



**PATHWAYS TO LASTING RECOVERY  
SIXTH JUDICIAL DISTRICT  
MENTAL HEALTH COURT CONFERENCE  
MINNESOTA**

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# Mental Health Courts: The Goal is Lasting Recovery

- The goal of mental health court is *recovery* - not just compliance
- The goal of mental health court is *recovery* - not just symptom stability
- The goal of mental health court is *recovery* - not just abstinence
- The goal of mental health court is *recovery* - not just non-recidivism
- **Recovery is long-term behavior change not just short term clinical and legal compliance**

# All treatment courts rest on a foundation validated by decades of criminal justice research

## Key Principles

- **ASSESSMENT** – Validated screening and assessment tools
- **TREATMENT MATCHING** – *Risk / Need/ Responsivity* principles
- **EVIDENCE-BASED INTERVENTIONS** – Manualized evidence-based treatment
- **BEHAVIORAL APPROACHES** - Certain and consistent responses to behavior
- **COLLABORATION** – Buy-in and communication with key stakeholders
- **MOTIVATIONAL ENHANCEMENT** – Accepting and addressing ambivalence effectively
- **UNDERSTANDING PROCEDURAL JUSTICE, TRAUMA, and RECOVERY** – Procedural fairness principles and trauma-responsive practices and the recovery model

# Considering Behavior Change Multiple Aspects

- **Behavior Management** - what mental health courts have become good at
- **Behavior Shaping** - where mental health courts need to strengthen
- **Behavior Maintenance** - what mental health courts have not addressed well

# Behavior Change Approach 1

- **Behavior Management = Compliance**

Focus is on what not to do

Seeks immediate or short-term change

Emphasizes punishment

Lasts as long as there is monitoring  
(external management)

# Behavior Change Approach 2

- **Behavior Shaping = Alliance**

Focus is on what to do

Seeks long-term change

Emphasizes rewards (external and  
intrinsic)

Results in internalized change

# Behavior Change Approach 3

- **Behavior Maintenance = Recovery**

Focus on addressing prosocial goals

Envisions a life and lifetime in recovery

Recognizes recovery capital

Builds recovery capital

Connects to evolving recovery pathway(s)

Involves “giving back”

# Recovery Defined

**A process of change through which individuals improve their health and wellness, live a self-directed [prosocial] life, and strive to reach their full potential.**

*Substance Abuse & Mental Health Services Administration  
U.S. Department of Health and Human Services*



# Dimensions Of Recovery

- **Health:** overcoming or managing one's disease(s) and making informed, healthy choices that support physical and emotional wellbeing.
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful [*prosocial*] daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, **and** the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.

# Recovery Principles

- **Self-direction**
- **Individualized and person-centered**
- **Empowerment**
- **Holistic**
- **Non-linear**
- **Culturally-based**
- **Strengths-based**
- **Peer support**
- **Relationships**
- **Family & Community**
- **Respect**
- **Responsibility**
- **Hope**

# Recovery Focus – Phase by Phase

**Phase 1 GOAL**

**Strategies:  
(60 Days)**

**Stabilization**

**Pre-treatment services /\* harm  
reduction**

**Understanding expectations**

**Medication assessment and  
management**

**Direct aid**

**Relationships (Trust)**

**Peer Support**

# Recovery Focus – Phase by Phase

**Phase 2 GOAL**

**Strategies:  
(60-90 Days)**

**Engagement**

**Regular attendance**

**Refine R/N/R Assessment**

**Reinforce trust**

**Reinforce honesty**

**Gradually increase treatment**

**Reinforce participation**

**Peer Support**

# Recovery Focus – Phase by Phase

<b>Phase 3 GOAL</b>	<b>Active Treatment</b>
<b>Strategies: (120 –180 Days)</b>	<b>Treatment Interventions Prosocial Habilitation Recovery Skill Development Initiate Recovery Pathway Peer Support Assess physical health needs</b>

# Recovery Focus – Phase by Phase

**Phase 4 GOAL**

**Transition**

**Strategies:**

**Community Linkage**

**Living Skills Development**

**Recovery Capital Assessment**

**Strengthen Recovery Pathway**

**Peer Support**

**Crisis Intervention**

# Recovery Focus – Phase by Phase

**Phase 5 GOAL**

**Maintenance (Liberation)**

**Strategies:**

**Recovery Capital enhancement  
Strengthen Recovery Pathway  
Peer Support  
Problem-solving support  
Recruit for peer support roles  
Initiate “Recovery Check-ups”  
Recognition and Celebration**

# ***Recovery Capital defined:***

- Recovery capital started as an addiction treatment concept developed and introduced by Robert Granfield and William Cloud in 1999.
- Researcher William White precisely defines the concept as: “...the breadth and depth of *internal* and *external* resources that can be drawn upon to initiate and sustain recovery from severe alcohol or drug problems.”





# **Recovery Capital Scale**    *(Based on work of William White)*

- I live in an environment that is free from alcohol and other drugs**
- I have an intimate partner that is supportive of my recovery**
- I have family members who are supportive of my recovery**
- I have friends who are supportive of my recovery**
- I have people close to me (intimate partner, family, friends) who are also in recovery**
- I have a job or other income support that provides for my basic needs**
- I have a written plan for my recovery (consider WRAP)**

# Recovery Capital Scale

- I am in reasonably good physical health
- I am in reasonably good mental health
- I have a plan to manage my mental health
- I am taking prescribed medication to support my mental health
- I am taking prescribed medication to help my cravings for alcohol or other drugs
- I have access to regular healthy meals
- I have clothes that are comfortable and clean and do not represent drug using or criminal behavior
- I have access to recovery support groups in my community

# Recovery Capital Scale

- I am regularly involved with a local recovery support group
- I have a sponsor or other mentor for my recovery
- I have people who look to me as a mentor for their recovery
- I have completed or am complying with all legal requirements related to my past
- I have recovery rituals that are part of my daily life
- I have goals for my future
- I feel I am a part of my community
- Services to others is an important part of my life today

# How can Peer Support Help Build Recovery Capital

- Peer Support focuses on helping an individual peer identify their own goals (acknowledging system goals, of course)
- Peer Support models the building of recovery capital
- Peer Support shares their own journey with building up recovery capital
- Peer Support helps the individual identify their existing recovery capital and set goals to increase their recovery capital

# Consider these Recovery Resources

- Active physical recreation and activity
- Sober socialization groups
- 12-step and other mutual help groups
- Faith based recovery support
- Health and fitness management activities
- Engagement in meaningful community roles
- Volunteer work
- Recovery support work
- Recovery advocacy
- NAMI
- An engaging hobby or interest
- Vocational training, services or other education

# Recovery is a journey not a destination

- Recovery is a lifelong process
- Recovery evolves over time
- Recovery is not linear
- Recovery requires continued awareness
- Recovery requires both looking inward and looking outward
- Recovery emphasizes “connection” vs isolation
- *Recovery is Health / Health is Recovery*

**RECOVERY HAPPENS . . .**