Recovery Oriented Cognitive Therapy: Systematically Promoting Recovery and Resiliency to Overcome the Most Challenging Problems

Paul M. Grant, Ph.D.
University of Pennsylvania
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Policy Points

1. Recovery extends to all
2. Evidence-based practice is the key to promoting recovery
3. Recovery-Oriented Cognitive Therapy is an evidence-based practice that operationalizes recovery and resiliency and is readily teachable and transformative
4. An evidence-based approach (CT-R) can be successfully implemented in a state mental health system to promote continuity of care and improve outcomes
Recovery Extends to All
Recovery

• A philosophical position that grew out of a self-advocacy political movement spearheaded by individuals with severe mental illness

• Is mandated for treatment in the US
  - Olmstead vs. LC Decision (1999)
  - Federal Action Agenda (2005)

• It is not clear how to actually achieve recovery-oriented care, as there are many challenges (chronically institutionalized, familiar faces, etc.)
Challenges

• Mental health providers can struggle with individuals who:
  o Don’t believe they have an illness, don’t want treatment
  o Have very low energy – won’t show up for appointments, won’t participate, won’t get up in the morning
  o Have disorganized speech, difficult to understand or won’t verbalized much
  o Have grandiose delusions
  o Are constantly hallucinating
  o Act aggressively
  o Have self-injurious behavior
• We need a better understanding of these individuals that can translate into concrete, strategic action that helps them succeed in getting the life they want, with the mechanisms of improvement (understanding and skills) easily communicable across all settings of care.
“It’s given me the confidence that I needed...Just believing that I can do this or I can succeed at whatever I do and whatever I try. I no longer looked at myself as being like, disabled, handicapped...”

-Individual
Common Themes

• Isolation
• Lack of belonging
• Rejection
• Together alone
When are people at their best?

• Birthday party
• March madness challenge
• Picnic
• Play
• Music Group
What does it look like?

• Funny
• Knowledgeable
• Warm
• Energized
• Personable
Evidence-based practice is the key to promoting recovery
“I think this has the potential to have a big impact on the field, as it can show the importance of using a recovery framework in general, as well as its importance with the implantation of EBP’s. Most of all CT-R can show how we can help people that many believe are not reachable.

…”

-Arthur Evans, Ph.D.
Chief Executive Officer/Executive Vice President
American Psychological Association
Evidence Base

- Basic science supporting the model
- Clinical trials
- Implementation studies
Recovery-Oriented Cognitive Therapy is an evidence-based practice that operationalizes recovery and resiliency and is readily teachable and transformative...
Adaptive Mode vs. Patient Mode

- Access
- Energize
- Develop
- Actualize
- Strengthen
Strengthening the Adaptive Mode

• Conclusions
  o Draw attention to positive experiences
  o Strengthening beliefs through targeted questions
    • Connection
    • Control
    • Capability
    • Energy
• Developing resiliency in the face of stress and challenges
• Adaptive mode becomes dominant mode through corrective emotional experiences
Deactivating the Patient Mode: Neutralizing Challenges

• Positive beliefs strengthened
• Negative beliefs weakened
• Resiliency-promoting skills and interventions
Progression

• Accessing adaptive mode, identifying aspirations, creating a series of success experiences achieving meaning, drawing conclusions (recovery)

• Series of mastery experiences refocusing away from challenges (positive symptoms, anger, urges to use or self-injure) on to valued action (resiliency)

• Participating with others, fulfilling aspirations, not needing mental health care, making a difference (flourishing)
Modalities

- Individual
- Group
- Team-based (ACT Team)
- Foundation of therapeutic milieu
- Supports treatment planning and continuity of care
An evidence-based approach (CT-R) can be successfully implemented in a state mental health system to promote continuity of care and improve outcomes.
“In essence, we have used [CT-R training] to try to create a continuum of care for these very challenged citizens, who otherwise might languish in institutions bereft of hope for a better life. Succinctly put, [the Beck team] have performed miracles…”

-Lawrence Real, M.D.
Chief Medical Officer
Philadelphia Department of Behavioral Health and Intellectual disAbility Services
Network of Care

Residential Recovery Path

State Hospital (Civil & Forensic) → Residential Treatment Facility for Adults (RTFA) → Community Residential Rehabilitation (CRR) → Supported Housing

Extended Acute Care (EAC) → Long-Term Structured Residences (LTSR)

Jail → Residential Treatment Facility for Adults (RTFA)
Network of Care Continued

- Jail Team – jail diversion assessment team
- ACT Teams
- ADAPT Team – teams that evaluate need for higher level of care
- Individual Therapy
Continuity of Care

- Create a path from the hospital or jail to the community
- Applying case conceptualization
- Training providers to communicate within that system
- Documentation
Residential Programs

- Clubs
- Community outings
- Treatment teams
Individual Recovery Outcomes

“...I thought I couldn’t even do the things that I’m able to do now, like go to school...keep a relationship with a very nice boyfriend...” -Individual
Flexible Training Components

- Workshop
- Consultation
- Modeling
- Special Case Consultation
- Milieu
- Group
- Sustainability
- Train the trainer
Mental Health Providers We Train

- Art and rec therapists
- Nurses
- Occupational therapists
- Peer specialists
- Case managers
- Social workers
- Psychologists
- Psychiatrists
- Front line staff
Staff Accounts

#1

#2

#3

#4
Projects

- Philadelphia
- Commonwealth of Pennsylvania
- Montgomery Country
- Georgia
- Virginia
- Massachusetts
- Utah
Innovative Program Evaluation

• State Hospital Units (Forensic & Civil)

• ACT Teams – units

• Programmatic residences (Philadelphia, Mass)

• Early-Episode Teams
Program Evaluation

• Georgia
  o SAMHSA Recovery Dimensions (69%)
  o Community involvement
  o Getting back to meaningful life

• Philadelphia
  o 53 returned to community
  o Already stepping to less-intensive
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Thank you

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Contact

Paul M. Grant, Ph.D.

Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania,
3535 Market Street, Room 2032
Philadelphia, PA 19104
Telephone: (215) 898-1825
Email: pgrant@mail.med.upenn.edu