



# The Birth, Death and Rebirth of Recovery

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Worcester  
State Hospital  
- 1830





- Moral treatment:
- work
  - kindness
  - leisure activities
  - no abuse
  - no restraints

Making Scrap-books

Re-educational-



# Overcrowding

# 1881 follow-up study



Survey of 211 patients  
who had been discharged  
as recovered through  
1840.



94 responses received  
(44.55%)



51% of those discharged  
as recovered prior to 1840  
remained well

# Recovery Study 1881 - 1893



Collected follow-up data on 1,157 people discharged from WSH who were discharged as recovered on their only admission or on their last admission



There were no data found for 173 people



Total n=984

# Recovery Study 1881 - 1893



317 people were well, had never returned to the hospital and were alive at the time of reply - as long as 40 years after discharge



251 people remained well throughout their lives after discharge but were not alive at the time of survey



Total who remained well after discharge: **568 people**

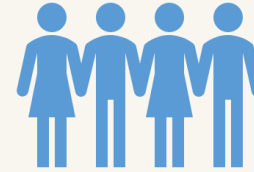


41 were lost to suicide



375 relapsed at least once. Family care. Some return to hospital

Recovery  
is real



568 people out of a total of 984  
remained well for the rest of their  
lives



Recovery rate for this study was **58%**



“...there can be no doubt that the public have been hitherto widely misled as to the meaning of the word ‘recovery,’ as used in the hospital reports, and as to the permanency of cures from insanity. Not a small number of patients who were discharged recovered in earlier reports of this hospital have many times since become a burden to the public or private purse by reason of a return to their malady.” *WSH Annual Report XLIX(1881)*



JOHN B. CHAPIN, M.D., LL.D.

The majority of the insane are not likely to, and, as a matter of fact, do not recover...In the judgment of the medical profession, further advance in our knowledge of the pathology of the structural changes (of the brain) is best assured in the revelations which the microscope will furnish.

*Dr. John Chapin, Willard Asylum, New York 1877*

While looking  
in the  
microscope...





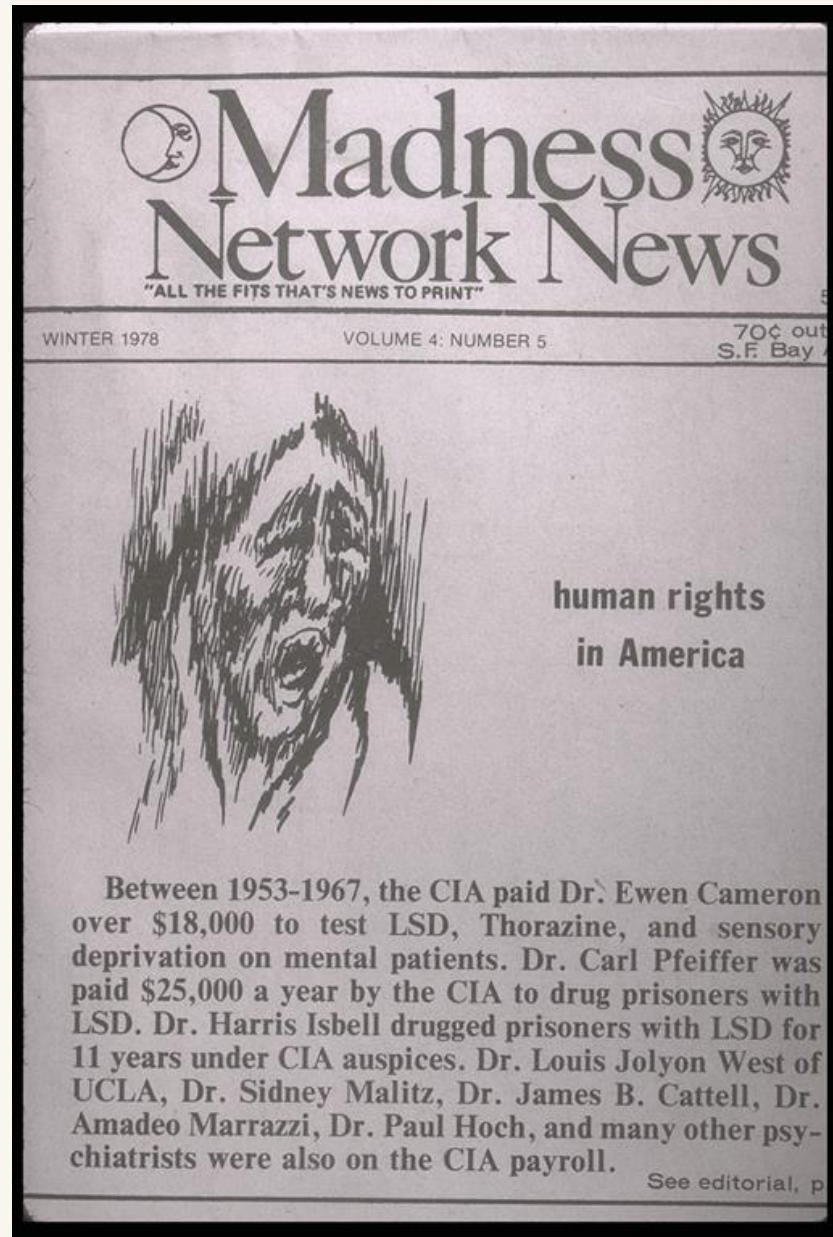






When dignity is violated: The Scream

When  
dignity is  
assaulted,  
we ROAR









I am a person,  
not an illness

Pat Deegan



Our challenge is to be bold and  
brave and daring enough to  
remain human-hearted  
while working in the  
human services.

Pat Deegan



# Recovery: The Lived Experience of Rehabilitation

1988

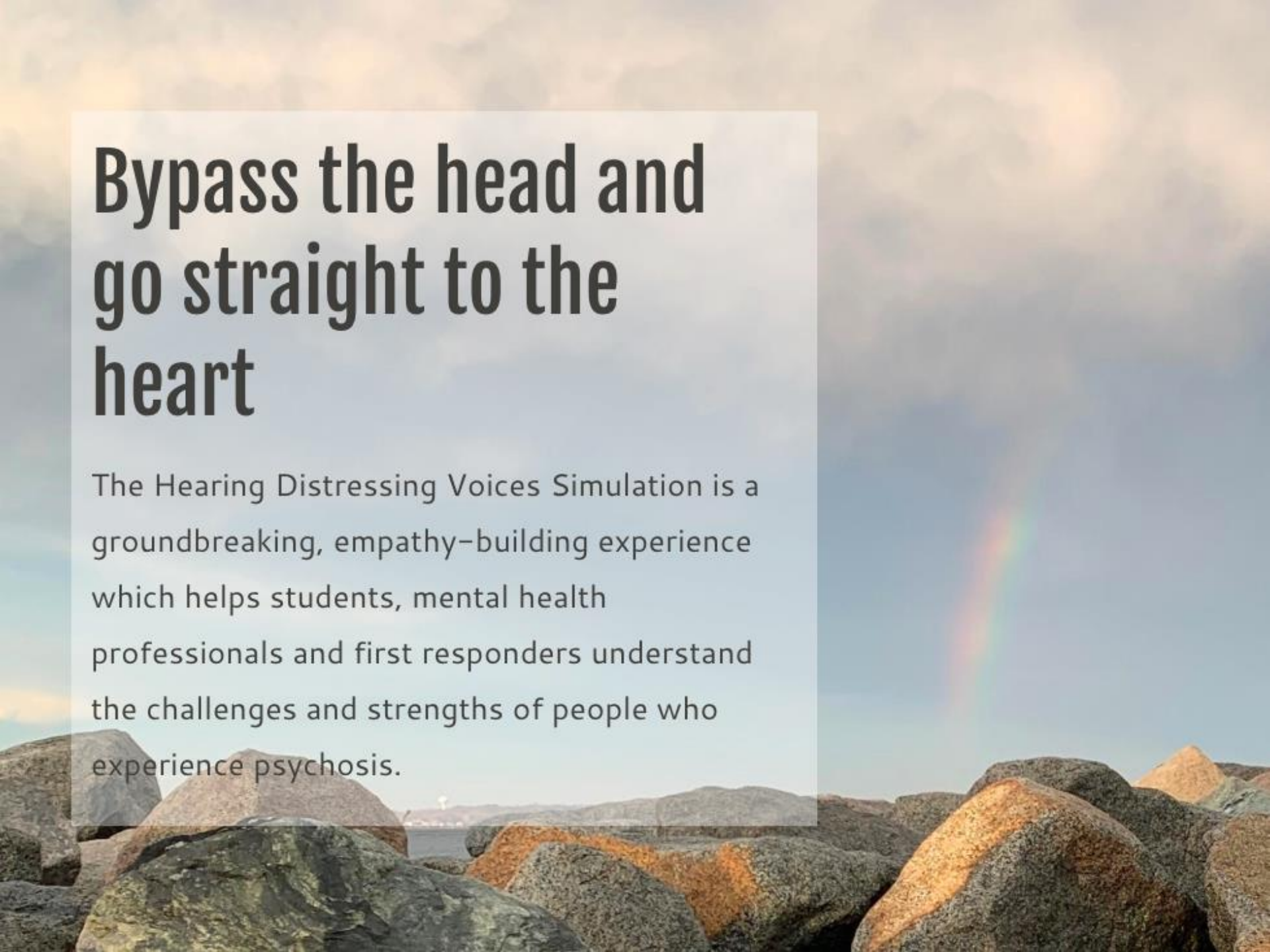
**Patricia E. Deegan**

Patricia E. Deegan, Ph.D., is a clinical psychologist who is currently living in a L'Arche community with mentally handicapped adults in Ipswich, Massachusetts.

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# Bypass the head and go straight to the heart

The Hearing Distressing Voices Simulation is a groundbreaking, empathy-building experience which helps students, mental health professionals and first responders understand the challenges and strengths of people who experience psychosis.





# State Hospital Cemetery Restoration

Film: From  
Numbers  
To Names

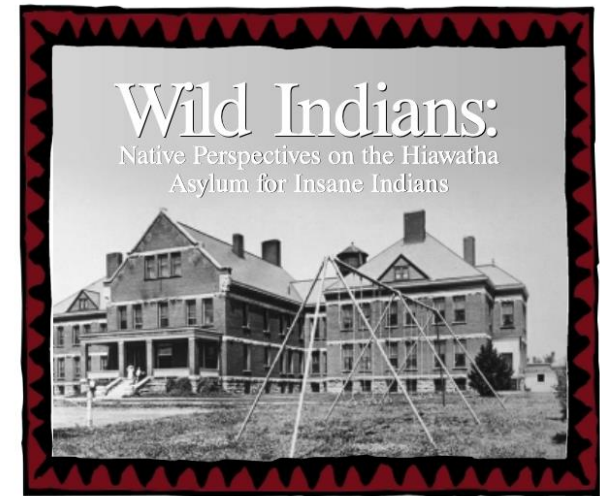


In Our Own Voice:  
African-American  
Stories of Oppression, Survival and  
Recovery in Mental Health Systems



by Vanessa Jackson

Part 3 of the "It's About Time:  
Discovering, Recovering and Celebrating  
Psychiatric Consumer/Survivor History"



Wild Indians:  
Native Perspectives on the Hiawatha  
Asylum for Insane Indians

**N**ative peoples are the intergenerational survivors of a holocaust, the continuing and ongoing effects of which we struggle with every day. Not a single one of us, from the oldest elder to the newest newborn, escaped unscathed.

**BY PEMINA YELLOW BIRD**

These horrors cannot be erased. But this is where the magic begins: replace the voice that only whispers about your pain and loss with a strong and unwavering one, and be prepared to tell your story with courage and conviction, to add your voice to all the others, never to be silenced again.

# Speaking Our Story







WINNERS

Our Resistance and Resilience

## The Politics of Memory



I was going through some old files and came across this photo of my friend TerryStrecker. Terry and I collaborated on *Inside Outside: Building a Meaningful Life after the Hospital*. In addition, he filmed and edited my historical study, *The Politics of Memory*. In that film, I explore our collective history as mad-people. I love this picture because it shows Terry with his beloved Sony cam.





## Medication Visit



## CommonGround Visit





# Peer run Decision Support Center

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# Personal Medicine

The things we do  
that put a smile on  
our face and bring  
joy and meaning to  
our life





Personal Medicine  
is also the smaller  
things we do that  
help us get well  
and stay well



I will develop  
compassion for  
my voices

fold





# I will develop compassion for my voices



It can be helpful to think of our voices as an early warning system trying to protect us from harm. Seen from this perspective, voices may be trying to help us. Using our compassionate self, we can thank them for the warning and tell them we will stay safe as we go about our day.

My voices warn me:

*(example: Neighbors are talking trash about me)*

- You're radioactive
- Keep your eyes down
- They are laughing at you
- You suck

My compassionate response:

*(example: Thank you. I'll ignore them)*

- I'm on it. You can rest now
- I will definitely be careful
- Thanks. I'll put ear buds in
- I'll keep my pride in check

Did this action step work for me?

- Yes, I will use it again
- No, I will try another





Power  
Statement:  
How I want  
treatment to  
help me



# Decision Support: Recovery Library

## Meditation in Troubled Times



### Chacku: Healing through Culture and Spirituality

When we are having a tough time, it can be hard to sit still for meditation. In this [5 minute video](#), Chacku shares how to meet-yourself-where-you-are-at. Our culture, traditions and spirituality can help us heal ([transcript](#)).



### Mini Meditation: Let Go of Stress

Learn to relieve your stress in this [1 minute meditation](#).



### Anxiety and Meditation

Anxiety can arise even while meditating. Learn how to deal with it in this [2 minute video](#).



### Relaxation Demo

Learn a new relaxation technique in this [3 minute meditation](#).



### We Are Connected

During these challenging times we are living in, we wanted to remind you that we, at Pat Deegan and Associates, are still here and support you. We hope this short [video](#) will remind you that we are all connected. Stay well and tap into your Personal Medicine.



# My Health Report

## My Recovery

### My Power Statement

“ Working at the animal shelter is the most important thing to me. I need to concentrate at work but the voices make that difficult. I want to work with you to find a medicine that helps reduce the voices so that I can concentrate at work.

### My Personal Medicine

### Using Personal Medicine?

- Meditation before bed helps me get good sleep  Yes  No  Sometimes
- reading helps me manage my anxiety  Yes  No  Sometimes
- Work at the shelter keeps my mind off my voices  Yes  No  Sometimes

### Last Visit's Shared Decision

no Shared Decision entered

## How I Am Doing

	First Visit	3/21/2017	This Visit
Fulfilling responsibilities	4	3	3
Physical health	3	2	3
Mental health	4	3	3
Housing/home	2	2	3
Jail/hospital/other tx program	Yes	No	No
Walking	No	5	3
Texted ex		5	3
Low energy	5	4	3
High energy	1	2	3
Distressing beliefs/fears	1	0	3
Concentration	4	5	3
Racing thoughts	1	3	3
Anxiety	4	5	3
Sleep		3	3
Harm others	No	No	
Harm self	Yes	No	
Overall recovery	4	2	4

## My Goals for Today's Meeting

- Discuss my concerns
- Ask my question
- Get information

### In My Own Words

“ I am worried about side effects.

## My Meds

- Trouble swallowing pills?  Yes  No
- Using Abilify Maintena?  Yes  Quit  Less  More  Didn't start  N/A
- Using Celexa?  Yes  Quit  Less  More  Didn't start  N/A
- Using Decadron?  Yes  Quit  Less  More  Didn't start  N/A
- Using St. John's wort?  Yes  Quit  Less  More  Didn't start  N/A
- Using Vitamin A?  Yes  Quit  Less  More  Didn't start  N/A

## My Concerns about Mental Health Medications

My Concerns	Past Visits						This Visit					
	244	245	246	247	248	249	250	251	252	253	254	255
Side effects : Sex, Zombie, Sleepy	•	•			•	-	•					▲
Med helpful : No	•				•	-						▲
Alcohol/drugs : Addicted, Prefer a/d to medicine					•							▲
Health : Weight, Td, Pregnant	•	•			•	-						▲
Exploration : Target symptom, Stop	•	•			•	-						▲
Support	•	•			•	-						
Confusion	•	•			•	-						
Logistics : Copay					•							▲
Motivation : Med fatigue	•	•										▲
Fear : Hear negative info	•	•			•	-						▲
Belief : Not mi, Religious, 12 step	•	•			•	-						▲

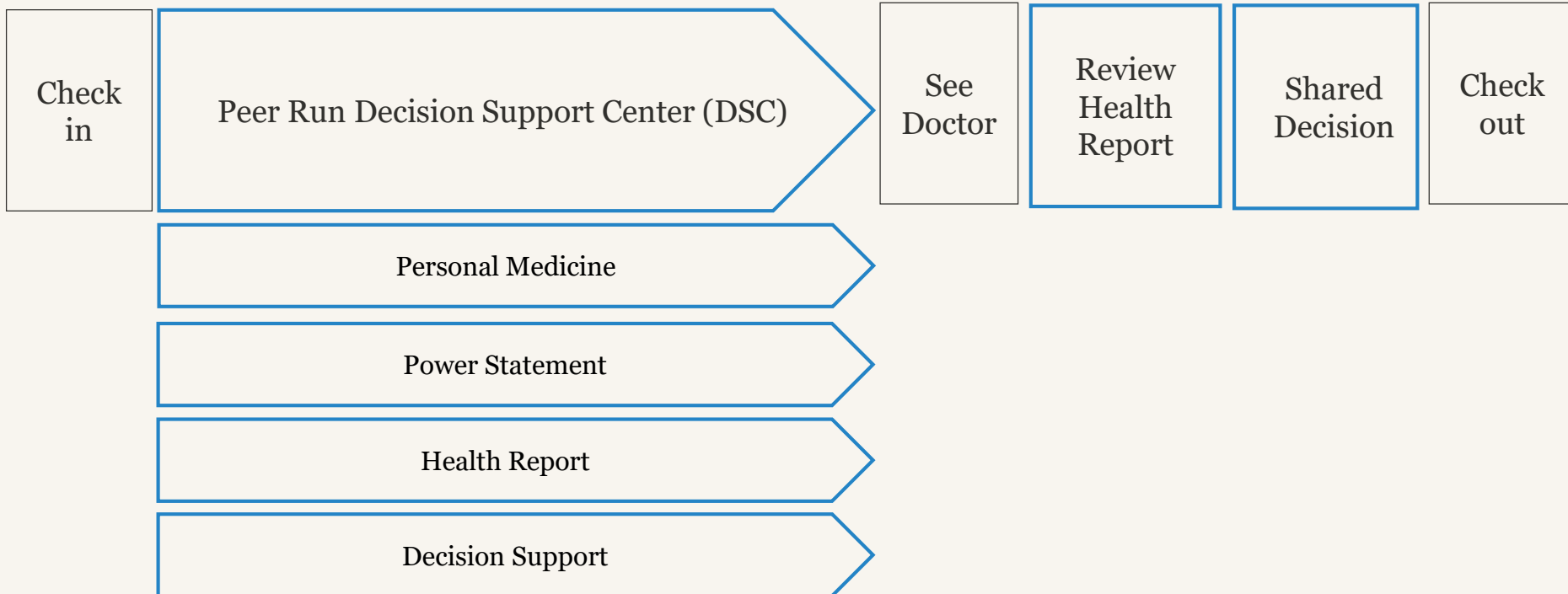
## My Wellness

- Weight since last appointment: I have gained weight
- Do you exercise? Not much, and I would like to exercise more
- Would you like help related to exercise? I would like to explore joining a gym. I would like to find exercise that fits my lifestyle

## Medication Visit



## CommonGround Visit



# Our Shared Decision

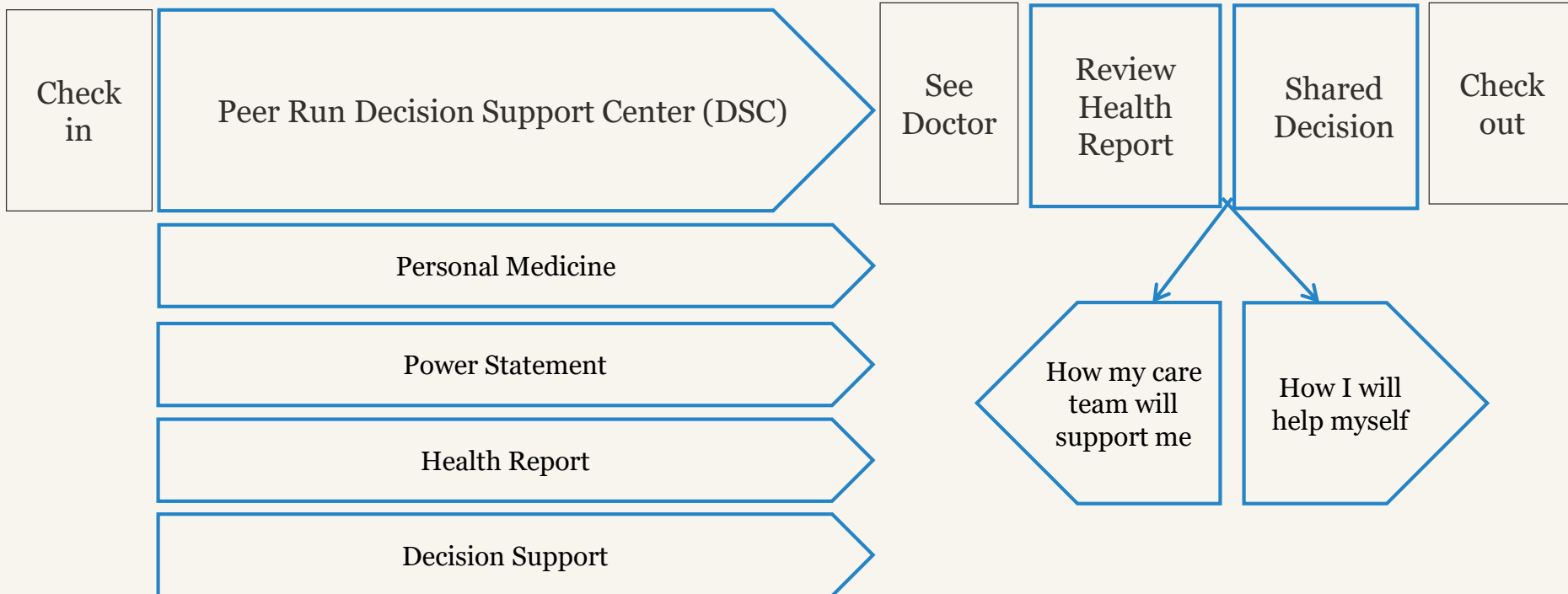
We agree that between now and my next appointment I will track my side effects using the side effects calendar and bring that to my next appointment.



## Medication Visit



## CommonGround Visit



# CommonGround: Outcomes

- ↑ Engagement and activation
- ↓ Lower ER & inpatient admissions
- ↑ Communication w/ psychiatric care provider
- ↓ Consumer concerns about medication use
  - ↑ Belief meds are helping
  - ↓ Concerns about side effects
  - ↓ Concerns about impact of meds on health
- ↑ Improved satisfaction with care
- ↑ Increased med adherence among folks diagnosed w/ schizophrenia



# Principled Leadership & Vision

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# Join our conspiracy of hope



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**COMMONGROUND**



SOFTWARE

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SIMULATION