

# **A Holistic Seven Domains Approach to Recovery Programming**

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# Objectives

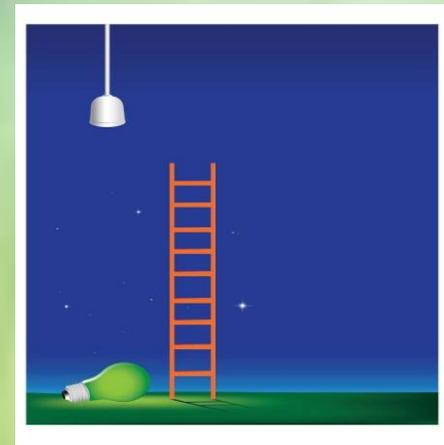
- **1) Participants will be able to articulate an understanding of 7 holistic recovery domains around which support can be organized and will also understand the origins of these domains.**
- **2) Participants will be familiar with strategies for providing recovery support and planning that relate to the 7 domains.**
- **3) Participants will identify ways that they can implement programming related to the domains within their own professional practice and lives.**

# Origin of 7 Recovery Domains

**Grounded Theory Analysis was used to analyze both individual interview transcripts and focus group transcripts that described experience of recovery**

**A Three Stage, Non-Linear Model of Recovery Emerged**

**Application to Cooper Riis lead to distillation of the seven domains**



**CR committed to a holistic, recovery approach**

# 7 Recovery Domains

- **Social/Community/Connectedness**
- **Purpose/Productivity/Fulfillment**
- **Spirituality**
- **Empowerment/Independence**
- **Emotional/Psychological**
- **Physical Wellness**
- **Intellectual/Learning/Creativity**

# Ways that 7 domains are Implemented

- **Everyone is oriented to same holistic framework which is embraced within the overall culture (ie staff wraps)**
- **All interventions—formal and informal support one of those areas**
- **Described as liberal arts education to wellness with Dream statement as major**
- **Outcomes organized around domains**
- **Team meetings arranged around domains**
- **Used as way to organize program planning: Annual Envisioning Day**
- **Domains plus recovery values provide stabilizing foundation for the program**
- **Consistent practices actualize domains & values**

# Social/Community/Connectedness

- This domain refers to one's **ability to connect to others in healthy, balanced, and functional manner.**
- It refers also to the ability to maintain **healthy boundaries** and the capacity to develop **authentic emotional intimacy** which in turn leads to rich and meaningful relationships.
- The acquisition of effective interpersonal **skills including listening skills, nurturing skills, empathy, and conflict management skills** also falls within this domain.
- Additionally, this domain refers to the sense of pride, acceptance, and belonging that is fostered by **being a contributing and valued member of a caring community.**



# Social/Connectedness Supports

- Any group activity (clinical or recreational)
- Building of social confidence by teaching skills and/or recognizing social skills
- Facilitate mentoring relationships
- Explore how relationships and/or isolation impact current challenges
- Focus on increasing social supports-include in treatment
- Create social map— i.d. new opportunities

# Purpose/Productivity/Fulfillment

- This domain refers to the **sense of accomplishment** and fulfillment that derives from **meaningful and rewarding activities**.
- Having the opportunity and initiative to become a **contributing and productive member of a community** is central to this domain whether it be through employment, education, volunteer opportunities, or general acts of good will.
- **Mentoring**, role-modeling and other **leadership opportunities** can also foster a sense of fulfillment, purpose, and productivity.

# Purpose/Fulfillment Interventions

- Elicitation of Hopes & Dreams: Leads all else
- Help with step by step goal setting
- Openness to Exploration and Nudging of Growth Edges (believing in people)
- Learning Motivational Interviewing model or Self Determination Model
- Encouraging development of leadership or mentoring growth edges (Peer Support Training)
- Identify opportunities in community
- Use language that shows we believe in people



# Spirituality Domain

- This domain refers to one's sense of **inner peace and harmony**. It also refers to a sense of **hopefulness, a passion for life**, and a sense of appreciation and **gratitude**.
- Spirituality often offers a sense of **clarity about one's values** and one's sense of **purpose and meaning** in life.
- An individual may obtain spiritual nurturance in a variety of ways including practicing a certain **faith**, spending time in **nature**, or using modalities such as **yoga or meditation** as a means of becoming more **centered, more reflective**, and more **peaceful**.

# Spirituality Supports

- **Being open to spiritual exploration**
- **Identifying spiritual resources and helping to bridge to those resources**
- **Offer mindfulness activities or tx.**
- **Conduct an inclusive spiritual assess.**
- **Willingness to grapple with existential and spiritual issues**
- **Encouraging others to nurture hopefulness and/or mindfulness and making this a practice**



# Empowerment/Independence Domain

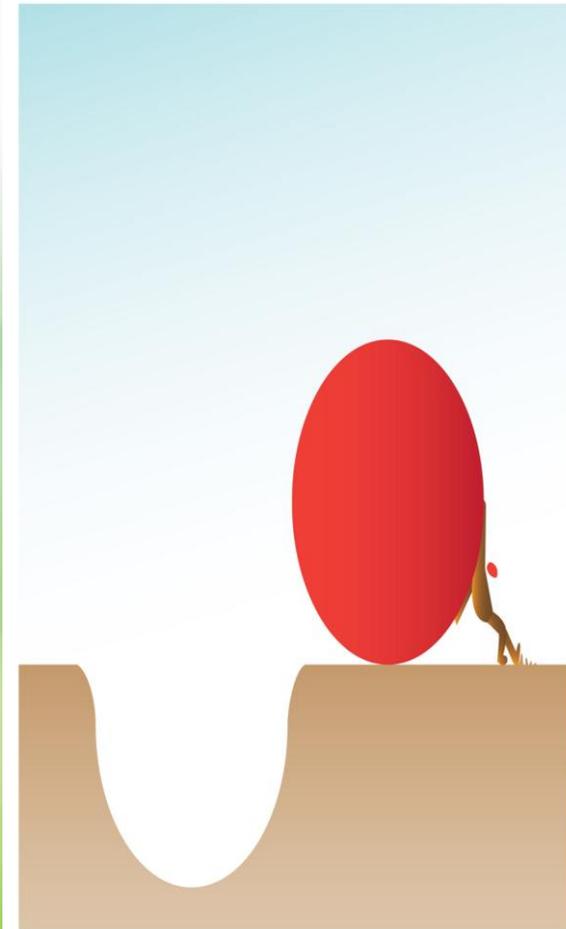
- This domain refers to the development of **attitudes and behaviors which foster increased independence and an increased sense of control over one's life and one's own recovery process.**
- Increased **self-confidence, motivation, responsibility, and self esteem** are all associated with this domain.
- **Willingness to take risks** in order to **grow** also fosters independence and empowerment.

# Empowerment/Independence Domain (continued)

- An increased **ability to self-monitor and to be proactive** in order to decrease symptoms and problems also contributes to empowerment as well as **increased functional coping abilities and decreased reliance on self-destructive or dysfunctional ways of coping**.
- More functional and **adaptive ways of thinking** contribute to empowerment (as opposed to dysfunctional, self-defeating thinking patterns).

# Empowerment/Independence Supports

- **Recovery goals based on hopes and dreams**
- **Approach that honors multi-dimensionality (non pathology)**
- **Believing in people and nudging of growth edges**
- **Partnership approach emphasized- share or turn over power when possible**
- **“Nothing about us without us”- Actively seek input across the board**
- **Hope & empowerment messages in environment (i.e. quotes, images)**



# Emotional/Psychological Domain

- This domain refers to an overall sense of **well being and emotional stability**.
- The **ability to monitor emotional states** recognize warning signs, and to implement proactive strategies to effectively **manage one's emotions** contribute to emotional and psychological well-being.
- The **ability to self-soothe and to nurture oneself** is also important. This domain also refers to symptom reduction which often implies **increased insight, improved self care, a willingness to seek help, and self determined medication adherence**.

# Emotional/Psychological Domain

- For an individual with an ongoing health challenge, developing a **healthy sense of self** often entails recognizing that he or she is a unique, complex, and multi-dimensional person who **refuses to be defined by their challenges**. Instead, the individual recognizes and honors their unique skills, characteristics and interests, and **pursues activities and relationships that provide pleasure and fulfillment**.
- Making **play and humor** a priority contribute to emotional and psychological health as well as feeling capable of obtaining the quality of life for which one strives.

# Emotional/Psychological Supports

- Provide education about Recovery & about health conditions if indicated
- Sharing of Recovery stories-collect them
- Connect with recovery services
- Notice and Celebrate success
- Encourage patience & persistence
- Holistic approach taught and used
- Include person in team meetings
- Elicit wisdom- i.e. WRAP, mentoring opportunities, PSSs
- Recovery plans vs. treatment plans or pathology plans with consumer input



# Physical Wellness Domain

- This domain refers to one's **ability to take care of basic physical needs** such as hygiene and healthy sleep patterns as well as other physical wellness domains such as regular exercise and a healthy diet.
- Physical wellness also refers to the conscious decision to **adopt a healthy lifestyle.**



# Physical Wellness Domain

- **Avoiding habits and behaviors that negatively impact physical health such as smoking, eating unhealthy foods, and abusing substances such as caffeine, alcohol, and drugs is also important.**
- **Physical wellness is positively impacted by a variety of self care and stress reduction activities and behaviors such as exercise, meditation, massage therapy, & yoga.**

# **Physical Wellness Supports**

- **Physical Wellness Assessments such as Exercise, BMI, Metabolic, Syndrome screening**
- **Connect with wellness resources**
- **Share examples about how physical wellness has promoted emotional wellness**
- **Offer and share wellness activities like walking and yoga**
- **Role modeling of healthy choices**
- **Only healthy food choices**
- **Wellness education provided**
- **Nicotine education & resources**

# Creativity/Intellectual Domain

- This domain refers to the **willingness and desire to learn and to challenge oneself mentally and creatively.**
- This reflects a **curiosity about the world** around us and a desire for and openness to multiple growth opportunities.
- **Taking risks and challenging oneself** often promotes learning and growth. For an individual with a chronic health condition, a constant desire to **learn more about the process of recovery** is also important.
- A willingness to tap in to and to **actualize creative energy** is helpful as well.



# Creativity/Intellectual Supports

- Provide creative activities
- Use creativity assessment
- Vocational Assessments
- Encourage discussion or reading groups
- Connect with community resources
- Share own creativity & recognize in others
- Encourage life time learner stance
- Display art from those in recovery



# Wellness Table Exercise



- Ideas for your own practice or life?

