



Weekly Highlight



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Please share the Recovery to Practice (RTP) Weekly Highlights with your colleagues, clients, friends, and family! If you are having trouble printing or viewing the RTP Weekly Highlight in its entirety, please refer to the attached PDF. To access the RTP Weekly Highlights and other RTP materials, please visit <http://www.dsgonline.com/rtp/resources.html>

Mind the Gap

My involvement in recovery-oriented practices was a lucky break. I had the good fortune to spend some time during residency at a flexible, innovative rehabilitation program, where I now work part-time as the Associate Director. After spending so much time in training on inpatient psychiatry units and crisis-filled emergency rooms, it was simply incredible to sit with individuals with serious mental illness and talk about what their dreams are, what has gotten in their way, how a job has helped their self-esteem, and how intertwined medications and self-help strategies are. This kind of connection with people was what drew me to psychiatry in the first place. Recovery-oriented practices offer optimism and hope to those struggling with the devastation of major mental illness, and are simultaneously a much more satisfying, sustaining way for providers to work.

The other piece of my job is at a community mental health center, where I struggle to think with a recovery-oriented mindset in a cash-strapped system built around a traditional model of treatment and reimbursement. Sometimes I feel confused by these two hats I wear. Why do some people I work with get optimism and vocational interventions, and others can't even pay for their meds? How do I infuse elements of recovery-oriented practices into this medical system, and can I do this on a broader scale than my clinical work with individual patients? How do I ensure that some principles of psychiatric rehabilitation stick with the residents I supervise, when there are such limited vocational services and supportive organizations available for our patients?

I am continually struck by the chasm between research-based and other privately funded rehabilitation interventions, and what is actually available in most public systems of care. My own work life, at this early point in my career, is literally straddling this science-to-service gap. While I am very fortunate to get to work in both realms, the vast majority of our patients do not have access to desperately needed services. For them, the problems in our systems of care don't feel like gaps, but rather an absence of basic rehabilitation interventions.

— Miriam C. Tepper, MD

Please Note! Monday's Recovery to Practice Webinar, "Step 1 in the Recovery-Oriented Care Continuum: Outreach & Engagement," was a tremendous success!

The Recovery to Practice Webinar PowerPoint presentation and recording for the December 13th Webinar is now available at

<http://www.dsgonline.com/rtp/resources.html>.

SAMHSA's *mental health AIDS*

SAMHSA's mental health AIDS is a quarterly biopsychosocial research update on HIV and mental health, organized by topic area. Each issue also includes a "tool box" feature article, plus the newest resources (books, articles, Web sites) for clinical practice.

**To access the Winter 2011 Newsletter, please visit
<http://mentalhealthaids.samhsa.gov/>**

SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) Highlights New Resources

SAMHSA has added several new resources to its National Registry of Evidence-based Programs and Practices (NREPP) Web site. These resources will assist program developers considering NREPP submissions, as well as individuals and organizations who are seeking to successfully implement evidence-based interventions. They include

- **Implementation: Making an Evidence-Based Program Work for You**, a learning module providing guidance on selecting an evidence-based intervention to match an organization's needs and successfully implementing a chosen program
- **Preparing an Intervention for NREPP Submission and Potential Review**, a learning module that provides a detailed description and helpful hints on the NREPP submission and review process
- **Evidence-Based Therapy Relationships**, a research document highlighting how various elements of a therapy relationship (e.g., alliance, empathy, goal consensus) are associated with treatment effectiveness
- **Screening and Assessment Tools**, links to Web sites that provide a compendium of validated screening and assessment instruments and tools for mental and substance use disorders

To access these new resources, click on the "Learning Center" tab on the NREPP home page at <http://www.nrepp.samhsa.gov>.

The RTP Resource Center Wants to Hear From Recovery-Oriented Practitioners!

We invite practitioners to submit personal stories that describe how they became involved in recovery-oriented work and how it has changed the way they currently practice.

The RTP Resource Center Wants to Hear From You, Too!

We invite you to submit personal stories that describe recovery experiences. To submit personal stories or other recovery resources,

Please contact Stephanie Bernstein, MSW, at 1.877.584.8535 or email

recoverytopractice@dsgonline.com.

We welcome your views, comments, suggestions, and inquiries. For more information on this topic or any other recovery topics, please contact the RTP Resource Center at 1.877.584.8535 or email recoverytopractice@dsgonline.com.

The views, opinions, and content of this Weekly Highlight are those of the authors and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.