



## ***Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice***

The Substance Abuse and Mental Health Services Administration (SAMHSA) has called for the transformation of mental health care in America from an illness-centered paradigm to recovery-oriented systems of care. As part of this initiative, the American Psychiatric Nurses Association (APNA) launched a 5-year project to develop and implement a training curriculum that promotes greater awareness, acceptance, and adoption of mental health and substance use recovery principles and practices among psychiatric-mental health nurses. APNA is one of six organizations that have committed to a recovery-oriented system of care. .

This educational program was developed around SAMHSA's 10 components of recovery (self-direction, individualized and person-centered, empowerment, holistic, nonlinear, strengths-based, peer support, respect, responsibility, and hope) through the collaboration of psychiatric-mental health (PMH) nurses, mental health consumers and mental health recovery experts. It recognizes that the recovery components are embedded in psychiatric-mental health nursing theory, research and practice and it builds on strengths that are foundational to nursing emphasizing culture, partnership, recovery language and the impact of trauma on persons who receive mental health care.

The introductory program discusses recovery knowledge, skills and attitudes and it focuses on facilitating change in psychiatric-mental health nursing practice. A live pilot program is being field tested with practicing nurses from selected inpatient settings. The live program is being delivered by nurse experts in recovery and persons with mental health experience. Topics include the following:

- A History of Recovery
- Creating a Recovery Culture: Building the Dialogue
- Peer Support and Trauma
- Attitudes: Key to Effective Recovery Oriented Practice
- Connecting Attitudes with Skills and PMH Nursing Practice Implementation
- Making it Work in Your Own Practice Setting (Where Do We Go From Here?)

Desired objectives upon completion of pilot training are that psychiatric-mental health nurses:

- Begin to apply SAMHSA's 10 mental health recovery components to nursing practice
- Actively use recovery language
- Share decision making with persons who receive mental health care services
- Begin to direct consumers of services and families to community resources that facilitate recovery

Following the pilot programs, content will be adapted for online learning. Full implementation, marketing and dissemination will occur in 2013 and 2014.