**FUNDAMENTALS OF RECOVERY**  
2007

*This list of fundamental recovery resources was compiled from recommendations by the VHA Recovery Advisory Board and from the MIRECCs’ Recovery Interest Group*

**Books:**


Chamberlin J. (n.d.). *On Our Own*. NEC. [www.power2u.org](http://www.power2u.org)


Zinman S, Harp HT, & Budd S. (1987). *Reaching Across: Mental Health Clients Helping Each Other*. California Network of Mental Health Clients. [main@californiaclients.org](mailto:main@californiaclients.org) or 800-625-7447


Articles & Chapters:


**Journals:**

*Psychiatric Rehabilitation Journal*
*Psychiatric Services*
*American Journal of Psychiatric Rehabilitation*
*Community Mental Health Journal*
*Schizophrenia Bulletin*
*Mental Health Services Research*
*Journal of Applied Rehabilitation Counseling*
Web sites:

http://www.Yale.edu/PRCH
http://www.recovery-inc.org/
http://www.bu.edu/cpr/
http://www.power2u.org/
http://www.dmhas.state.ct.us/recovery.htm
http://www.veteranrecovery.med.va.gov/index.html
http://www.mentalhealth.samhsa.gov
http://copelandcenter.com/whatiswrap.html
http://www.mhselfhelp.org/
http://www.peersupport.org/
www.uspra.org
http://www.psych.uic.edu/uicnrtc/

Clinical tools (e.g., videos/DVDs, measures, recovery plan template, etc):

Recovery Self-Assessment: Provider version
http://www.dmhas.state.ct.us/recovery/RSAprovider.pdf

Recovery Oriented Systems Indicators (ROSI)  http://www.power2u.org/downloads/ROSI-Recovery%20Oriented%20Systems%20Indicators.pdf

Recovery Enhancing Environment Measure

Substance Abuse and Mental Health Services Administration (SAMHSA) (http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp) and its Center for Mental Health Services (CMHS) have Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices that support recovery in mental health. The Kits were developed as one of several SAMHSA/CMHS activities critical to its science-to-services strategy. There are kits for Illness Management and Recovery, Family Psychoeducation, and Supported Employment. The Kits are free and can be downloaded. The kits include:

- Information Sheets for all stakeholder groups
- Introductory videos
- Practice demonstration videos
- Workbook or manual for Practitioners
Wellness Recovery Action Plan (WRAP): For Veterans and People in the Military
www.mentalhealthrecovery.com

HSRI Compendium on Recovery Measurement Tools: Volumes 1 & 2
http://www.tecathsri.org/search_products.asp


Mutual Learning: *VA Peer Support and Education Conference*, DVD. New England MIRECC. To order, please email: Patricia.Crann@va.gov

*Vet-to-Vet*. DVD from the New England MIRECC (see website, above for description) To order, please email: Patricia.Crann@va.gov

*Pathways to Recovery: A Strengths Recovery Self-Help Workbook*. To order, pathways@ku.edu or 785-856-2880 ext. 109 / 1-877-458-6804

*Recovery Workbook 2: Connectedness* (by LeRoy Spaniol, PhD, Richard Bellingham, EdD, Barry Cohen, PhD, & Susan Spaniol, EdD) See:
http://www.bu.edu/cpr/products/curricula/connectedness.html
Training programs:

Program for Recovery and Community Health (PRCH) has curricula on recovery foundations, core provider competencies, cultural competence, person-centered care, and training and supervising peer staff.
http://rwjcspp.yale.edu/community.php?id=253

Illness Management and Recovery (about 3-4K, mostly for travel expenses to your site)

Peer-to-Peer Resource Center of the DBSA (will negotiate, but between 20-30K)
http://www.peersupport.org/

Finding Our Voice: Empowerment Training series (6 day training, can be done in 3, 2 day segments generally for 25 participants, to train them in advocacy skills; $750 a day)
http://www.cmhsrp.uic.edu/nrtc/empowerment.asp

http://www.power2u.org/downloads/From%20Relief%20to%20Recovery.pdf
(also, 4 day training in learning the skills of peer support to help disaster victims, developed in Louisiana after Katrina; $750 a day).

Boston University Center for Psychiatric Rehabilitation - Offers a variety of training opportunities including in-person, distance learning, and consultation. The cost depends on the type and amount of training. For more information: http://www.bu.edu/cpr/training/index.html

Network for Supported Employment (APSE) Annual Conference - This conference offers a structured training program for new front-line staff and administrators in supported employment called SE 101. In addition, there are a variety of advanced workshops for experienced employment specialists and vocational rehabilitation administrators. Cost of the 2.5 day conference is approximately $300.

Depression and Biopolar Support Alliance – Offers training for health care professionals including integrating peer support into treatment, recovery-oriented communication, and psychosocial education from a patient and family perspective. Options for mental health consumer leaders include certified peer specialist training and building an action plan for change in your community. Customized consultation services are also available. For more information: www.makingrecoveryreal.com or www.dbsalliance.org

United States Psychiatric Rehabilitation Association (USPRA) – Annual Conference -- Although not a training program per se, the USPRA annual conference includes keynote speakers, seminars, workshops, and institutes as well as numerous networking opportunities to learn from and connect with others in the field of recovery. A wide variety of topics are addressed including research, administration, supported employment, education and housing, as well as peer support. Cost is approximately $500 for the entire four day conference, although
packages consisting of the two day workshops or the two day institutes are available for $200-300.

**Potential speakers with expertise:**

**Raquel Andres-Hyman:** recovery and cultural competence; motivational interviewing; health disparities; hispanic/latino cultural dimensions and approaches to recovery

**Judi Chamberlin:** peer support, recovery, engaging consumers in research, how to form consumer-run organizations

**Larry Davidson:** history of recovery movement; civil rights and recovery; system transformation; recovery guide model; peer support

**Miriam Delphin:** recovery and cultural competence; health disparities; african american cultural dimensions and approaches to recovery

**Dan Fisher:** consumer perspective from someone who is also a professional, how to create a recovery culture, importance of telling stories in recovery, clinical applications of recovery approach, common elements in helping people recover from trauma, homelessness and mental illness

**Fred Frese:** consumer perspective from someone who is also a professional

http://www.fredfrese.com/

**Lenora Kimball:** how to set up a consumer-run overnight respite alternative to hospitalization, trauma informed peer support training

**Priscilla Ridgway:** history of recovery movement; self-help approaches to recovery [e.g., wrap]; recovery-oriented outcomes and outcomes monitoring; spirituality and recovery

**Michael Rowe:** homelessness and outreach within a citizenship framework

**Janis Tondora:** person-centered care; practice standards for recovery-oriented practice; core competencies for recovery-oriented practice; supported employment and education; use of natural supports