



Recovery to Practice Initiative
American Psychiatric Association and American Association of Community Psychiatrists

Recovery from Mental Disorders and Substance Use Disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. SAMHSA, 2011

The Recovery to Practice Initiative (RTP) is a five-year project of the Substance Abuse and Mental Health Services Administration (SAMHSA) to broaden and increase awareness, acceptance, and adoption of recovery principles and practices among mental health professionals.

The American Psychiatric Association (APA) is one of six national mental health professional organizations awarded RTP funds to develop training material on recovery-oriented practice and to conduct trainings with their respective members (others include psychology, psychiatric nursing, social workers, peer support specialists, and addiction counselors).

The goal of the psychiatry RTP project, a partnership of the American Psychiatric Association and the American Association of Community Psychiatrists (AACP), is to create and implement a set of training materials for psychiatrists that contribute to bringing recovery oriented practice into the mainstream of professional practice. The APA/AACP partnership is seeking to create a state-of-the-art curriculum on recovery-oriented practice for psychiatrists that is: evidence-based, accessible, applicable, usable, adaptable, and culturally sensitive.

The APA/AACP RTP project began in 2010 and project phases include:

- Year 1: Research and analysis
Years 2/3: Curriculum development and field testing
Year 4: Dissemination, marketing, and implementation
Year 5: Training and impact assessment

As part of the first phase of the project, APA/AACP conducted an extensive literature review of materials on recovery oriented practice and hosted a series of facilitated in-person and telephone discussions on knowledge, attitudes, and perceptions about recovery from serious mental illness and recovery-oriented practice. Participants in discussion included psychiatrists, other mental health practitioners, people in recovery, and family members.

An Advisory Group comprised of a diverse group of psychiatrists, people with lived experience, family members, and other mental health professionals is providing input and consultation throughout the project.

The curriculum will consist of 10 modules, including:

- 1. Introduction to Recovery
2. Engagement and Welcoming
3. Person-Centered Planning and Shared Decision Making
4. Role of Medications in Recovery
5. Health and Wellness Focused Care
6. Building Living Skills
7. Culturally Appropriate Care
8. Trauma Informed Care
9. Developing Peer Supports and Working with Peer Specialists
10. Developing Natural Supports and Facilitating Community Integration
(More at www.psychiatry.org/recovery)