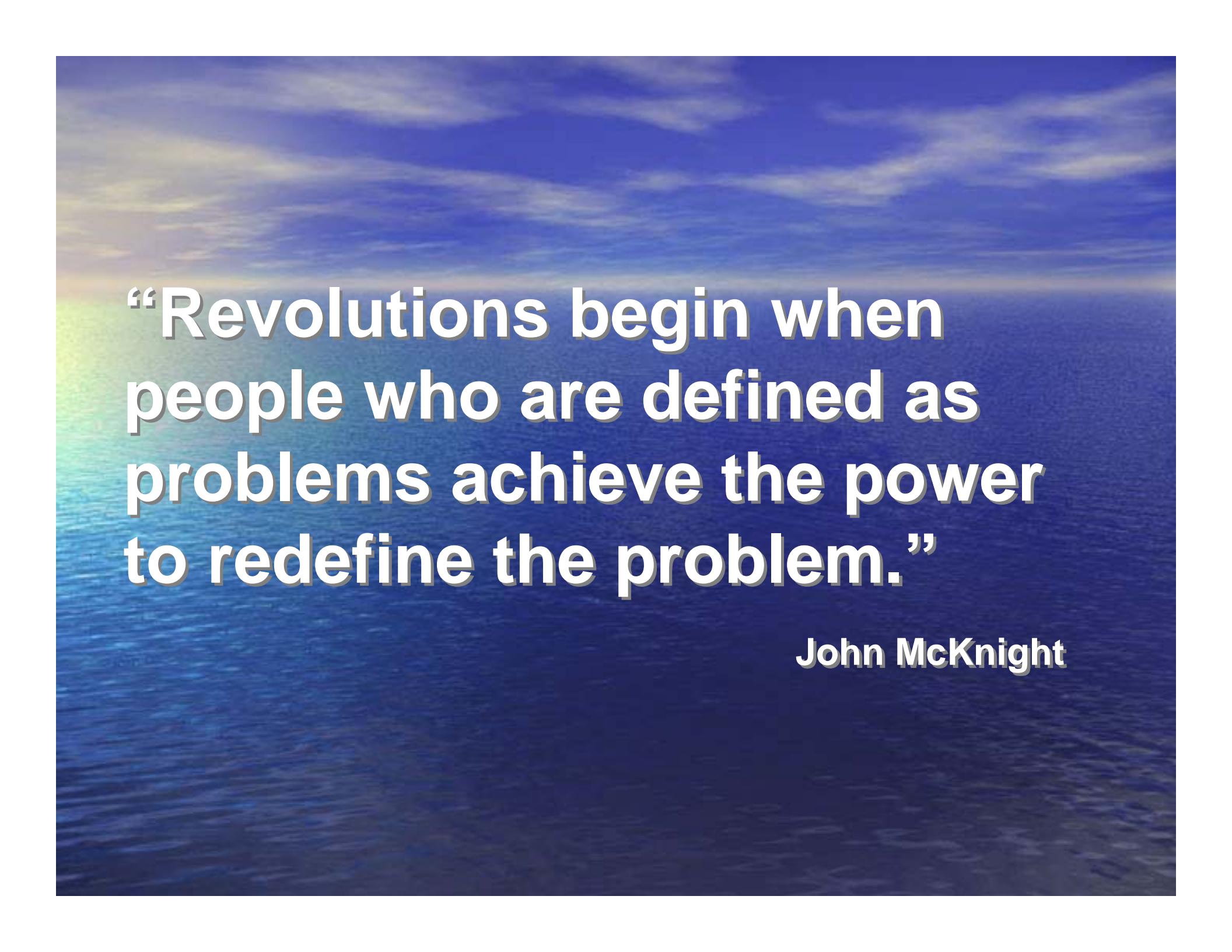


Larry Fricks

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Vice President of Peer Services, Depression and
Bipolar Support Alliance

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“Revolutions begin when people who are defined as problems achieve the power to redefine the problem.”

John McKnight

Five Stages in the Recovery Process

...the
Disabling Power
of a
Psychiatric Diagnosis

Five Stages in the Recovery Process

Symptoms

...the
Disabling Power
of a
Psychiatric Diagnosis

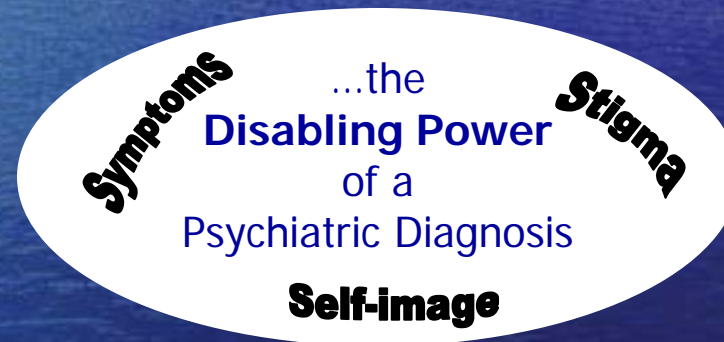
Five Stages in the Recovery Process

Symptoms

...the
Disabling Power
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Psychiatric Diagnosis

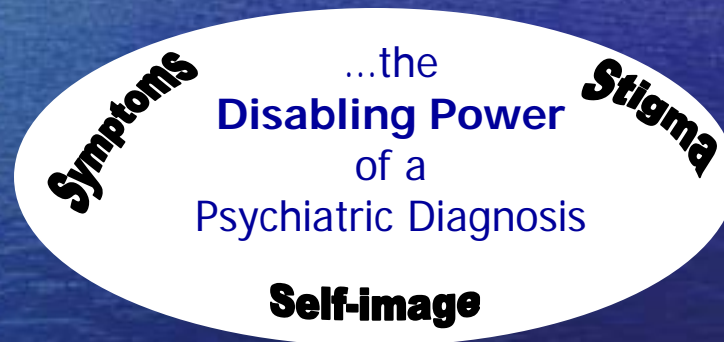
Stigma

Five Stages in the Recovery Process



Five Stages in the Recovery Process

There are times when a person...



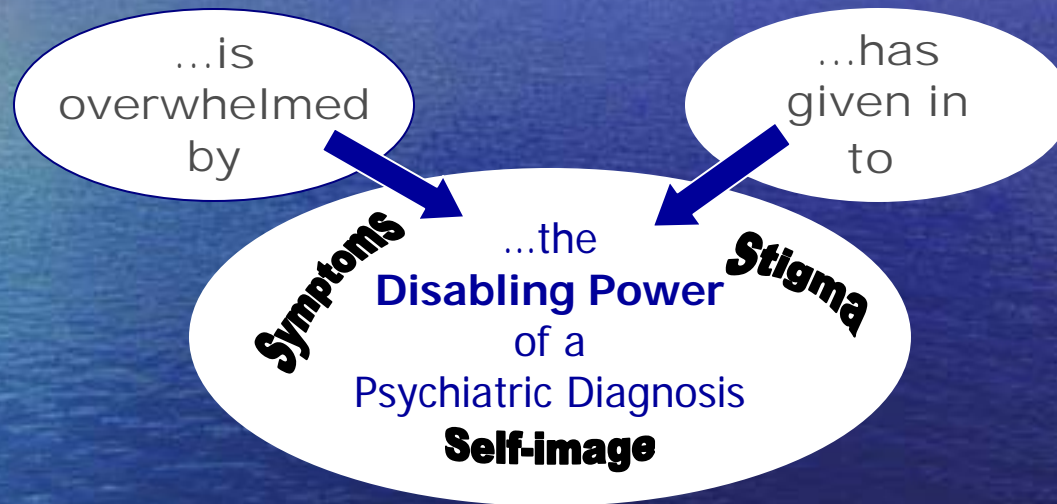
Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

There are times when a person...



New Peer Roles for System Transformation

- Outreach to homeless, aging, young adults
- Trauma
- Community integration from institutions
- Peer Support Whole Health

NASMHPD Morbidity and Mortality Report

“People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population.”

NASMHPD
Morbidity and Mortality in People
with Serious Mental Illness
October 2006

USA Today: Mental Illness Linked to Short Life

“Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that’s widened since the early ‘90s, when major mental disorders cut life spans by 10 to 15 years....”

USA Today
May 3, 2007

NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Medical Conditions
 - Metabolic disorders
 - Cardiovascular disease
 - Diabetes

NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Risk Factors
 - Obesity
 - Smoking
 - Substance abuse
 - Inadequate access to medical care
 - Some psychiatric medications

Adapting and Testing Health Self-Management Model

- Designed for people with serious mental illness
- Rollins School of Public Health, Emory University
- Directed by Dr. Ben Druss
- Adapting the Chronic Disease Self-Management Program (CDSMP), Stanford University
- Druss research funded by NIMH

Adapting and Testing Health Self-Management Model (cont'd.)

CDSMP:

- Results in sustainable change in healthy behaviors and health in persons with a range of chronic conditions
- Is consistent with efforts to incorporate self-management and peer-support to foster recovery for people with SMI
- Is applicable to populations with multiple risk factors and/or comorbid conditions

Peer Support Whole Health

- Peers trained by Benson-Henry Institute for Mind-Body Medicine at Mass General teaching the relaxation response that changes physical/emotional response to stress and:
 - Decreases metabolism
 - Decreases heart rates
 - Decreases blood pressure
 - Decreases breathing
 - Decreases muscle tension
 - Decreases cortisol
 - If practiced regularly, can have lasting effects

Peer Support Whole Health Pilot Training

- Peer Support Whole Health Pilot Training May 5-7, Battle Creek, MI
- 12 one-hour modules and health kit
- Training and kit address preventable medical conditions and risk factors in NASMHPD Report

Peer Support Relaxation Response Study

- 8 week study by Benson Henry Institute for Mind Body Medicine and Appalachian Consulting Group in Georgia on implementing the Relaxation Response at two peer centers
- **Conclusion:** Pre-post results show a significant decrease in obsessive-compulsive symptoms and positive symptom total. Overall, there was a decrease in stress and anxiety.