RETABLISSEMENT: Implications pour l’organisation des services

Yasser Khazaal\textsuperscript{1,2,3}

1- Service de médecine des addictions, Département de psychiatrie, CHUV, Lausanne, Suisse
2. Centre de Recherche de l’Institut Universitaire en Santé Mentale de Montréal, Canada
3. Université de Lausanne, Faculté de Biologie et médecine (à partir du 1\textsuperscript{er} Août 2019)
RECOVERY

Clinical understanding
◆ Symptoms resolution
◆ Compliant with medication
◆ Some kinds of activity
◆ Housing

Addictions
?
• The Betty Ford Institute Consensus Panel, 2007:
  – “voluntarily maintained lifestyle characterized by sobriety, personal health and citizenship”
• UK Drug Policy Commission, 2008:
  – “voluntarily sustained control over substance use which maximizes health and wellbeing and participation in the society”
Proportions of variance in nondrinking outcomes predicted by different relapse definitions (COMBINE/MATCH)
Figure 1  Standardized mean scores (sample mean = 0 and standard deviation = 1) on each of the continuous outcome indicators by latent profiles. PDD = percentage drinking days; PHDD = percentage heavy drinking days; DDD = drinks per drinking day; DrlnC = Drinking Inventory of Consequences; PFI = Psychosocial Functioning Inventory
Figure 2  Probability of endorsing each of the binary outcome indicators by latent profiles. PDD = percentage drinking days; PHDD = percentage heavy drinking days; DDD = drinks per drinking day; DrIncC = Drinking Inventory of Consequences; PFI = Psychosocial Functioning Inventory
1: 25%
2: 9.6%
3: 33%
4: 13%
5: 7.1%
6: 10.5%
<table>
<thead>
<tr>
<th></th>
<th>SC</th>
<th>OK</th>
<th>RE</th>
<th>MR</th>
<th>TS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU</td>
<td>0.6 &lt;0.001</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SC</td>
<td>0.7 &lt;0.001</td>
<td>0.6 &lt;0.001</td>
<td></td>
<td>0.5 &lt;0.001</td>
<td></td>
</tr>
<tr>
<td>OK</td>
<td>0.6 &lt;0.001</td>
<td>0.5 &lt;0.001</td>
<td>0.4 &lt;0.001</td>
<td></td>
<td>0.7 &lt;0.001</td>
</tr>
<tr>
<td>RE</td>
<td>0.6 &lt;0.001</td>
<td>0.5 &lt;0.001</td>
<td>0.8 &lt;0.001</td>
<td>0.5 &lt;0.001</td>
<td></td>
</tr>
<tr>
<td>MR</td>
<td>0.5 &lt;0.001</td>
<td>0.4 &lt;0.001</td>
<td>0.8 &lt;0.001</td>
<td>0.2 &lt;0.001</td>
<td>0.1 (0.003)</td>
</tr>
<tr>
<td>TS</td>
<td>0.8 &lt;0.001</td>
<td>0.9 &lt;0.001</td>
<td>0.8 &lt;0.001</td>
<td>0.7 &lt;0.001</td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td>0.2 &lt;0.001</td>
<td>0.1 (0.098)</td>
<td>&lt;0.1 (0.478)</td>
<td>0.1 (0.074)</td>
<td></td>
</tr>
</tbody>
</table>

**SU:** Substance use  
**SC:** Self-care  
**OC:** Outlook on life  
**RE:** Relationships  
**MR:** Material resources  
**TS:** Total score  

**SURE:**  
Patient reported outcome measure for recovery from drug and alcohol dependence  

Neale et al. 2016
Comorbid disorders

CGI-S categories (n = 2041)

1 - Normal, not at all ill  27.5%
2 - Markedly ill  16.9%
3 - Mildly ill  18.6%
4 - Moderately ill  17.6%
5 - Markedly ill  13.9%
6 - Severely ill  5.0%
7 - Extremely ill  0.5%

CGI-S: Clinician-rated mental illness severity

Frei and Rehm 2001; Uchtenhagen 2015; Strada et al. 2019
Sous-capacité à réguler ce rejet

Sur-sensibilité au rejet social

Maurage et al., 2012
• Trauma
• Self-stigma
• Stigma, discrimination
• Debts
• .......

Bonsack et al. 2013; Pellet et al. 2019
What does recovery mean to a group of people in the United States of America (4)?

- Recovery from emotional distress is not like recovery from the flu. It’s recovering your life and your identity.
- Recovery for me is having good relationships and feeling connected. It’s being able to enjoy my life.
- I don’t dwell on the past. I’m focusing on my future.
- Being more independent is an important part of my recovery process.
- Not having symptoms any more is my definition of recovery.
- Recovery for me is a series of steps. Sometimes the steps are small, like fixing lunch, taking a walk, following my daily routine. Small steps add up.
- Having a “mental illness” is part of my life, but not the center of my life.
- Recovery is about having confidence and self-esteem. I have something positive to offer the world.
RECOVERY?

• “you are in recovery if you say you are”
• “recovering a new sense of self and of purpose within and beyond the limits of the disability”
Recovery-oriented services start with the question:

“What can we work on together to make your life better?”
- Hope (Meaning and purpose)
- Dignity
- Social Inclusion
  - Autodetermination
**Community inclusion**
For example – Going back to my job, getting my own accommodation, enrolling in a course

- e.g. –
- e.g. –
- e.g. –

**Hope**
For example – Not losing hope in my capabilities and capacities in life

- e.g. –
- e.g. –
- e.g. –

**Meaning & purpose in life**
For example – Find meaning through spirituality, go to church weekly

- e.g. –
- e.g. –
- e.g. –

**Empowerment & gaining control back**
For example – Choosing what I want and don’t want for my treatment

- e.g. –
- e.g. –
- e.g. –

**Social life**
For example – To reconnect with my family, to start spending time with my friends again

- e.g. –
- e.g. –
- e.g. –

**Health & wellbeing**
For example – Working on my fitness, having a regular sleep schedule

- e.g. –
- e.g. –
- e.g. –

**Maintaining your identity**
For example – Not letting people undervalue me

- e.g. –
- e.g. –
- e.g. –

© World Health Organization 2017
Self-determination theory

- Autonomy
- Competence
- Relatedness
• **Attitudes**
  – « Rien sur moi sans moi »
  – Modifie le « locus » de décision
  – Transparence
  – Langage (mesures d’exclusion…substance abuse, substitution…)
  – Curiosité, ouverture
• Acteurs
  – Dans et Avec la communauté
  – Pairs
  – Pairs praticiens
  – Recovery college
• Modèle
  – Approches cliniques accessibles
  – Sans condition
  – Flexibles
  – Sur-mesure
  – Plan de crise-conjoint, directives anticipée
  – Pas d’étapes préconçues
  – “recovery triggers”

Anthony, 1993; Khazaal et al. 2008; 2016; Rochat, Khazaal 2019
Creative risk-taking/Harm reduction

- Choice
- Responsibility
- How to do it
- Strengths, asset
- Assess
- Support
Traitements spécifiques

• Approches communautaires
  – Case Management de Transition
  – Soins Intensifs dans le milieu
  – Soutien à l’emploi
  – Housing First
  – Interventions précoces

• Intégration du modèle dans les psychothérapies
  – Soutien à la parentalité
  – Vie affective et sexuelle
  – Ex: (Troubles bipolaires et schizophrénies)
...+ services peu intégrés

Latimer et al. 2014
Recovery-oriented:
« Au delà des symptômes, aller vers une vie qui a du sens pour soi »
What is the WHO QualityRights initiative?

WHO QualityRights is an initiative which aims to improve the quality of care in mental health and related services and to promote the human rights of people with psychosocial, intellectual and cognitive disabilities, throughout the world. QualityRights uses a participatory approach to achieve the following objectives:

1. Build capacity to understand and promote human rights, recovery and independent living in the community.

2. Create community based and recovery oriented services that respect and promote human rights.

© World Health Organization 2017
Making the hard work of recovery more attractive for those with substance use disorders

James R. McKay

Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA, USA and Crescenz Veterans Affairs Medical Center, Philadelphia, PA, USA

SPECIAL ARTICLE

Uses and abuses of recovery: implementing recovery-oriented practices in mental health systems

Mike Slade, Michaela Amering, Marianne Farkas, Bridget Hamilton, Mary O'Hagan, Graham Panther, Rachel Perkins, Geoff Shepherd, Samson Tse, Rob Whitley
« My hand of hope »
by
Donna Murray