

## Peer Support for Recovery

Peer support groups, support groups led by individuals who live with a mental illness, play an integral role in an individual's recovery, both for those attending group and the individuals leading the group

**Peer Support empowers individuals. It enables people to develop the skills and willingness to set and accomplish real life goals and to establish and maintain recovery from their illness.**

### Peer Support Groups

are designed to:

- Increase self-awareness
- Empower self-management
- Improve self-esteem and
- Foster true integration into mainstream society.



Peer support groups are open to anyone who lives with a mental illness. For information on local Peer Support groups, please contact your local mental health center.

## Hill Country MHDD Centers

serving 19 counties, including Bandera, Blanco, Comal, Edwards, Gillespie, Hays, Kendall, Kerr, Kimble, Kinney, Llano, Mason, Medina, Menard, Real, Schleicher, Sutton, Uvalde & Val Verde Counties

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MENTAL HEALTH &  
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**Mental Health Center**

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San Marcos, TX 78666

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1-(888) 648-3947

Please visit

[www.hillcountry.org](http://www.hillcountry.org)

for other clinic locations

**Mental Health Crisis?**

Call Toll-Free

**(877) 466-0660**

24 hours a day/7 days a week





## What is Texas Resiliency and Recovery?

Treatment of Major Depression, Bipolar and/or Schizophrenia Disorders that focuses on an individual's outcomes, selected services, tools, and strengths in order for them to recover.

### What is Recovery?

"A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness" (Anthony, 1993).

### Recovery

- Needs direction
- Is a way of life
- Creates balance
- Requires persons to look within themselves for strength and desire to change
- Requires commitment and perseverance

### Everyone Needs

- A sense of power
- A sense of uniqueness
- Positive role models and mentors
- Problem solving skills
- Conflict resolution skills



## Foundations of Texas Resiliency & Recovery

- Recovery
- Community Integration
- Good Practice Guidelines
- Good Utilization Management
- Good Business Practice

### Recovery Model

- Builds on current strengths of individual.
- Teaches skills to help reach "real life" goals.
- Promotes recovery within limitations of the disease through encouraging independence.
- Focuses on community integration.
- Focuses on whole-person and not just the disease.
- Requires participation of individuals served.
- Services are determined by individual's needs.

### Basic Resiliency and Recovery Principles

- Treatment based on specific diagnosis and level of need.
- A system of service delivery based on progression of recovery.
- Outcomes that help individuals reach real life goals, increase community integration, and support progression toward recovery.
- Community integration through building on an individual's skills.
- A system of services reflecting level of need matched with clinically appropriate resources. It is structured to progress from more intense levels of service to less intense and eventual graduation.
- Service delivery that is designed to reduce psychiatric hospitalization, reduce substance abuse, and encourage jail diversion.
- Services reflect right treatment, for appropriate length of time, and delivered in the appropriate setting.
- Individualized services based on a set of practice guidelines.



## Psychiatric Rehabilitation

- Identifies desired outcomes and real life goals of an individual.
- Builds on strengths and focuses on positives in an individual's life.
- Strengthens and teaches skills necessary for individual to cope with their disease.

### Wellness Strategy

*What is it that the individual needs and wants in order to recover?*

- Regular Physical Exercise
- Adequate Sleep
- Healthy Diet
- Peer Support Groups
- Psychiatric Advance Directives Addressed
- Referral to outside agencies for funding assistance as needed and available.
- Linkage with at least 2 community supports

### Self-Management Training / Education

- Stress Management
- Coping Skills
- Symptom Management
- Medication Education
- Activities of Daily Living
- Budgeting
- Problem Solving
- Accessing Services
- Communicating Effectively
- Social Skills
- Development of Natural Supports
- Family Training Education
- Illness Education
- COPSD Groups
- Anger Management
- Supported Employment
- Supportive Housing

Utilization Management System  
Accountable Care  
Outcome-Based Results