publications%3A%3AArticle&mid=64D490AC6A7D4FE1AEB453627F1A4A32&tier=4&id=AFD5BB225CA5413586B2483E3EC14E52> -or- <http://bit.ly/9PNUH9>

Relapse Is Different In Recovery

Care systems need to avoid the temptation to step in and “make things right”

by LORI ASHCRAFT, PhD and WILLIAM A. ANTHONY, PhD

<http://www.behavioral.net/ME2/dirmod.asp?sid=&nm=&type=Publishing&mod=Publications%3A%3AArticle&mid=64D490AC6A7D4FE1AEB453627F1A4A32&tier=4&id=19450BA0E77F46CD96BC131C2409E08E> -or- <http://bit.ly/a7oRld>

Recovery and the Conspiracy of Hope, Pat Deegan (1996)

www.bu.edu/resilience/examples/deegan-recovery-hope.pdf

Recovery as a Journey of the Heart, Pat Deegan

http://www.manitoba.cmha.ca/data/1/rec_docs/773_recovery_journey_of_the_heart.pdf

TOWARD RECOVERY & WELL-BEING: A Framework For A Mental Health Strategy For Canada

http://www.mentalhealthcommission.ca/SiteCollectionDocuments/Key_Documents/en/2009/Mental_Health_ENG.pdf

Moving Beyond Clinical Recovery AND Personal Recovery: Reclaiming the Possibility of Full Recovery

Ray Unger, LCSW

<http://recoveryfromschizophrenia.org/2010/04/moving-beyond-clinical-recovery-and-personal-recovery-reclaiming-the-possibility-of-full-recovery/>

Integrating Evidence-Based Practices and the Recovery Model

Frederick J. Frese, III, Ph.D., Jonathan Stanley, J.D., Ken Kress, J.D., Ph.D. Suzanne Vogel-Scibilia, M.D.

<http://psychservices.psychiatryonline.org/cgi/content/full/52/11/1462>

Books

Recovery in Mental Illness: Broadening Our Understanding of Wellness

Ruth O. Ralph (Editor), Patrick W. Corrigan (Editor)

A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care

Larry Davidson, Michael Rowe

Wellness Recovery Action Plan

by Mary Ellen Copeland

Coping with Voices: Self Help Strategies for People Who Hear Voices that are Distressing

Deegan, Patricia & Carolyn Affa (illustrator); National Empowerment Center

RECOVERY. THE NEW FORCE IN MENTAL HEALTH.

Ohio Department of *Mental Health*. Michael F. Hogan, Ph.D. (download <http://bit.ly/bE6P0d>)

Social Inclusion and Recovery: A Model for Mental Health Practice

by Julie Repper and Rachel Perkins