

Resource List for Person-Centered Recovery Planning

<p>Books & Chapters on Recovery-Based Foundations and Systems Change</p>	<ul style="list-style-type: none"> • Tondora, J. & Davidson, L., (2006). Practice guidelines for recovery-oriented behavioral health care. Hartford, CT: Connecticut Department of Mental Health and Addiction Services. (http://www.ct.gov/dmhas/lib/dmhas/recovery/practiceguidelines2.pdf) • Davidson, L., Tondora, J., O'Connell, M., Lawless, M., & Rowe, M. (2009). A practical guide to recovery-oriented practice: Tools for transforming mental health care. New York: Oxford University Press. • Davidson L, Kirk T, Rockholz P, Tondora J, O'Connell MJ & Evans AC. (2007). Creating a recovery-oriented system of behavioral health care: Moving from concept to reality. <i>Psychiatric Rehabilitation Journal</i>, 31(1): 23-31. (see attached) • Daniels, A and Adams, N, <i>From Study to Action: A Strategic Plan for Transformation of Mental Health Care. 2006</i>, California Institute for Mental Health • Davidson, L.; O'Connell, M.J.; Tondora, J.; Styron, T.; & Kangas, K.: The top ten concerns about recovery encountered in mental health system transformation. (2006). <i>Psychiatric Services</i>, 57(5): 640-645. (see attached) • Anthony, W. A. (2000). A recovery-oriented service system: Setting some system level standards. <i>Psychiatric Rehabilitation Journal</i>, 24(2), 159-168. • Recovery versus Traditional Approach Handout (see attached??)
<p>Outcomes and Evidence for Recovery-Oriented Care</p>	<ul style="list-style-type: none"> • Harding, C. M., Brooks, G. W., Asolaga, T.S.J.S., & Breier, A. (1987). The Vermont longitudinal study of persons with severe mental illness. <i>American Journal of Psychiatry</i>, 144, 718-726. • Recovery from Severe Mental Illnesses: Research Evidence and Implications for Practice, Volumes 1 and 2. Edited by Larry Davidson, Courtenay Harding, & LeRoy Spaniol. Forward by William A. Anthony © 2005 and 2006. See: http://www.bu.edu/cpr/products/books/titles/rsmi-1.html • Fisher, D. B., Ahern, L. (Spring, 1999). People can recover from mental illness. <i>National Empowerment Newsletter</i>. • Ridgway, P. (2001). Re-Storying psychiatric disability: learning from first person recovery narratives. <i>Psychiatric Rehabilitation Journal</i>, 24(4), 335-343. http://www.socwel.ku.edu/projects/SEG/pathways.html • Pat Deegan Recovery story (Appalachian Consulting)

<p>Books & Chapters on PCP:</p>	<ul style="list-style-type: none"> • Adams, N. and Grieder, D., <i>Treatment Planning for Person-Centered Care: Shared Decision Making for Whole Health</i>, 2nd Edition, 2014, Elsevier • Adams, N. and Grieder, D., <i>Treatment Planning for Person-Centered Care: The Road to Mental Health and Addiction Recovery</i>, 2005, Elsevier. Can be purchased at: http://books.elsevier.com, www.carf.org, www.amazon.org, www.alipar.org • Adams, N. and Grieder, D., Making Recovery Real: The Critical Role of Treatment Planning, Behavioral Healthcare Tomorrow, Oct. 2004, Vol. 13, No. 5 • Tondora, J., Miller, R., Slade, M., Davidson, L., <i>Partnering for Recovery in Mental Health A Practical Guide to Person-Centered Planning</i>, 2014, John Wiley and Sons. • Chapter on “Person-Centered Planning”, authored by Tondora, J., Mathai, C., Grieder, D., Davidson, L., Nema, P. and Furlong-Norman, K., <i>Best Practices In Psychiatric Rehabilitation</i>, 2014, Psychiatric Rehabilitation Association • Tondora, J., Miller, R., & Davidson, L. The top ten concerns about person-centered care planning in mental health systems. (2012). <i>International Journal of Person Centered Medicine</i>, 2(3), 410-420. (see attached)
<p>Outcomes and Evidence for PCP</p>	<ul style="list-style-type: none"> • http://www.carecoordination.org/results.aspxNew York Care Coordination Program – Evaluation results (http://www.carecoordination.org/results.aspx) • Stanhope, V., Marcus, S. M., Ingoglia, C., & Smelter, W. (2013). The Impact of person centered planning and collaborative documentation on treatment adherence. <i>Psychiatric Services</i>, 64 (13) 76-70. • Coulter A, Entwistle VA, Eccles A, Ryan S, Shepperd S, Perera R. Personalised care planning for adults with chronic or long-term health conditions. <i>Cochrane Database of Systematic Reviews</i> 2015, Issue 3. Art. No.: CD010523. DOI: 10.1002/14651858.CD010523.pub2.
<p>SAMHSA National Consensus Initiative on Person/Family Centered Planning</p>	<ul style="list-style-type: none"> • The Role of Person-Centered Service/Care Planning in Mental Health Recovery -White Paper and Literature Review. (see attached) • Charting a meaningful life: Planning ownership in Person/Family-Centered Planning. Jonikas, J., Cook, J., Fudge, N., Hlebechuk, M., & Fricks, L. (see http://www.cmhsrp.uic.edu/nrtc/reports.asp) • Implementation of person-centered care and planning: From policy to practice to evaluation. Tondora, J., Pocklington, S., Gorges, A., Osher, D., & Davidson, L. (2005). (see attached)

<p>Motivational Interviewing And Stage of Change</p>	<ul style="list-style-type: none"> • Miller, William R and Rollnick, Steven, <i>Motivational Interviewing: Preparing People to Change Addictive Behavior</i>. New York: Guilford • Motivational Interviews as Goal Assessment for Persons with Psychiatric Disabilities: Patrick W. Corrigan, Stanley G. McCracken, & E. Paul Holmes University of Chicago, Center for Psychiatric Disabilities (see attached) • NY Comprehensive Chart of all Stages of Change and interventions to match (see attached) • Townsend, W., Boyd, S., Griffin, G., Hicks, P. L. (1999). Emerging best practices in mental health recovery. Columbus, OH: Ohio Department of Mental Health. • Prochaska, J. O., DiClemente, C. C., Norcross, J. C. (1992) In search of how people change: Applications to addictive behaviors. <i>American Psychologist</i>, 47(9), 1102-1113. • DiClemente, C.C., and Scott, C.W. Stages of change: Interactions with treatment compliance and involvement. NIDA Research Monograph 165:131–156, 1994 Applying Stages of Change Models to Recovery from Serious Mental Illness: Contributions and Limitations. Larry Davidson, PhD,¹ David Roe, PhD,² Raquel Andres-Hyman, PhD,¹ and Priscilla Ridgway, Ph.D. <i>Isr J Psychiatry Relat Sci</i> - Vol 47 - No.3 (2010) (see attached)
<p>Interpretive Summary</p>	<ul style="list-style-type: none"> • Interpretive Summaries Guide (see attached)
<p>Goal Setting</p>	<ol style="list-style-type: none"> 1. Developing goals excerpt (see attached) 2. Recovery to Practice article: What if a person has no goals? (see attached) 3. Sarah: A Study in Person –Centered Treatment Duncan, B. & Miller S. 2008. When I'm good, I'm very good, but when I'm bad I'm better: A new mantra for psychotherapist. <i>Psychotherapy in Australia</i>, 15, 1, 60-69. (see attached)
<p>Objectives</p>	<ul style="list-style-type: none"> • Objectives specifying change (see attached) • Objectives exercise (see attached) • Objectives exercise- suggested answers (see attached)
<p>Developing the Plan</p>	<ul style="list-style-type: none"> • Treatment Planning Conversation Tips (see attached) • Basic Structure and Common Errors in Plan Writing (see attached)
<p>Provider competencies for PCRFP</p>	<ul style="list-style-type: none"> • Sainsbury Centre for Mental Health, <i>The Capable Practitioner: A framework and list of the practitioner capabilities required to implement The National Service Framework for Mental Health A report commissioned by The National Service Framework Workforce Action Team</i>, April 2001. (see attached)

Culturally-responsive Services	<ul style="list-style-type: none"> • A practical guide for implementing the recommended national standards for culturally and linguistically appropriate services in healthcare. Available from: http://www.omhrc.gov/clas/guide3a.asp. • United States Public Health Service Office of the Surgeon General (2001). <i>Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General</i>. Rockville, MD: Department of Health and Human Services, U.S. Public Health Service.
Self-determination/Consumer Empowerment Tools and Articles	<ul style="list-style-type: none"> • Getting in the Driver’s Seat of your Treatment: Preparing for Your Plan <ul style="list-style-type: none"> • English: (see attached) • Spanish: (see attached) • Short Person-Centered Care Questionnaire for PIR (see attached) • “This is Your Life: Creating your Self-Directed Life Plan” MH Services Research Program at the University of Illinois at Chicago: www.psych.uic.edu/mhsrp and www.psych.uic.edu/nrtc • National Mental Health Association, <i>Issue Brief: Consumer Control and Choice: An Overview of Self-Determination Initiatives for Persons with Psychiatric Disabilities</i>, Washington, DC, 2004. • Cook, J.A., Jonikas, J.A., (2002) <i>Self-Determination among mental health consumers/survivors: Using lessons from the past to guide the future</i>. <i>Journal of Disability Policy Studies</i>, 13(2), 87-95 • Copeland, M. E. (2002). <i>Overview of WRAP: Wellness Recovery Action Plan</i>. <i>Mental Health Recovery Newsletter</i>, 3(2) 1-9. • www.copelandcenter.com • WRAP Research: Judith Cook article • National Resource Center on Psychiatric Advance Directives. See http://www.nrc-pad.org/ • WRAP versus the Person-Centered Recovery Plan – Tale and Descriptions (see attached)
Children And Adolescents	<ul style="list-style-type: none"> • www.dpw.state.pa.us/omhsas/guidelines • Recovery, resilience, and children’s mental health: • http://www.rtc.pdx.edu/PDF/FAQs.pdf • http://www.search-institute.org/content/what-are-developmental-assets • http://www.search-institute.org/developmental-assets-tools • Child, Adolescent, and Family Issues: Team-Based Planning and the Wraparound Process. John VanDenBerg, Ph.D., Trina Osher, & Ira Lourie, M.D. (2005) See attached.
Community Inclusion	<ul style="list-style-type: none"> • UPENN Collaborative on Community Integration. See: http://www.upennrrtc.org/ • Larry Davidson, David A. Stayner, Connie Nickou, Thomas H. Styron, Michael Rowe, & Matthew Chinman (2001). Simply to Be Let In: Inclusion as a Basis for Recovery. <i>Psychiatric Rehabilitation Journal</i>, v. 24, no. 4, Spring 2001, p. 375-388. (see attached)

<p>Workbooks on PCP</p>	<ul style="list-style-type: none"> • NY State PROS (online workbook: Person-Centered Recovery Planning Workbook for Personalized Recovery Oriented Services) https://www.omh.ny.gov/omhweb/pros/Person_Centered_Workbook/ • Person-Centered Planning Guide – New York Care Coordination Program
<p>Resources for Psychiatrists</p>	<ul style="list-style-type: none"> • McQuiston, H., Sowers, W., Ranz,J., Feldman, J. Editors, <i>Handbook of Community Psychiatry</i>, 2012, Springer. Chapter on “Collaborative Person-Centered Planning”, Adams, N. and Grieder, D. • Keystones for Collaboration and Leadership: Issues and Recommendations for the Transformation of Community Psychiatry. Ed. By Wesley E. Sowers, MD, and Kenneth S. Thompson, MD. http://communitypsychiatry.org/aacp/TransformationofPsychiatryReport.pdf • AACP Guidelines for Recovery-Oriented Services: http://www.commm.psych.pitt.edu/ • Ragins, M. The Role of the Psychiatrist in a Recovery/Rehabilitation Model. Paper/presentation series: http://www.village-isa.org/Village%20Writings/writings_hp.htm • New ways of working for psychiatrists: Enhancing effective, person-centered services through new ways of working in multidisciplinary and multi-agency contexts. Royal College of Psychiatrists National Institute for Mental Health in England Supported by the Changing Workforce Programme, October 2005 see: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4122342 • Becoming a recovery-oriented practitioner. Glenn Roberts & Jed Boardman. <i>Advances in psychiatric treatment</i> (2014), vol. 20, 37–47 doi: 10.1192/apt.bp.112.010652. (see attached) • Psychiatry Embraces Patient-Centered Care. Lisa Dixon, , M.D., M.P.H., Jeffrey Lieberman, , M.D. February 07, 2014 See: http://psychnews.psychiatryonline.org/doi/abs/10.1176/appi.pn.2014.2a15 • South London and Maudsley NHS Foundation Trust and South West London and St George’s Mental Health NHS Trust (2010) Recovery is for All. Hope, Agency and Opportunity in Psychiatry. A Position Statement by Consultant Psychiatrists. London: SLAM/SWLSTG. See Attached
<p>Lessons learned from the developmental disabilities field</p>	<ul style="list-style-type: none"> • O’Brien, C.L., O’Brien, J. <i>The Origins of Person Centered Planning: A Community of Practice Perspective</i>, Lithonia, GA: Responsive Systems Associates, Inc., 2000.
<p>Shared Decision Making</p>	<ul style="list-style-type: none"> • Shared Decision-Making Preferences of People With Severe Mental Illness. Jared R. Adams, B.S., Robert E. Drake, M.D., Ph.D. and George L. Wolford, Ph.D. <i>Psychiatric Serv</i> 58:1219-1221, September 2007 • Shared Decision Making and Medication Management in the Recovery Process. Patricia E. Deegan, Ph.D. and Robert E. Drake, M.D., Ph.D. <i>Psychiatric Serv</i> 57:1636-1639, November 2006 (see attached) • Best Practices: A Program to Support Shared Decision Making in an Outpatient Psychiatric Medication Clinic, Patricia E. Deegan, Ph.D., Charles Rapp, Ph.D., Mark Holter, Ph.D. and Melody Riefer, M.S.W. <i>Psychiatric Serv</i> 59:603-605, June 2008

Rights Issues for Persons with Psychiatric Disabilities	<ul style="list-style-type: none"> • Bazelon Center for Mental Health Law. See: http://www.bazelon.org/ • Koyanagi C, Alfano E, Carty L: In the driver's seat: A guide to self-directed mental health care. Bazelon Center for Mental Health. Law & UPENN Collaborative on Consumer Integration, 2008 (see attached)
Teamwork	<ul style="list-style-type: none"> • Liberman, R.P. Hilty, D.M., Drake, R.M., Tsang, H.W. <i>Requirements for multidisciplinary teamwork in psychiatric rehabilitation</i>. Psychiatric Services, 2001; 52(10):1331–1342.
Effective teaching methods in implementing best practices	<ul style="list-style-type: none"> • Stuart, G., Tondora, J., & Hoge, M., (2004). Evidence-based teaching practice: Implications for behavioral health. <i>Administration and Policy in Mental Health</i>, 32, (2), 107-130.
PCRP with co-occurring disorders	<ul style="list-style-type: none"> • Grieder, D., Yawn, L., Incorporating Person-Centered Planning Within Co-occurring Disorders Services, <i>National Council NEWS</i>, Nov. 2004. • Davidson, L.; Andres-Hyman, R.; Tondora, J.; Fry, J.; & Kirk, T.: From “Double Trouble” to “Dual Recovery”: Integrating models of recovery in addiction and mental health. <i>Journal of Dual Diagnosis</i>.
Person-Centered Language Considerations	<ul style="list-style-type: none"> • Person First Language- Language Counts: Content of table derived from the following sources: Tondora and Davidson, 2006; White, 2001; and Meta Services, 2005. • Glass Half Empty language exercise – see attached • Skill Building (psycho-social Rehab) language: Charting to the Plan – see attached
Peer Support	<ul style="list-style-type: none"> • Davidson L, Chinman M, Sells D, Rowe M. Peer support among adults with serious mental illness: A report from the field. <i>Schizophrenia Bull.</i> 2006 July 1;32(3):443-50. • Guide to Resources on Peer Integration – see attached • Peer support- STAR (support, technical assistance and resource) www.consumerstar.org • Hendry, P., Hill, T., Rosenthal, H. Peer Services Toolkit: A Guide to Advancing and Implementing Peer-run Behavioral Health Services. ACMHA: The College for Behavioral Health Leadership and Optum, 2014. See attached

<p>Evaluation and Quality Improvement</p>	<ul style="list-style-type: none"> • O’Connell, M.J., Tondora, J., Evans, A.C., Croog, G. & Davidson, L. (2005). From rhetoric to routine: Assessing recovery-oriented practices in a state mental health and addiction system. <i>Psychiatric Rehabilitation Journal</i>, 28 (4), 378-386. (see attached) <ul style="list-style-type: none"> ○ PCCQ (Person-Centered Care Questionnaire): Person In Recovery Version: see attached ○ Provider Version: see attached • PCP Quality Indicators for persons in recovery feedback subscale and chart reviews subscale • Short PCCQ for PIR: see attached • Service Plan Tips Review Sheet (see attached) Vital Signs Toolkit of the New York Care Coordination Program (see attached) • New York Care Coordination Program Evaluation Results – see: http://www.carecoordination.org/results.aspx
<p>Sample Recovery plans</p>	<ul style="list-style-type: none"> • Sample Recovery plan with MI intervention – see attached • Cathy – co-occurring • Mr. Blake – outpatient psych rehab • Roma – inpatient • Diana – child • JR – outpatient MH/risk potential • Chris – case management example
<p>Sample Person-Centered Assessments and Planning Templates</p>	<ul style="list-style-type: none"> • Sample strengths-based assessment (SAB) interview template (see attached) • Sample Recovery Planning template (see attached)
<p>Videos on Recovery and PCRCP –all attached</p>	<ul style="list-style-type: none"> • The Gestalt Project • Amy’s story • Recovery from Mental Illness- Pat Deegan • Certified peer specialist story –Gina Calhoun • Kids video similar to gestalt