

An Analysis of the Definitions and Elements of Recovery:

A Review of the Literature

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Steven J. Onken, Ph.D., is an assistant professor at Columbia University's School of Social Work. He is the principal investigator for the *National Mental Health Recovery Research Project for the Development of Recovery Facilitating System Performance Indicators*, a multi-site examination of the concepts and dimensions of recovery and the various factors that inhibit and facilitate people's recovery from long-term psychiatric disabilities. This research is being used to develop performance measurement tools to assist service systems and consumer organizations in their efforts to implement a recovery-focused, evidenced-based delivery system. Dr. Onken's work also focuses on sustainable development of consumer/ survivor operated programs, of consumers/ survivors as staff within traditional mental health services, and of consumers/ survivors within the general workforce. He serves on several national workgroups, task forces and advisory committees in the areas of mental health performance indicators, outcomes, data collection, self-determination, community integration, staff competencies, recovery curriculum, and alternatives to seclusion and restraint. His international collaborations include New Zealand, Switzerland, Canada, Australia, Scotland, England, and Colombia. Dr. Onken has individual and community practice experience in the areas of mental health and disability; civil and legal rights protection and advocacy; sexual orientation, gender expression and strategies addressing hate violence; as well as community and organizational development.

Catherine M. Craig is a dual masters' degree candidate in the School of International and Public Affairs and the School of Social Work at Columbia University with a focus on both clinical practice with adults with psychiatric disabilities and mental health policy. Her research interests include consumer-centered models of recovery, the ethical concerns raised by civil commitment, and the statistical analysis of outcome measures. She has worked within community-based

mental health and educational programs in four countries, most recently in Nicaragua. She is currently an intern at the New York State Psychiatric Institute and a teaching assistant in a graduate level course in Quantitative Techniques at Columbia University.

Priscilla Ridgway, Ph.D., is currently an Assistant Professor at the Yale School of Medicine, Department of Psychiatry, where she leads the development of recovery education tools at the Center for Recovery and Community Health in New Haven Connecticut. Her more than 30 year career in mental health spans direct practice, consumer advocacy/human rights protection, program design and administration, policy analysis and planning, training, consultation and research. Dr. Ridgway coordinated a statewide Recovery Paradigm Project at the University of Kansas (KU) School of Social Welfare, Office of Mental Health Research and Training, from 1999-2004. Her recent work includes designing and conducting recovery trainings; qualitative research on the processes of hope and recovery; co-authoring *Pathways to Recovery: A Strengths Recovery Self-Help Workbook* (Ridgway, McDiarmid, Davidson, Bayes, et al. 2002), and designing evaluation procedures for recovery oriented programs and systems, including the Recovery Enhancing Environment Measure (REE) and a team effort (Onken, Dumont, Ridgway, Dornan and Ralph, 2002, 2005) to conduct national research on consumer perspectives on what facilitates and impedes recovery and to create the ROSI (Recovery Oriented Systems Indicators) a set of systems-level performance measures. Dr. Ridgway recently worked for Advocates for Human Potential, Inc. as part of a team developing an implementation resource kit on best practices in permanent supportive housing. Dr. Ridgway has personal experience of mental health recovery; she has experienced brain trauma and post traumatic stress disorder.

Ruth O. Ralph, Ph.D., Senior Research Associate (retired) at the Edmund S. Muskie School of Public Service, University of Southern Maine, is a consumer researcher who has conducted mental health research and evaluation for more than 25 years in both Ohio and Maine. She was the principal investigator of the Maine site (one of 7 sites across the country) of the federally funded Cooperative Agreement for the Evaluation of Consumer Operated Services. During this time she assisted in the editing of the book, *On Our Own Together: Peer Programs for People with Mental Illness*. Dr. Ralph has provided leadership for consumer groups in the development of concepts of recovery, and has written articles and presented several papers on recovery concepts and dimensions at national conferences. She coordinated a group of consumer leaders (The Recovery Advisory Group) in a series of teleconferences to discuss and define recovery. The result has been the development of The Recovery Model. She worked with another group of consumers to develop the Recovery Measurement Tool, an individual measure of recovery based on The Recovery Model. Dr. Ralph and Dr. Patrick Corrigan co-edited the book: *Recovery in Mental Illness: Broadening Our Understanding of Wellness*. Dr. Ralph and colleagues developed a *Compendium of Recovery and Related Measures*, which includes instruments and articles/information about their development.

Judith A. Cook is Professor of Psychiatry at The University of Illinois at Chicago (UIC), Department of Psychiatry. She received her Ph.D. in sociology from The Ohio State University and completed an NIMH post-doctoral training program in clinical research at The University of Chicago. Currently she directs the Center on Mental Health Services Research and Policy (CMHSRP) that houses a federally funded center and a number of research and evaluation studies. The UIC National Research and Training Center on Psychiatric Disability is funded (by

CMHS/SAMHSA and the U.S. Department of Education) for five years to conduct a series of research and training projects designed to promote self-determination and recovery among people with psychiatric disability. With staff at the CMHSRP, Dr. Cook has created a series of training manuals and curricula in areas such as: reducing use of seclusion and restraint in inpatient settings, community safety for women with mental illness, hiring and training consumer service providers, vocational transitioning for youth with severe emotional disorders, job coaching in psychiatric rehabilitation, assertive case management for homeless persons with severe mental illness, and outreach to minority families of persons with mental illness. Her published research includes studies of vocational rehabilitation, transition-aged youth with mental disorders, psychosocial rehabilitation outcomes, educational services for persons with mental illness, gender issues in psychiatric disability, and coping strategies of parents of adult offspring with severe mental illness. Dr. Cook served as an expert consultant on employment and income supports for the President's New Freedom Commission on Mental Health, and authored the Commission Subcommittee's Report on "Employment and Income Supports for People with Mental Illness."