

Rename.Rehab.Recovery

國際精神復健 趨勢與指標

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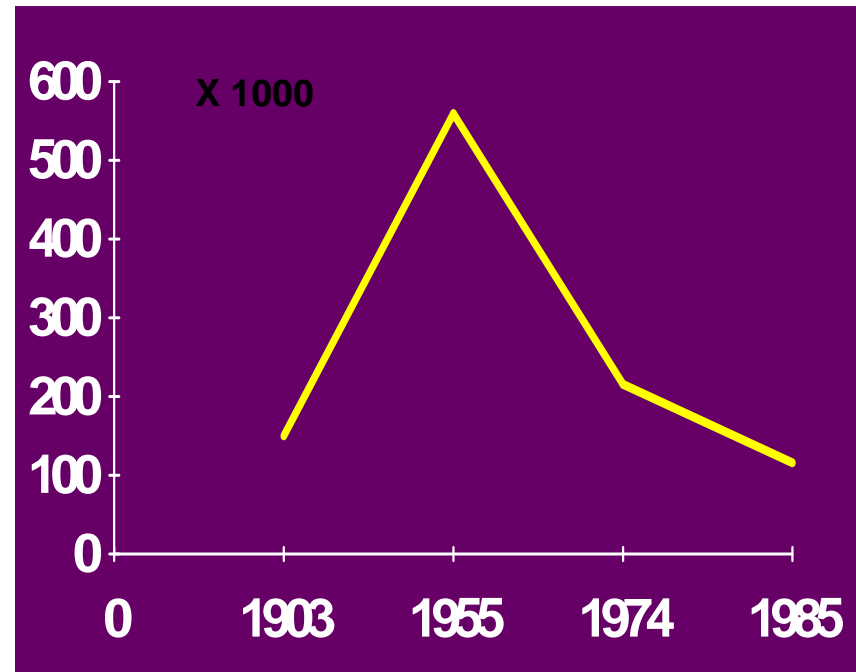
好名.好康.好生活 **三好聯盟**

除機構化運動

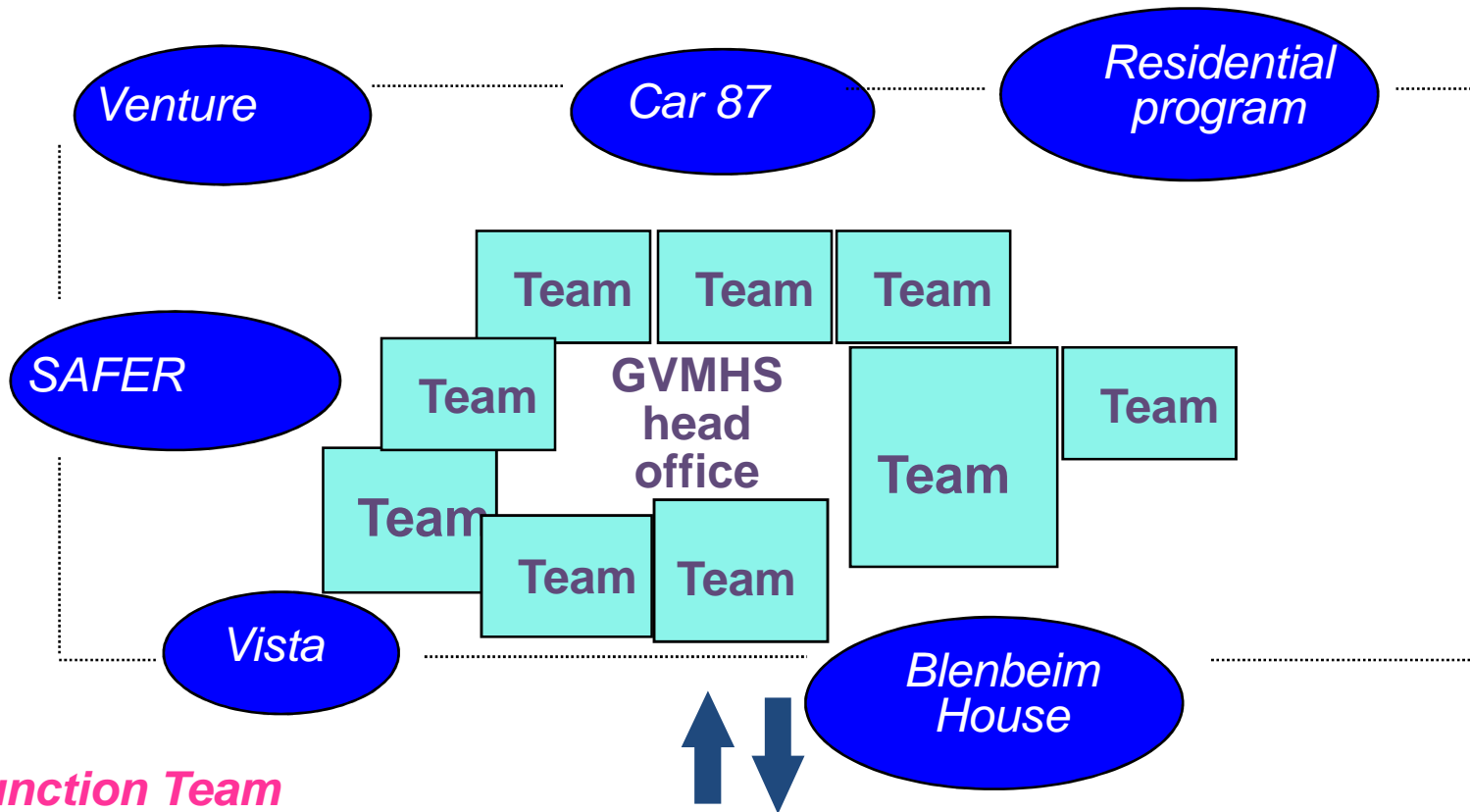
Deinstitutionalization

- 主要原因
 1. 州政府財政不堪負荷
 2. 社會覺醒運動
 3. 精神藥物的發展
 4. 大戰結束, 大量軍醫退伍
- 美國慢性住院人數

1903 年	150,000
1955 年	559,000
1974 年	215,573
1985 年	116,000



Greater Vancouver Mental Health System (GVMHS)



**Multi-Function Team*

Police, City Government, Social Welfare
Mental health association, Coastal foundation,
Social service agencies, Community Center



台灣精神復健

- 1988試辦社區復健
- 1995全民健保
- 1995殘障福利法



日間型社區復健機構



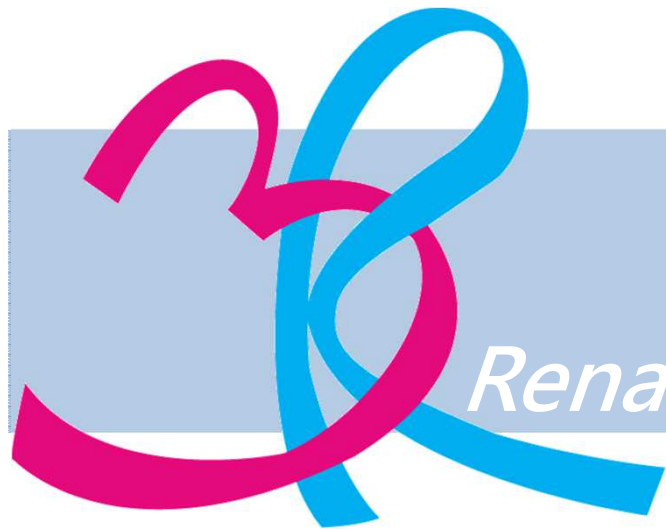
住宿型社區復健機構

會所模式
社區家園



日間住院





Rename.Rehab.Recovery

康復模式 *Recovery model*

好名.好康.好生活 **三好聯盟**

精神病友會不會好?

- The WHO International Study of Schizophrenia (Harrison et al 2001):
 - 追蹤15-25年，56% (依發生率) 及60% (依盛行率) 病友達到”康復”(recovered)
- Vermont's study - Courtney Harding et al, Am J Psych 144(6), 727-735, 1987
 - 追蹤32-62年 269名重新確診精神分裂症病友
 - 每名5+小時面談兩次，收集其他資料
 - 68% 無或極輕微症狀，64% 出院20年內再住院<2
 - 20% 沒處方，30% 沒吃藥，25% 需要時吃，25% 固定吃藥
 - 81% 自理生活，40% 受雇，20% 自願性工作



**TABLE 1
SEVEN LONG-TERM STUDIES**

Study	Sample Size	Average Length In Years	Subjects Recovered and/or Improved Significantly*
M. Bleuler (1972 a and b) Burghölzli, Zurich	208	23	53%-68%
Huber et al. (1975) Germany	502	22	57%
Ciampi & Müller (1976) Lausanne Investigations	289	37	53%
Tsuang et al. (1979) Iowa 500	186	35	46%
Harding et al. (1987 a & b) Vermont	269	32	62-68%
Ogawa et al. (1987) Japan	140	22.5	57%
DeSisto et al. (1995 a & b) Maine	269	35	49%

*For schizophrenia subsamples

丹尼爾費雪醫師 Danie B. Fisher, M.D., Ph.D.

- 1969-74 進醫學院前，因精神分裂症多次住院
- 普林斯敦大學畢，威斯康辛大學生化博士，華盛頓大學醫學博士，哈佛大學精神科住院醫師，專科醫師
- 目前在麻州 Wakefield, Riverside Outpatient Clinic 從事社區精神醫學工作
- 曾獲邀任「白宮精神衛生委員會」委員
- 現任：**國家充權中心** (National Empowerment Center) 主任，推動康復運動
- Hospital and Community Psychiatry and the Psychosocial Rehabilitation Journal 等專業期刊發表著作



派翠西迪根 Patricia E. Deegan PhD

- 青少年時被診斷精神分裂症
- Duquesne University ，1984 取得臨床心理學博士
- 麻州衛生局 (Massachusetts Department of Mental Health) 之社區方案擔任臨床主任 1983-1987.
- 在前病友(服務使用者)組織 C 工作
- 2010 Dartmouth College Medical School, Boston University 等校兼教授



Recovery 運動

- 源自**1980s-1990s**年代的消費者／倖存者運動，基於一種自助，充權及病人權益倡導的理念。對傳統精神醫療專業權威提出挑戰。
- 在發展之初期，**Recovery** 運動之思潮與傳統精神醫療之主流是格格不入，相互論戰的 (**Davidson & McGlashan, 1997**)。
- 逐漸許多精神科醫師相繼支持及投入 **recovery** 運動，包括波士頓大學(**Boston University**) 等，現代的精神復健思潮融合了 **recovery** 精神 (**Anthony, 2000**)。





Recovery – definition 定義

- It does not refer purely to the remission of clinical symptoms but is a wider concept which incorporates the person's total adjustment to life.
 - 不是單純的症狀緩解，而是包括個人完全適應生活
- A recovery approach aims to “support an individual in their own personal development, building self esteem, identify and finding a meaningful role in society” (Allott and Loganathan 2003).
 - 目標在於支持一個人的個人發展，建立自尊，認同，並在社會上找到一個有意義的角色



Recovery 概念

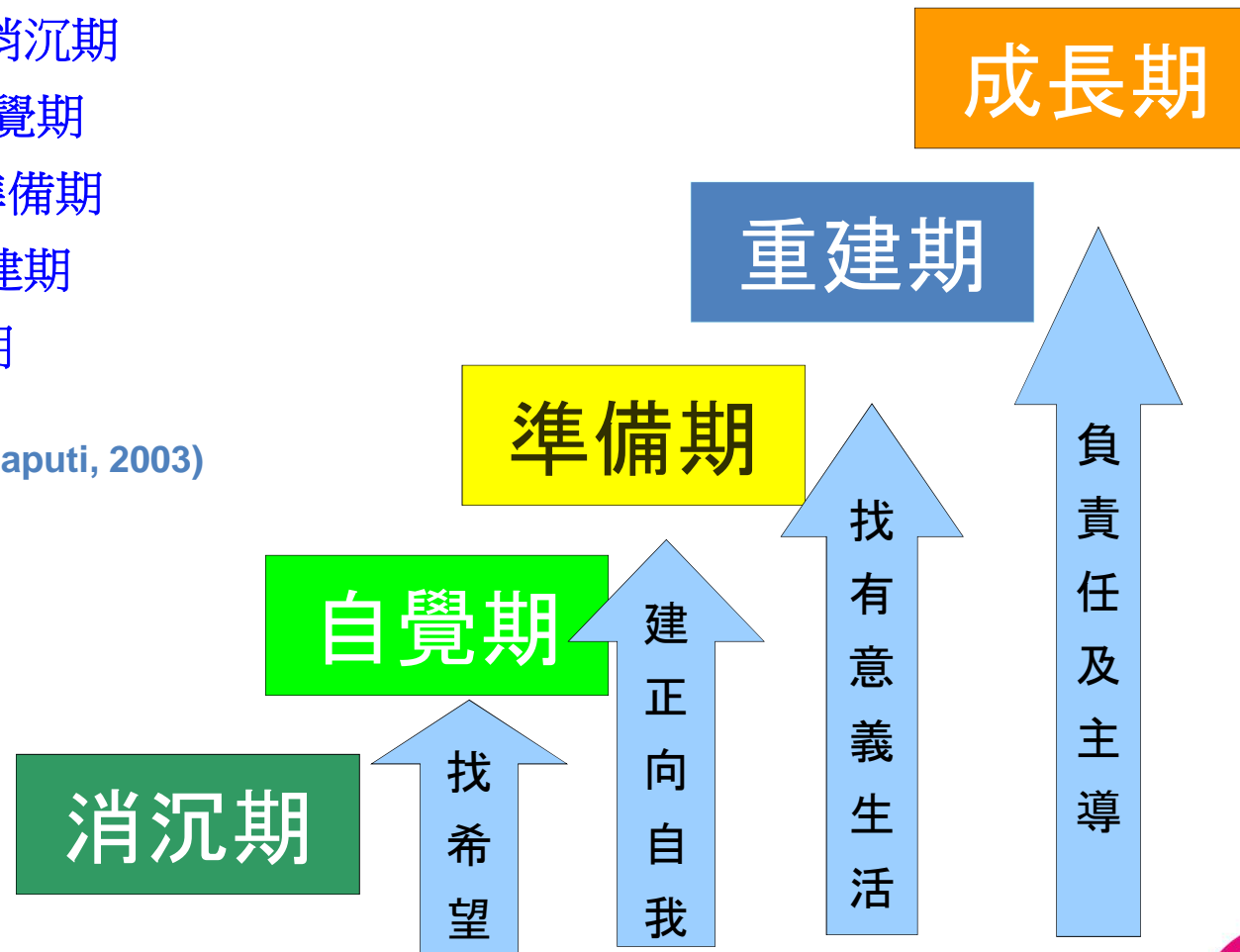
- 康復涉及一個人新的生活意義和目的的發展，是一個人的成長超越了精神疾病帶來的毀滅性影響。(Anthony, 1993)。
- **Andresen**等提出**Recovery**有四個主要成份：
 - (一)找到並保持希望：自信與樂觀地看待未來
 - (二)重建正向的自我身份：建立一個包容疾病的自我，仍能保持正向自我感
 - (三)找出有意義的生活：建立生病的意識，找出生活的意義，投入生活
 - (四)負責任及控制：感覺可以控制疾病及生活
 - (Andresen, Oades & Caputi, 2003)



康復歷程 Andresen

- moratorium 消沉期
- awareness 自覺期
- preparation 準備期
- rebuilding 重建期
- growth 成長期

(Andresen, Oades & Caputi, 2003)



Recovery 與傳統醫療概念

- 傳統醫療
 - **DSM: Schizophrenia** 是持續退化的疾病，終生是病人，只會暫時緩解
 - 恢復”正常狀態”
 - 強調治療症狀
 - 問題導向
 - 順從，被控制
 - 親權之醫病關係
 - 醫療人員責任
 - 疾病為中心
- 康復**Recovery**
 - 前病人**Ex-patient**
 - 追求蛻變
 - **Transformation**
 - 強調增強”優勢”
 - 目標導向
 - 選擇，自我控制
 - 聯盟、平等之醫病關係
 - 個人對自己健康負責
 - 全人為中心



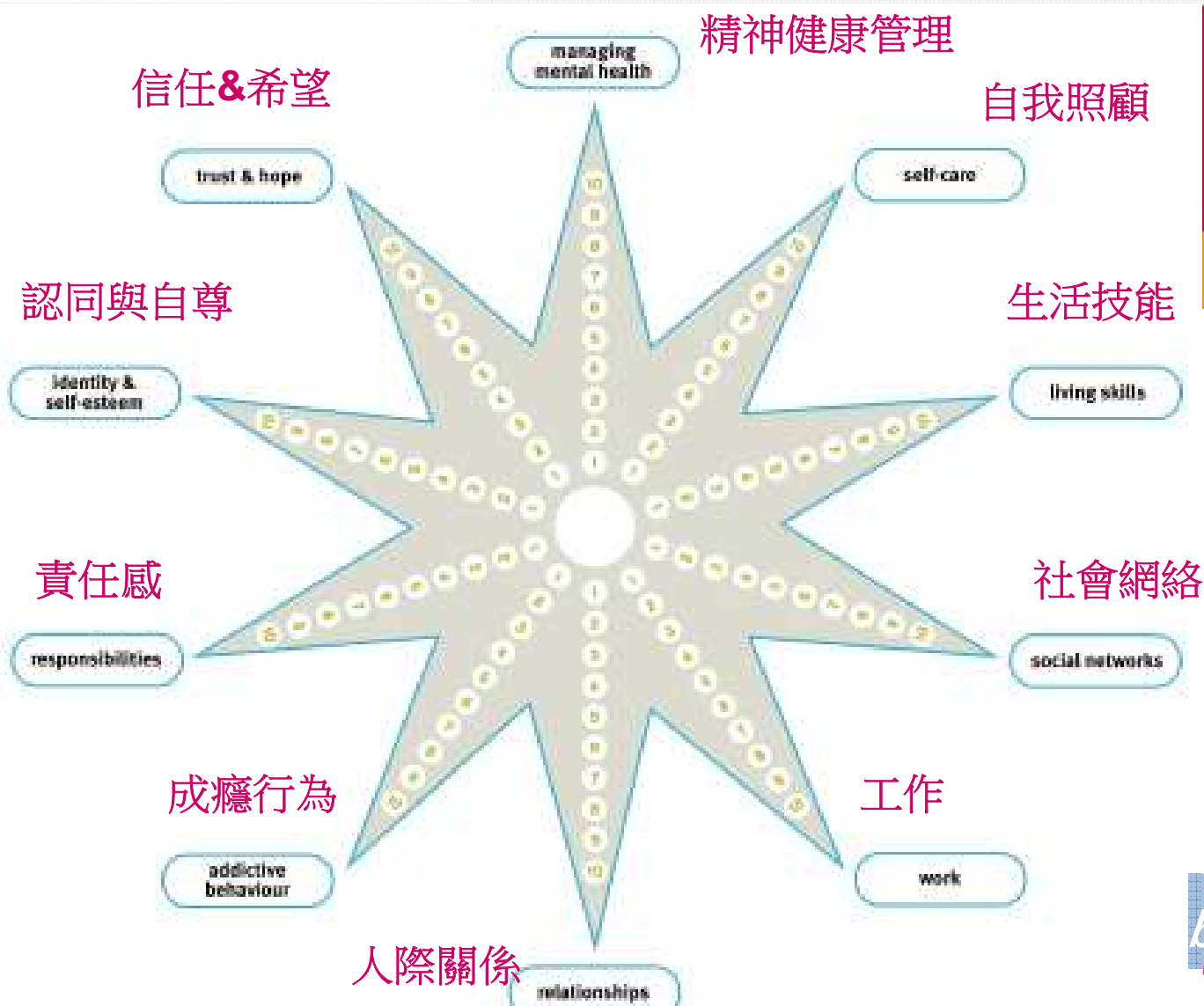
AACP — Guidelines for Recovery Oriented Services

美國社區精神醫學會康復導向之服務指引

- 希望&信心(hope and faith)
- 自治&自主(self management and autonomy);
- 重建&自我成長(restoration and personal growth);
- 寬容&寬恕(tolerance and forgiveness);
- 調適&改變潛力(adaptability and capacity to change);
- 負責&工作 (personal responsibility and productivity);
- 同儕支持&社區生活(peer support and community life);
- 尊嚴&自尊(dignity and self respect);
- 接受&自覺(acceptance and self awareness);
- 普世通用(universal applicability)。



UK



Ladder of change in 10 areas



- Managing mental health
- Relationships
- Self-care
- Addictive behavior
- Living skills
- Responsibilities
- Social networks
- Identity and self-esteem
- Work
- Trust and hope

The Ladder of Change

Think of an area of your life where you have made changes.

What was it like before you had decided to change?

Do you remember thinking about change and then deciding you would really do it?

What was the first thing that you did?

See if your experience fits with the Ladder of Change.



Self-Reliance 10
I can manage without help from the project

Learning 8
I'm learning how to do this

Believing 6
I can make a difference. It's up to me as well

Accepting Help 4
I want someone else to sort things out

Stuck 2
Leave me alone

Recovery Star 計畫書



Action Plan



Priority outcome area from Star	Current score	Goals before next Star reading	Action needed	By who?	By when?

Signatures

Service user: _____ Date: _____ Staff: _____

Other agency/advocate: _____ Date: _____ Manager: _____

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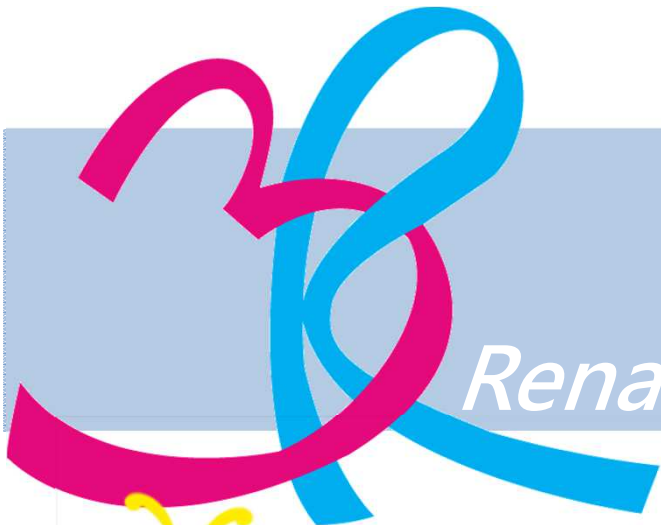
Mental Health Recovery Star © Mental Health Providers Forum and Triangle Consulting. Based on the Outcomes Star © Triangle Consulting and the London Housing Foundation.

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RI
Recovery Innovations



Ken Thompson
2011 訪八里

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We Changed Our Mind! Peers Working on Every Team

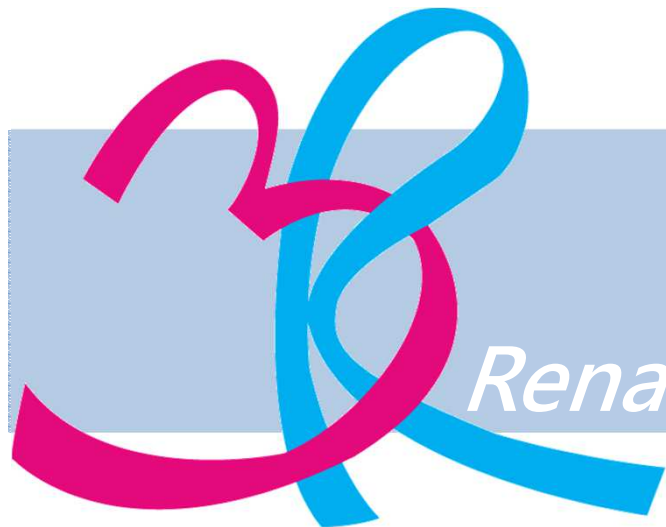
- **Today at least 20 states in the US recognize Peer Support as a benefit in their Medicaid program.**
- **Endorsed by Center for Medicare/Medicaid Services**



We Changed Our Mind Peers Working on Every Team

	Peer Employees (as of August 1, 2011)						ave salary full time	ave salary part time	Total All Staff	% of Peer Employees
	Annual Salary	# Peer Employees	full time	part time	> 3 yrs					
RI Arizona	\$ 2,874,423	155	59	96	80	\$ 35,159	\$ 8,334	212	73.1%	
RI California (southern)	\$ 903,359	39	11	28	7	\$ 48,429	\$ 13,237	42	92.9%	
RI Alameda	\$ 359,820	13	6	7	0	\$ 46,060	\$ 11,923	14	92.9%	
RI Kern	\$ 295,859	14	9	5	0	\$ 31,024	\$ 16,640	19	73.7%	
RI Ventura	\$ 527,894	27	7	21	2	\$ 39,110	\$ 13,633	29	93.1%	
RI North Carolina	\$ 1,076,803	59	24	38	0	\$ 31,709	\$ 11,256	133	44.4%	
RI Pierce County	\$ 431,704	28	36	16	0	\$ 29,120	\$ 20,566	64	43.8%	
RI Wenatchee	\$ 403,676	15	13	3	0	\$ 30,311	\$ 11,440	46	32.6%	
RI New Zealand	\$ 222,092	11	2	9	0	\$ 46,566	\$ 14,329	11	100.0%	
ROC	\$ 360,708	5	5	0	4	\$ 72,142	\$ -	8	62.5%	
JTP	\$ 896,107	35	13	22	9	\$ 31,011	\$ 22,407	55	63.6%	
Total Peer Support	\$ 7,854,755	392	178	243	101	\$ 36,360	\$ 10,731	633	61.9%	
								RI Administration	60	
								Total RI Employees	693	
									56.6%	

21 Note: Salary figures do not include employee benefit expenses



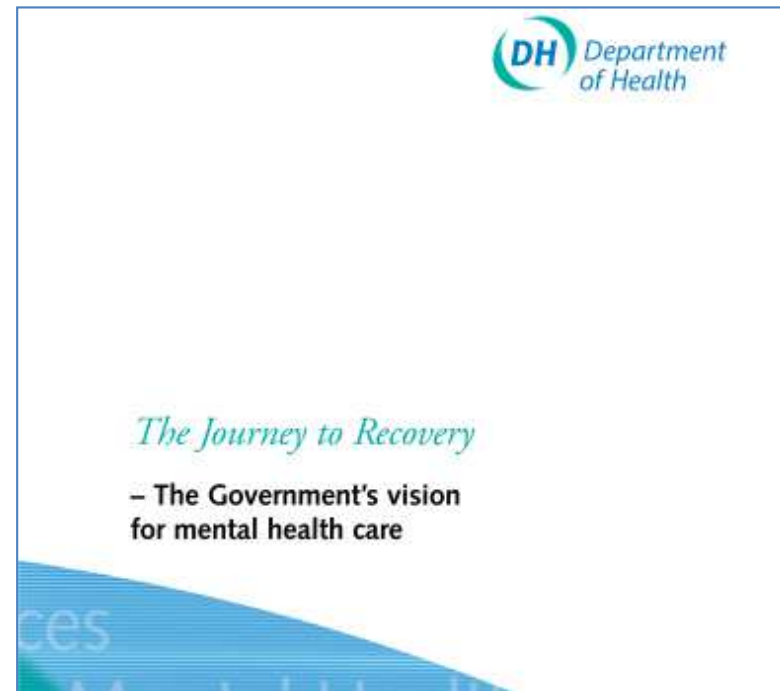
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Recovery

導引下之歐美
精神衛生政策

英國國家精神衛生政策

- 2001 – the journey to recovery 邁向康復的旅程
 - involve users and their carers in the planning and delivery of care
 - offer choices which promote independence



英國工作與康復 work and recovery

 HM Government

Work, Recovery & Inclusion

Employment support for people in
contact with secondary mental health services

- 2009
- work is good for mental health: it aids recovery and has a therapeutic value
- it is vital that health and employment services work together



Phil Hope

Phil Hope
Minister of State for
Care Services



Jonathan Shaw

Jonathan Shaw
Minister for
Disabled People



Kevin Brennan

Kevin Brennan
Minister for Further Education,
Skills, Apprenticeships and
Consumer Affairs



Angela Smith

Angela Smith
Minister of State for
Cabinet Office

澳大利亞國家政策

Spectrum of interventions for mental health

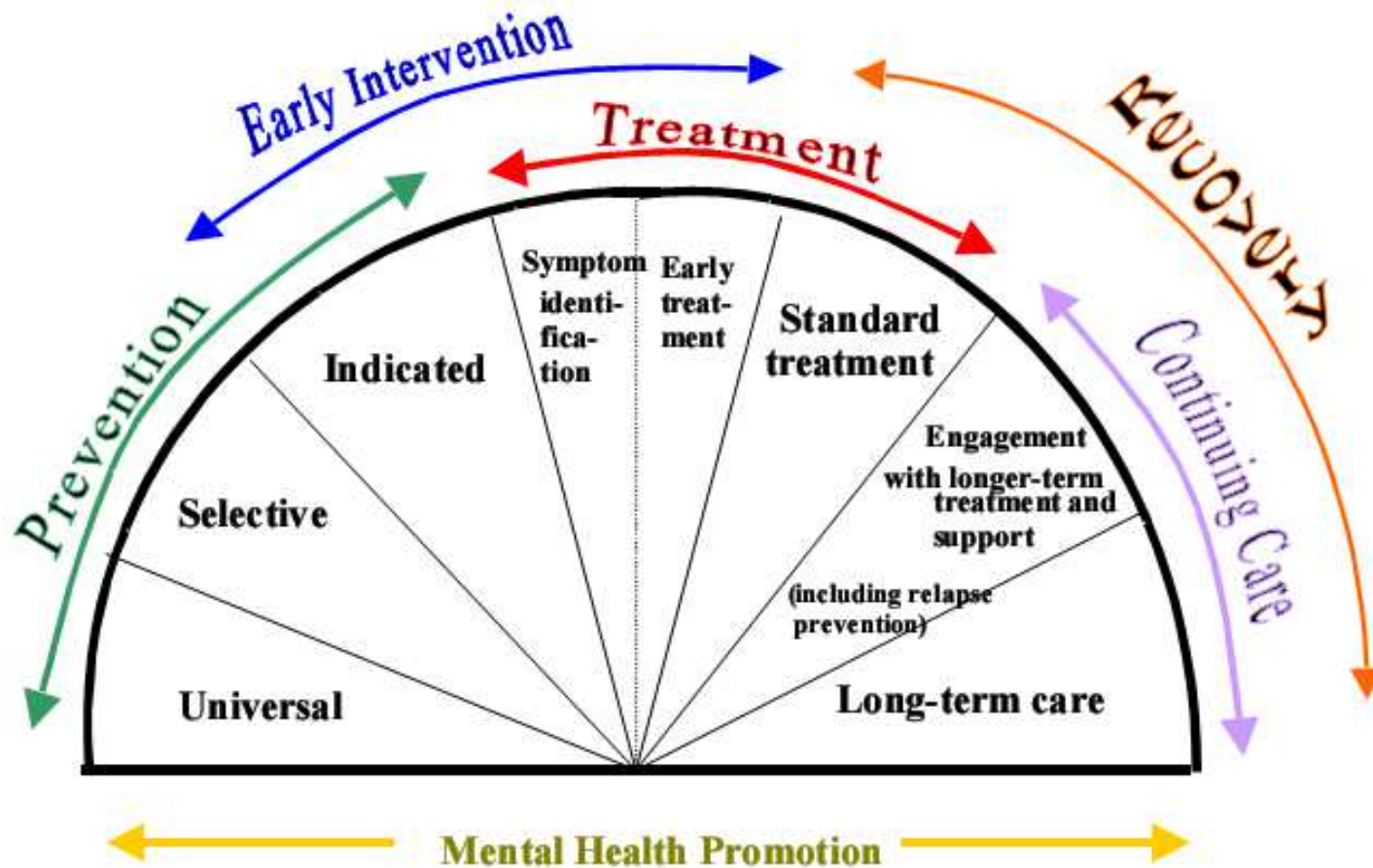


Figure 1. Spectrum of interventions for mental health

Source: adapted from *Promotion and Prevention Action Plan 2000* and Mrazek and Haggerty 1994



愛爾蘭 Recovery Model

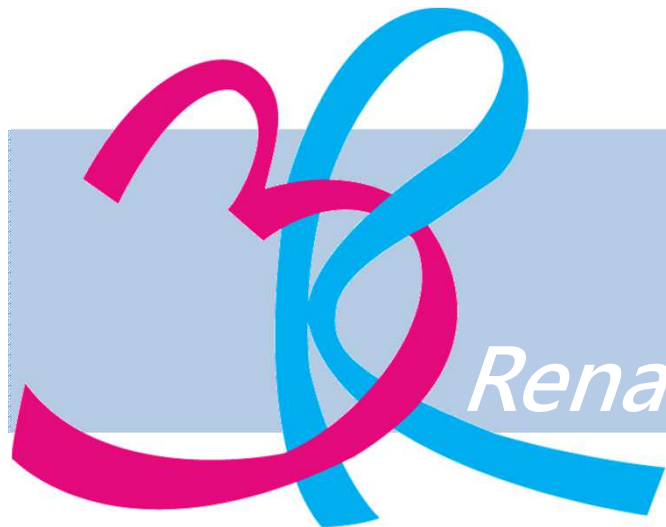
- the concept of recovery entered the lexicon of the mental health services in the 1980s
- Health Strategy of 2001
 - Helps individuals to participate in decision making to improve their health
- 2005 Mental Health Commission: Developing a vision for a recovery model of service
- recovery orientation to inform all aspects of the design, development and delivery of mental health services since 2006



Recovery導引下之精神衛生政策

- 美國衛生部部長於**1999**年提出**recovery**做為精神衛生指引願景的主張；
- 英國於**2001**年提出 **the journey to recovery**，
- 紐西蘭於**1998**即提出康復為中心的藍圖(**recovery- centered blueprint**)
- 愛爾蘭於**2005**年提出” **Developing a vision for a recovery model of service**”
- 蘇格蘭成立**SRN: Scotland recovery network**，以各團體合作之模式推動。
- **2011**年**1**月，我國精神疾病防治諮議委員會通過建議衛生署將**recovery**納為我國國家政策，與世界接軌。





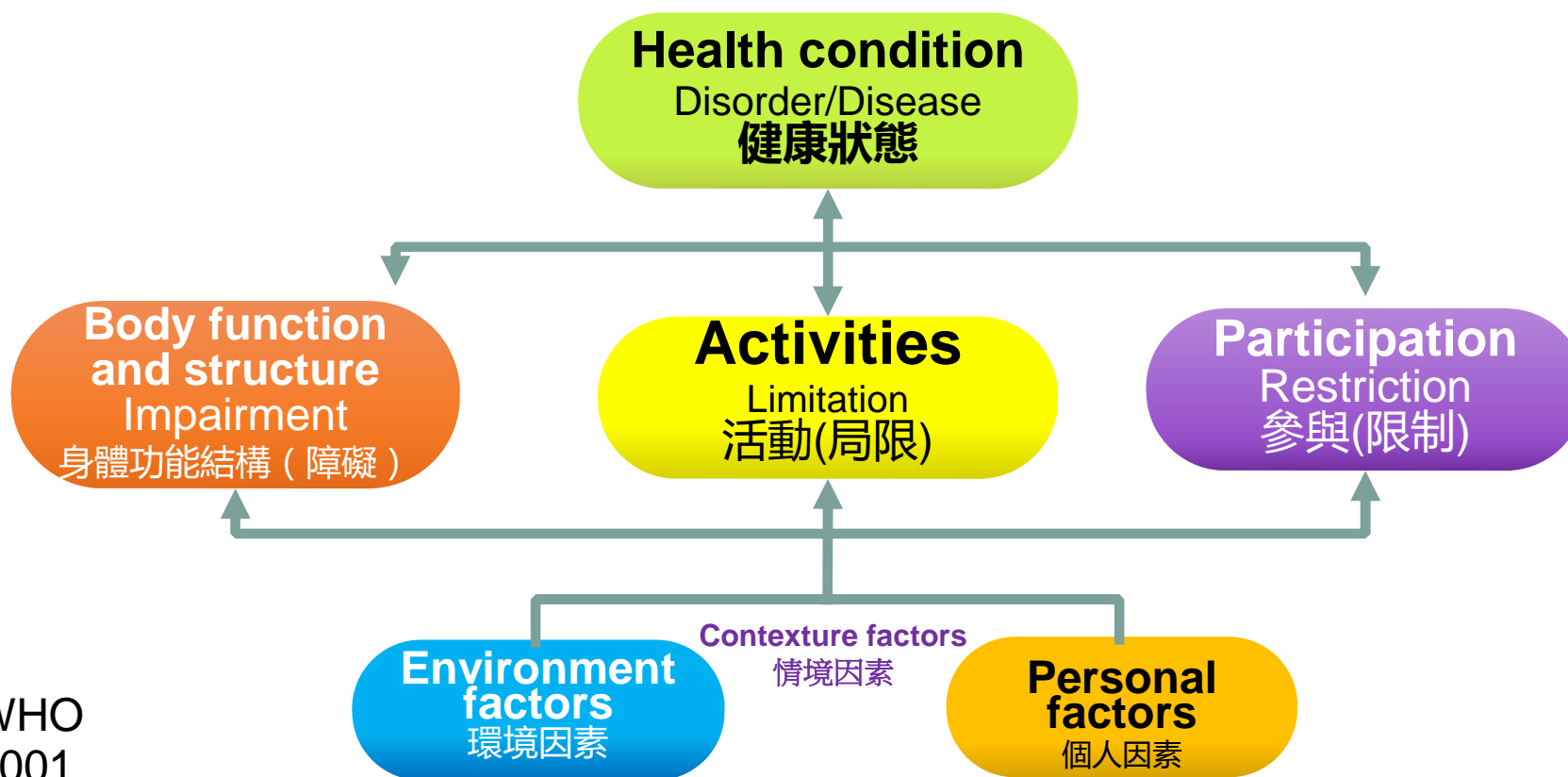
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模式

好復健、好健康

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ICF 國際健康功能與身心障礙分類 (International Classification of Functioning Disability, and Health)



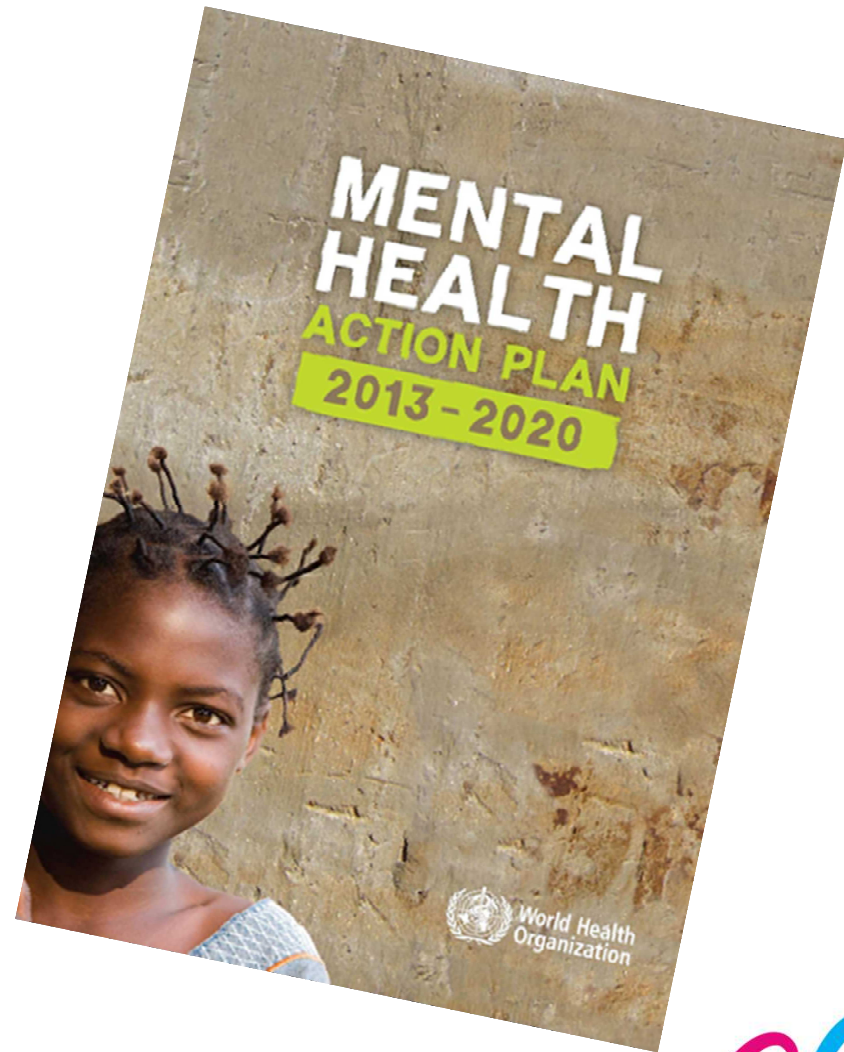
WHO
2001



WHO 心理建康2013-2020行動

計畫目標

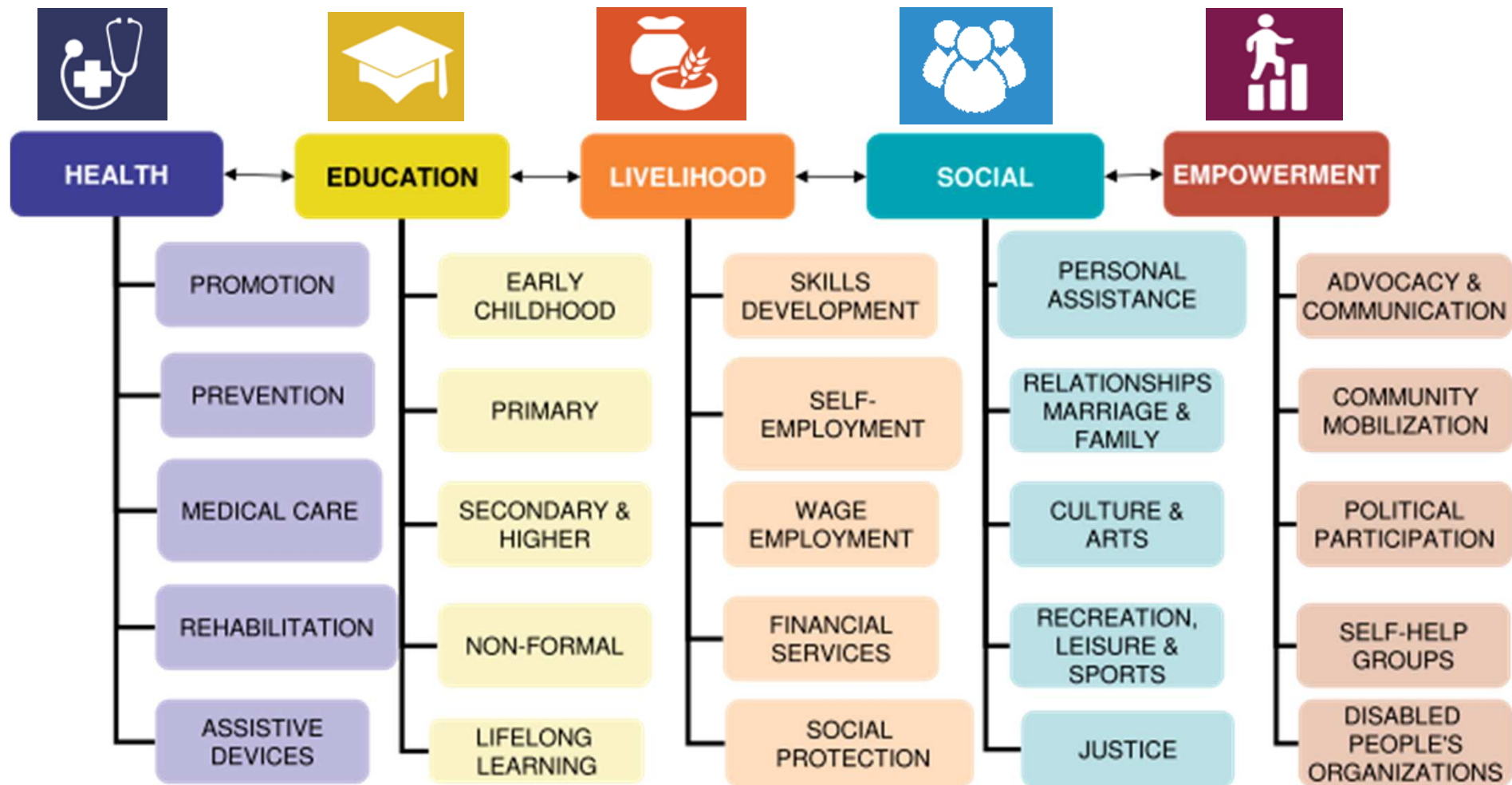
- 強化政府有效領導能力
- 在社區中提供及時回應之整合心理衛生與社會服務
- 推動心理健康促進與預防
- 強化心理健康資訊、實證與研究



WHO community based rehabilitation



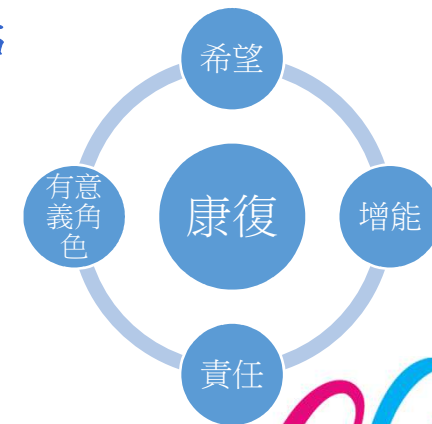
WHO CBR Matrix



The Village



- 1990 創立，加州政府委託精神衛生協會(Mental Health Association)辦理
- 創新之整合模式：治療、復健、就業、自助、家庭、社區參與
- Recover 康復模式
- 現有34據點



The Village



3F
康家

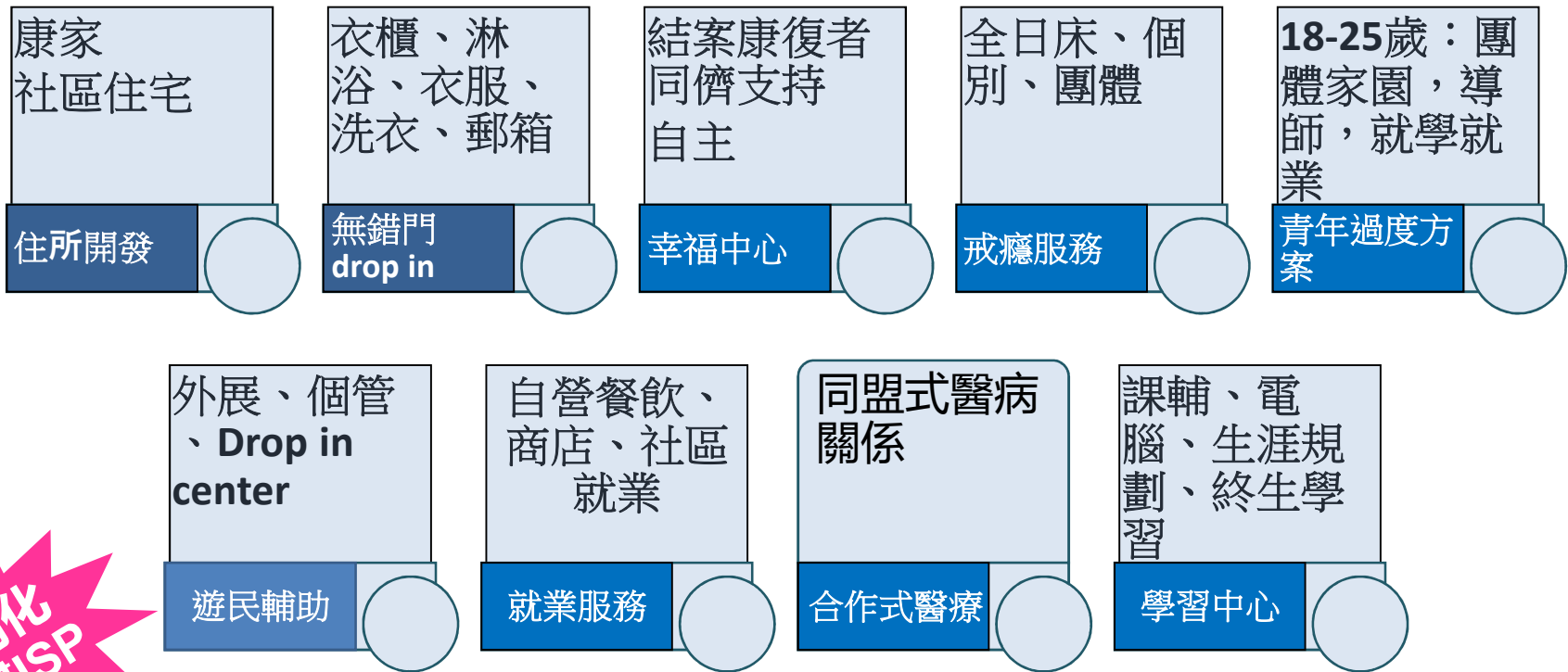
2F
餐廳、日間復健

1F
接待、英雄榜、教室

B1 Homeless drop in



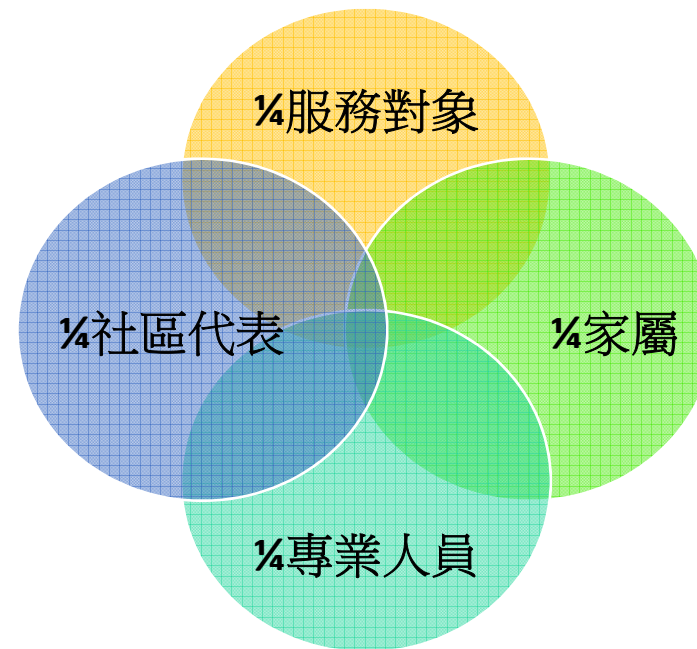
The Village 服務



The Village 人員配置

- 三個村(主中心)

- 1 Director
1 Assistant Director
- 1 Psychiatrist
- 1 Financial Planner
- 1 Community Integration Specialist
- 9 Personal Service Coordinators (PSC)



管委會



RA1SE

Early Treatment Program

A Research Project of the NIMH

2008~

<http://www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml>



The NIMH RAISE Project

- The National Institute of Mental Health *Recovery After an Initial Schizophrenia Episode* (RAISE) Project will test whether early, aggressive, and pre-emptive intervention can slow or halt clinical and functional deterioration in schizophrenia
- RAISE research objectives:
 - Design and test effective interventions for early phase schizophrenia
 - Engineer rapid adoption and implementation of effective treatment packages by engaging “end users” at the start of intervention development
 - Assess clinical, functional, and economic outcomes
 - Generate information relevant to key stakeholders, including health care policy makers

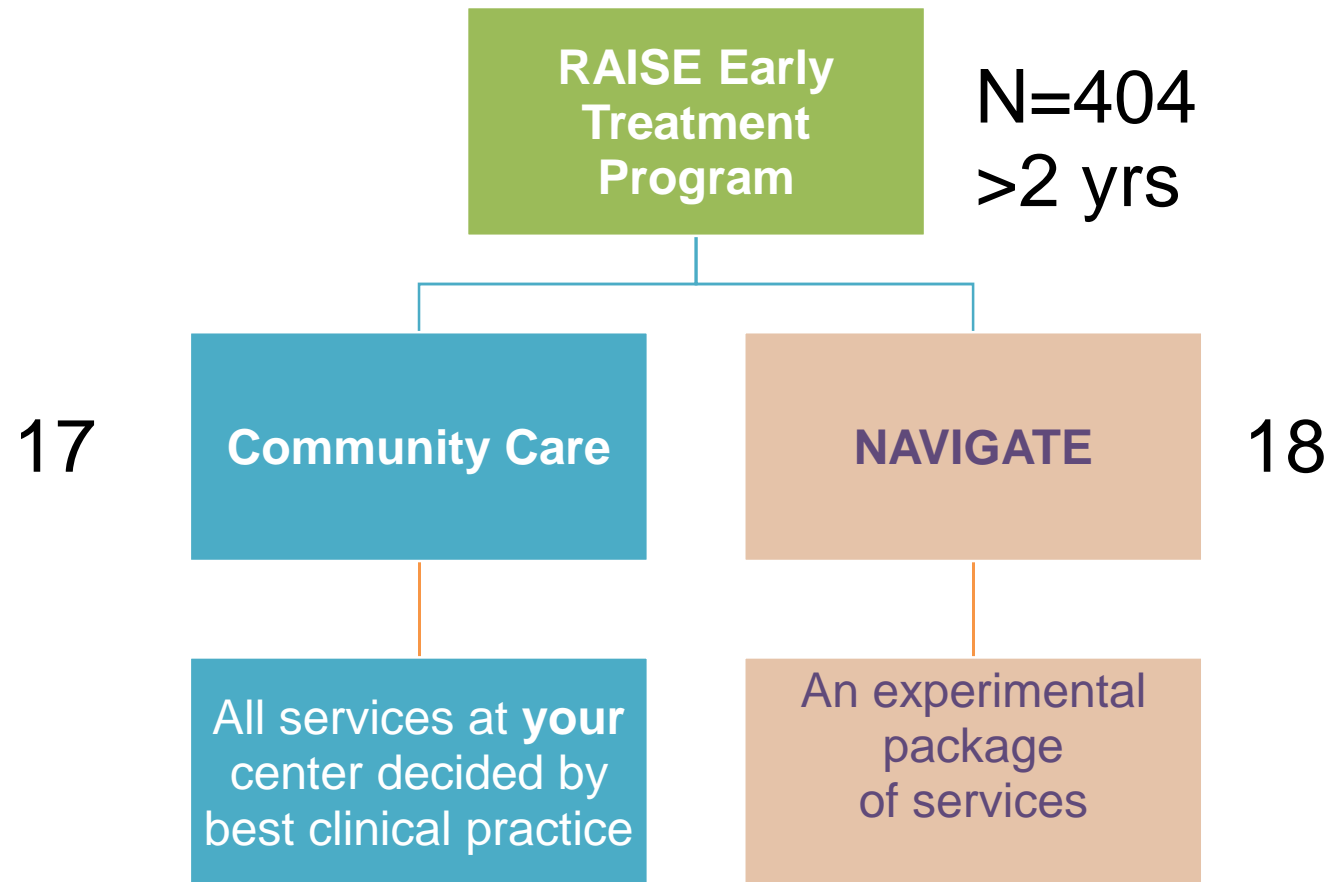


Who can participate in the study?

- Age 16 – 40
- Clinical diagnosis includes possibility of
 - Schizophrenia
 - Schizophreniform disorder
 - Schizo-affective disorder
 - Psychosis NOS
- No more than 120 days of anti-psychotic medication
 - Taken not prescribed



Study Design



NAVIGATE Services

- **Pharmacological Treatment**
 - COMPASS- A decision support system for prescribers
- **Family Education Program (FEP)**
- **Supported Employment and Education (SEE)**
- **Individual Resiliency Training (IRT)**

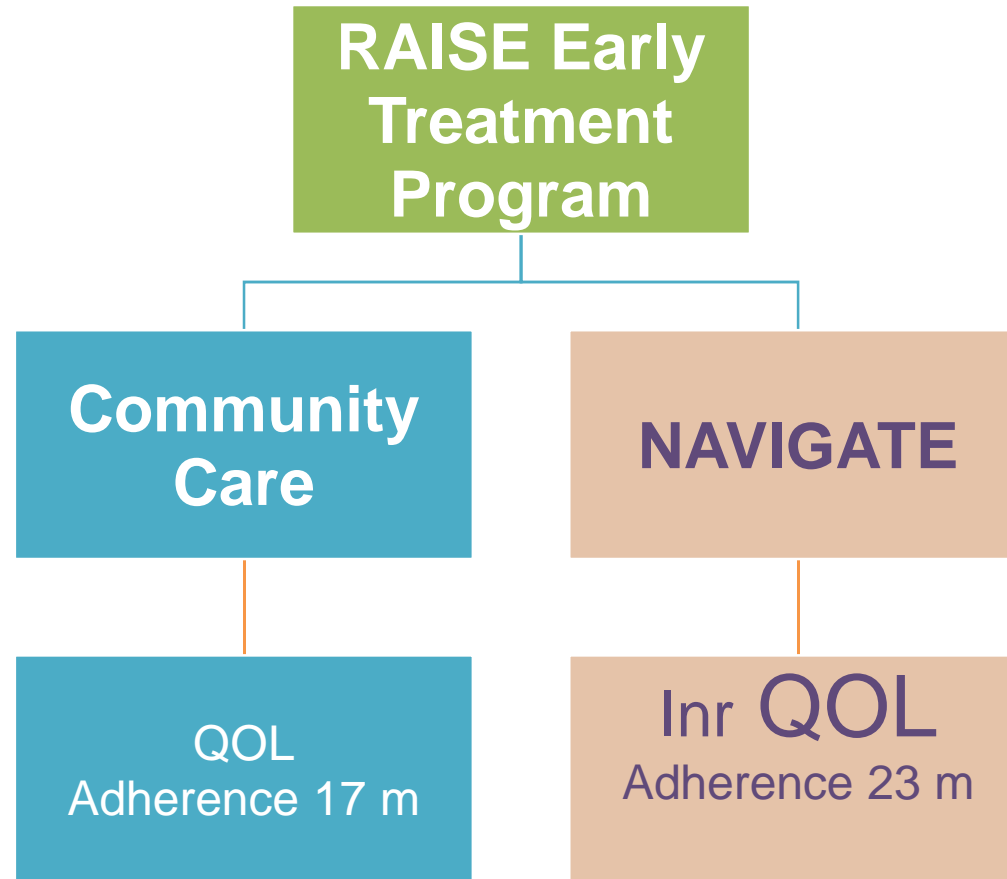


Videos

- **Understanding Psychosis**
 - **Voices of Recovery Video Series**
 - **Google+ Hangout on First Episode Psychosis:**
- **Treating Psychosis**
 - **Treating First Episode Psychosis.**
 - **Implementing Early Treatment of Psychosis**
 - **Antipsychotics, Weight Gain, and How to Keep Kids Healthy**
 - **Schizophrenia: Sticking with Treatment :**



Outcome



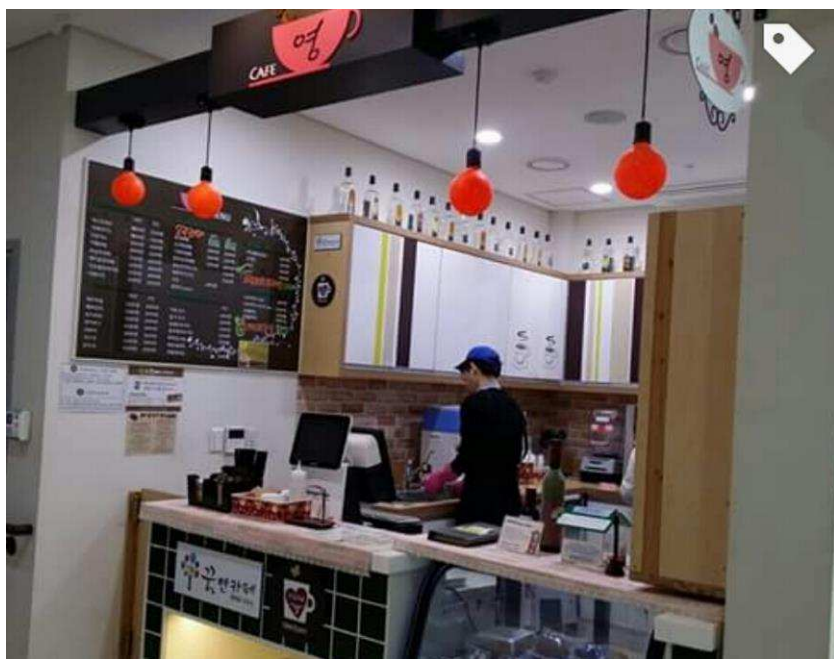
韓國水原SAEM Caffe



!정신! 행복한 정신장애인의 직업재활의 메카 "Cafe 샘"

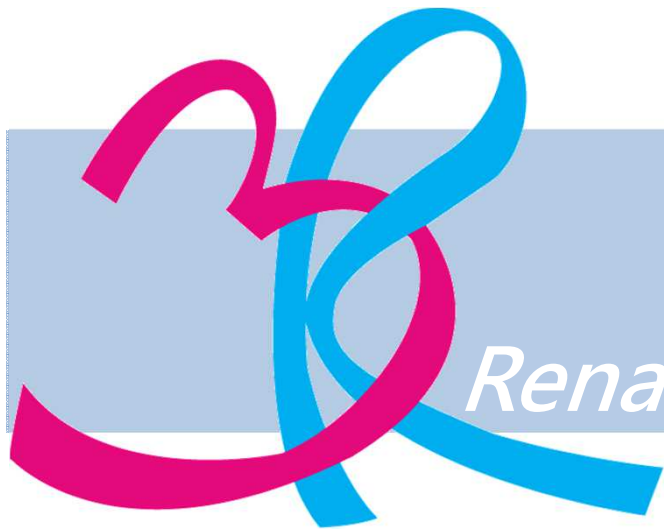


韓國水原SAEM Caffe



- 7家店
- 1部行動咖啡車





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康復指標

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指標測量



RAISE ETP Study Outcomes

- **Primary outcome measure: Quality of Life**
 - Primary hypothesis
 - NAVIGATE intervention will improve Quality of Life significantly more than Community Care
- **Other measured outcomes**
 - Service utilization
 - Cost
 - Consumer perception
 - Prevention of relapse
 - Recovery



個人康復測量

- Quality of life
- The Recovery Assessment Scale (RAS)
- The Mental Health Recovery Measure (MHRM)
- Scoring the Stages of Recovery Instrument (STORI)



Recovery orientated system standards

- **Boston University Centre for Psychiatric Rehabilitation.**
 - 具康復願景 **Service design driven by recovery vision**
 - 可觀測之結果測量 **Systems of evaluation using measurable and observable consumer outcomes**
 - 以康復願景和標準來領導 **Leadership which reinforces the recovery vision and recovery standards**
 - 管理聚焦過程而非人力與設施 **Management policies focusing on service processes rather than on staffing or the physical setting**
 - 整合個案 **Integrated case management**
 - 跨環境完整支持 **Comprehensive supports across environments**
 - 使用者參與 **Consumer involvement**
 - 因地制宜 **Cultural relevance**
 - 基於康復理念的倡導訓練 **Advocacy training grounded in the vision of recovery**
 - 以康復目標支付或補助 **Funding based on consumer's recovery goals**
 - 依使用者目標取得服務 **Access to services based on consumers goals.**



Practice Guidelines

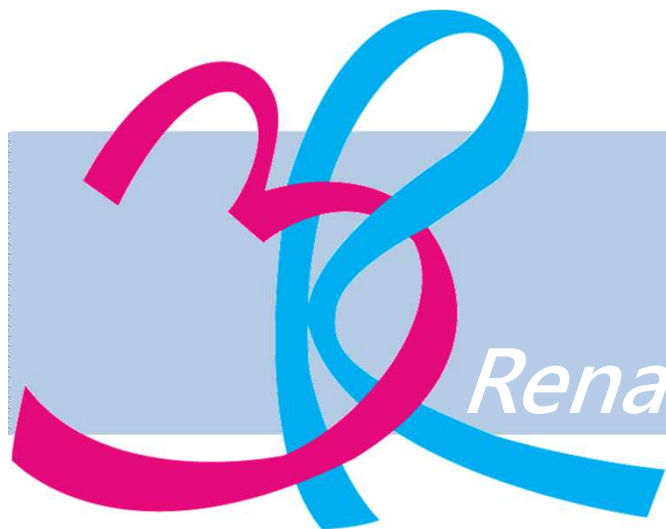
- A. Primacy of Participation 康復者與家屬全面參與
- B. Promoting Access and Engagement 促進可及性
- C. Ensuring Continuity of Care 確保連續性照顧
- D. Employing Strengths-Based Assessment 優勢導向
- E. Offering Individualized Recovery Planning 提供個別康復計畫
- F. Functioning as a Recovery Guide 依康復指引墾行
- G. Community Mapping, Development, and Inclusion 社區資源盤點，發展與接納
- H. Identifying and Addressing Barriers to Recovery 能辨識康復障礙之事物

Practice Guidelines for
Recovery-Oriented
Behavioral Health Care



Connecticut Department of
Mental Health and Addiction Services





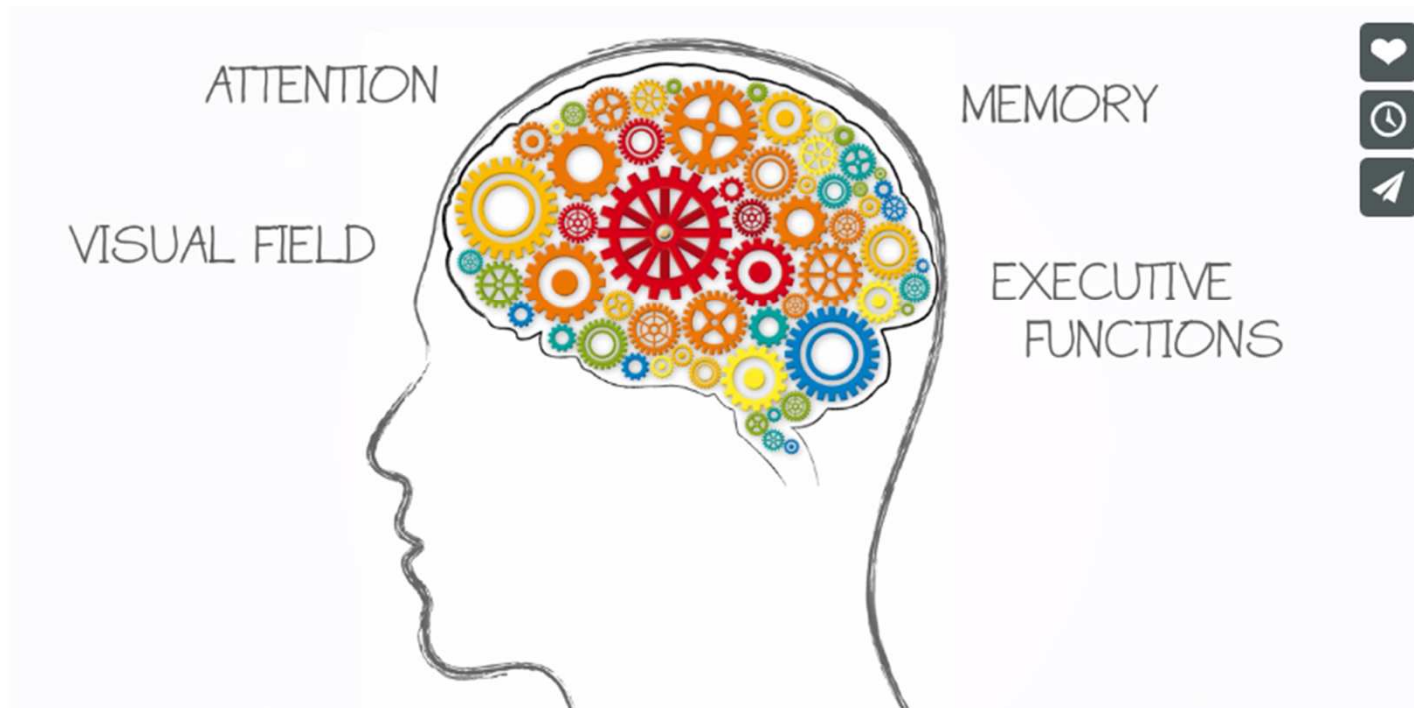
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新科技之應用

好名.好康.好生活 **三好聯盟**

Computer-aided neurocognitive remediation

RehaCom helps the therapist be more efficient and effective in cognitive retraining

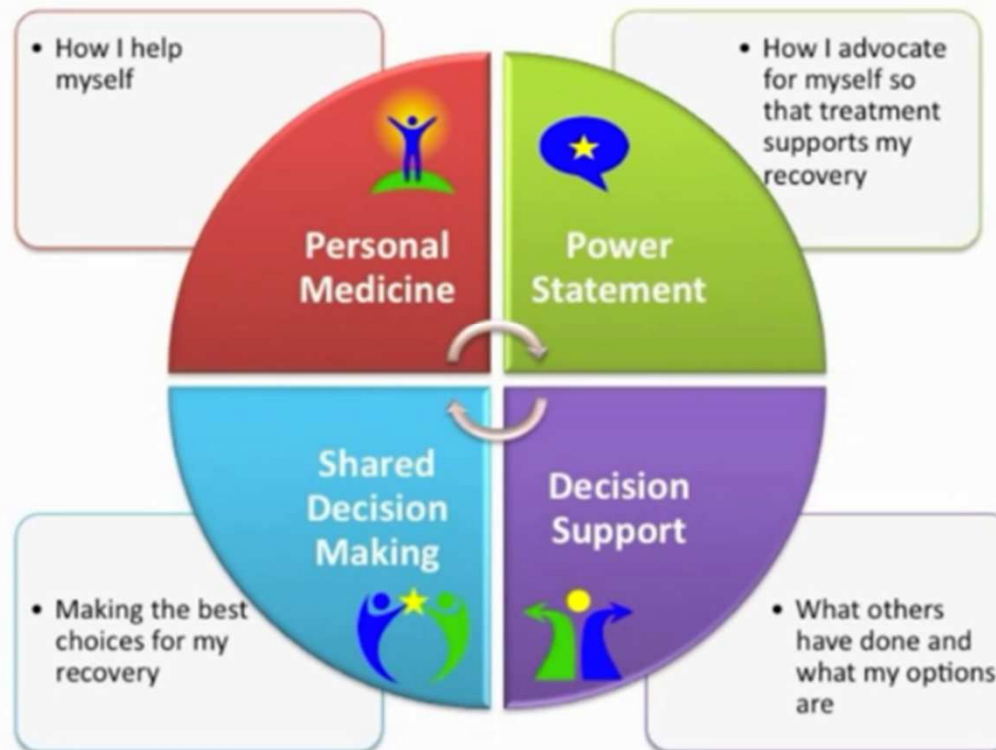




copyright Recovery
Innovations 2011

Common Ground - Deegan

CommonGround Fundamentals



FB, Twitter, APP



運用科技推廣知識

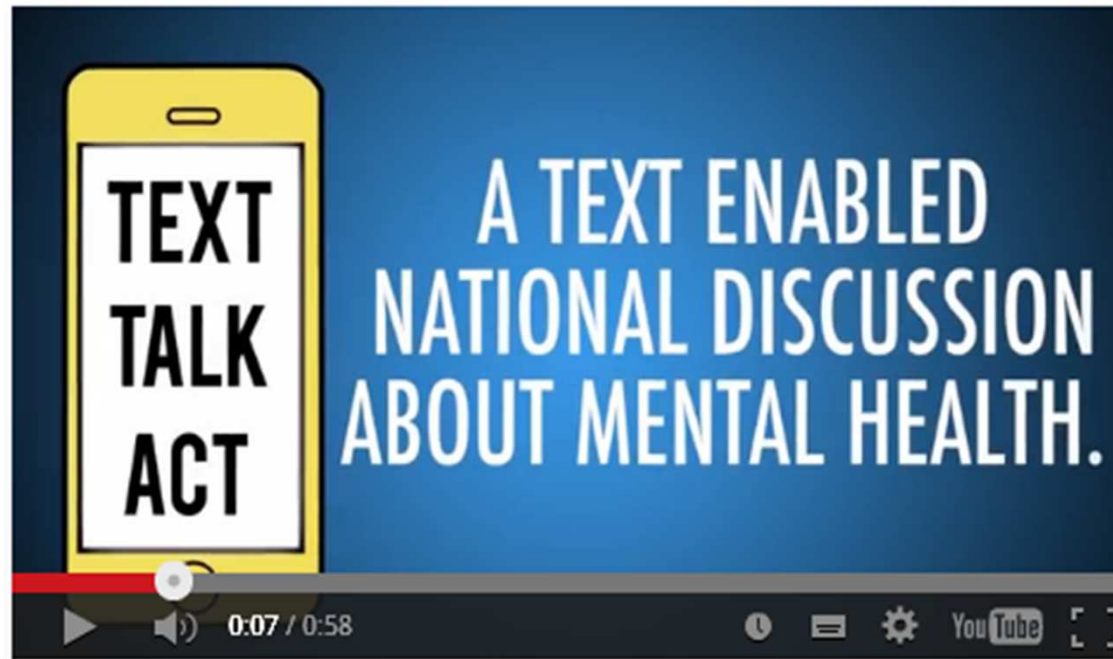


Mentalhealth.gov

2014年10月21日 · 🌐

Text Talk Act is on through the end of October. Grab a phone, a friend, & text START to 89800 <http://bit.ly/1uvr0n8>

翻譯年糕



對話—實體與網路

Continue the Conversation

Use the following social media tools and online resources to keep the conversations about mental health in your community.

- Follow [@MentalHealthGov on Twitter](#) and [participate in the conversation using #MentalHealthGov](#)
- Like the [MentalHealth.gov Facebook page](#)

See highlights from local events, activities from partner organizations and the online conversation dialogue on the [MentalHealth.gov Storify page](#).

Learn More about Community Resources for Mental Health

- [Discuss children's mental health](#). This resource includes materials in Spanish.
- [Find state-level data on mental health and substance abuse](#).
- [Find national data on mental health](#) such as the prevalence of specific mental health problems, trends in the use of mental health services, and the overall financial cost.
- [Find resources for mayors and other local officials](#). This guidance equips mayors and other public health officials with strategies to use in their role in shaping community responses that promote mental health recovery, and ensure necessary treatments and services are available.

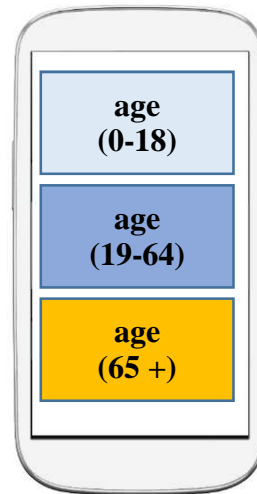


2

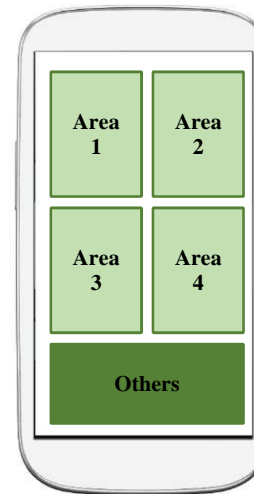
Mental Health Roadmap Application



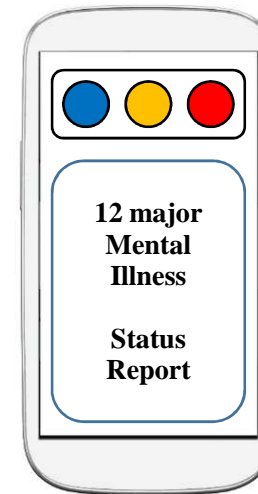
List of
Mental
Health
Services



consent

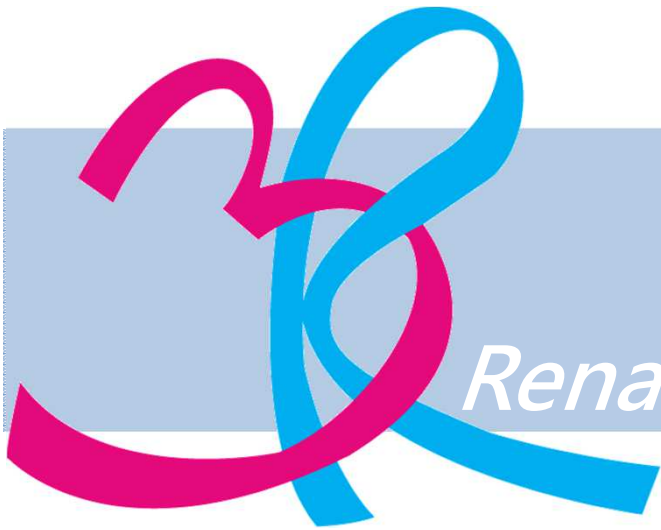


Cacao
Talk



Registratio
&
Counselin
g
Services



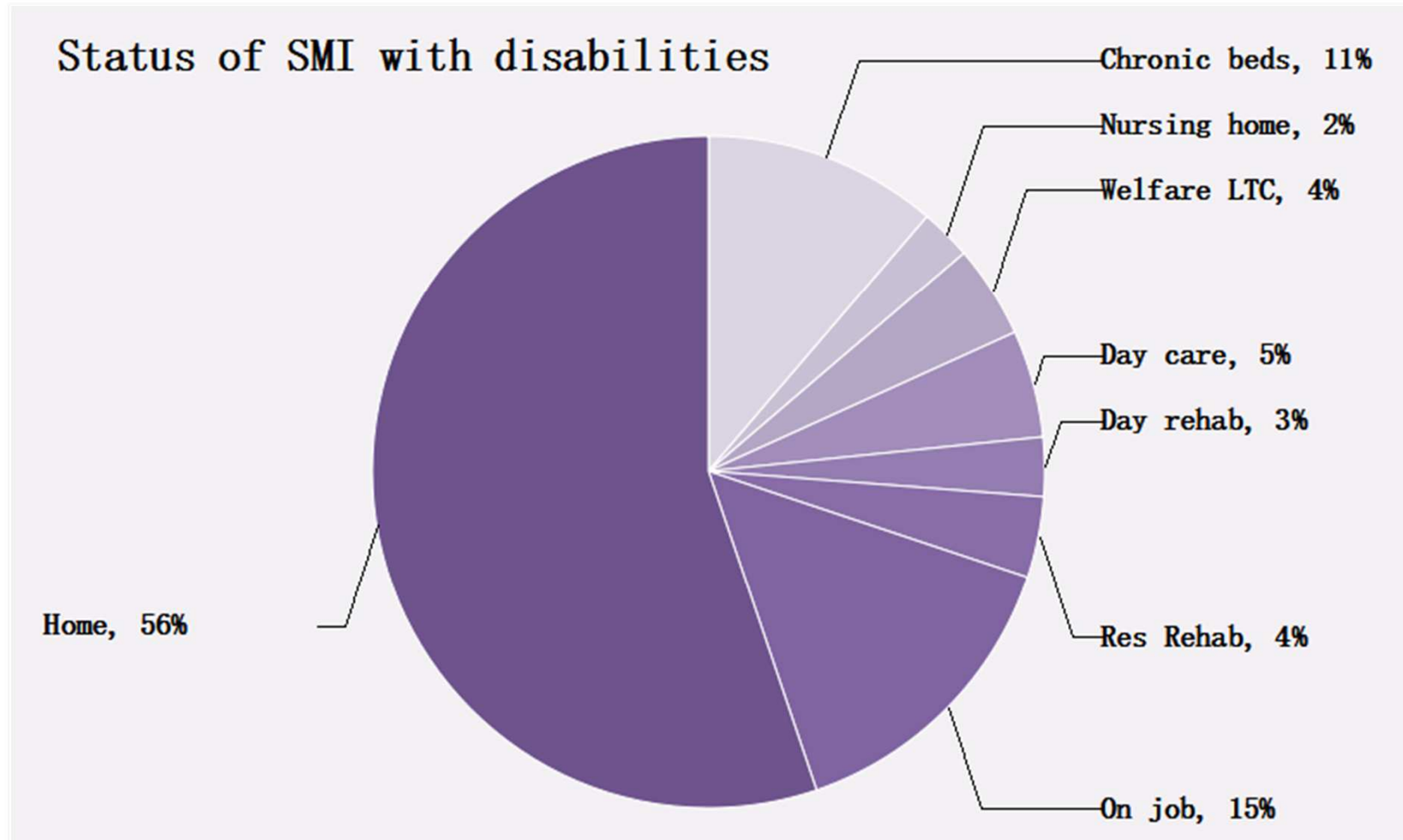


Rename.Rehab.Recovery

省思

好名.好康.好生活 **三好聯盟**

精障者狀況



Total SMI with disability=122,538 (2014)




未滿足之需要 Unmet needs

- 低動機如何激勵？ Low motivation
- 就業服務計畫量不足 Low EAP supply
- 服務不均 Disparities of services
- 高失業率 High unemployment rate
- 社會歧視 Social Stigma
- 系統未整合 Lack of system integration



台灣社會與社區精神醫學會三好運動



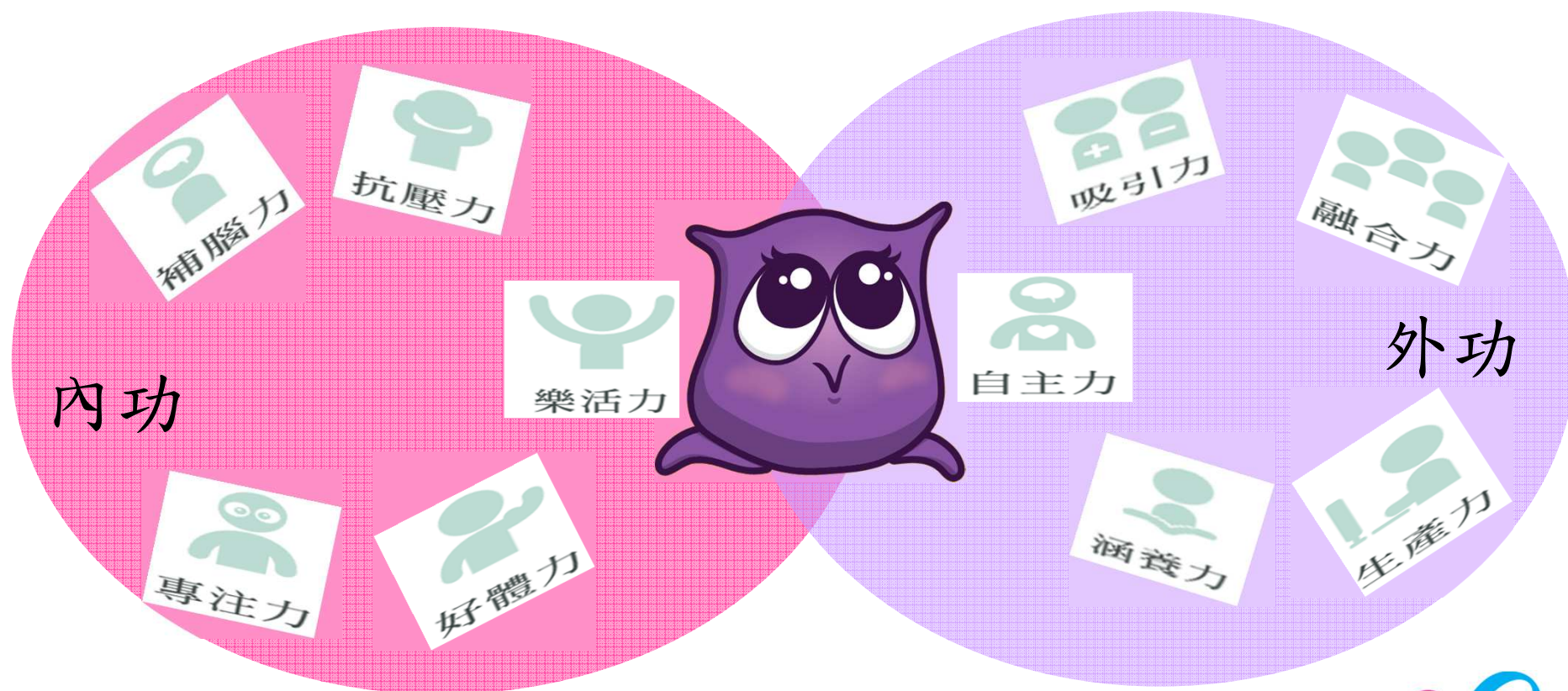
好名 — 好名字、好名聲
好康 — 好復健、好健康
好生活 — 好社區、好幸福



2010. 7
*Taiwanese Society of Social
and Community Psychiatry*



康復有十力、幸福不遠離



台灣需要真實的故事



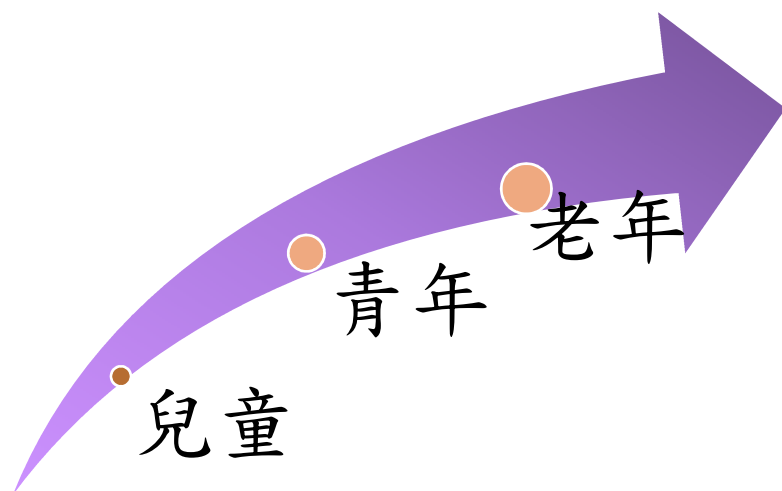
康復的生命故事系列 (三)
觀看次數：111 · 2週前



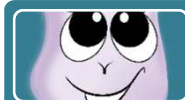
(二) 小玉的故
前



社區精神復健 CPR2.0



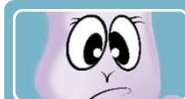
跨各生命階段、終生支持



康復力團體：增加韌性



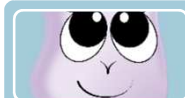
康復力活動：復健、就業



家屬教育：態度、溝通



藥物指引：認知保護



資源整合：終生支持



資訊平台：雲端智慧

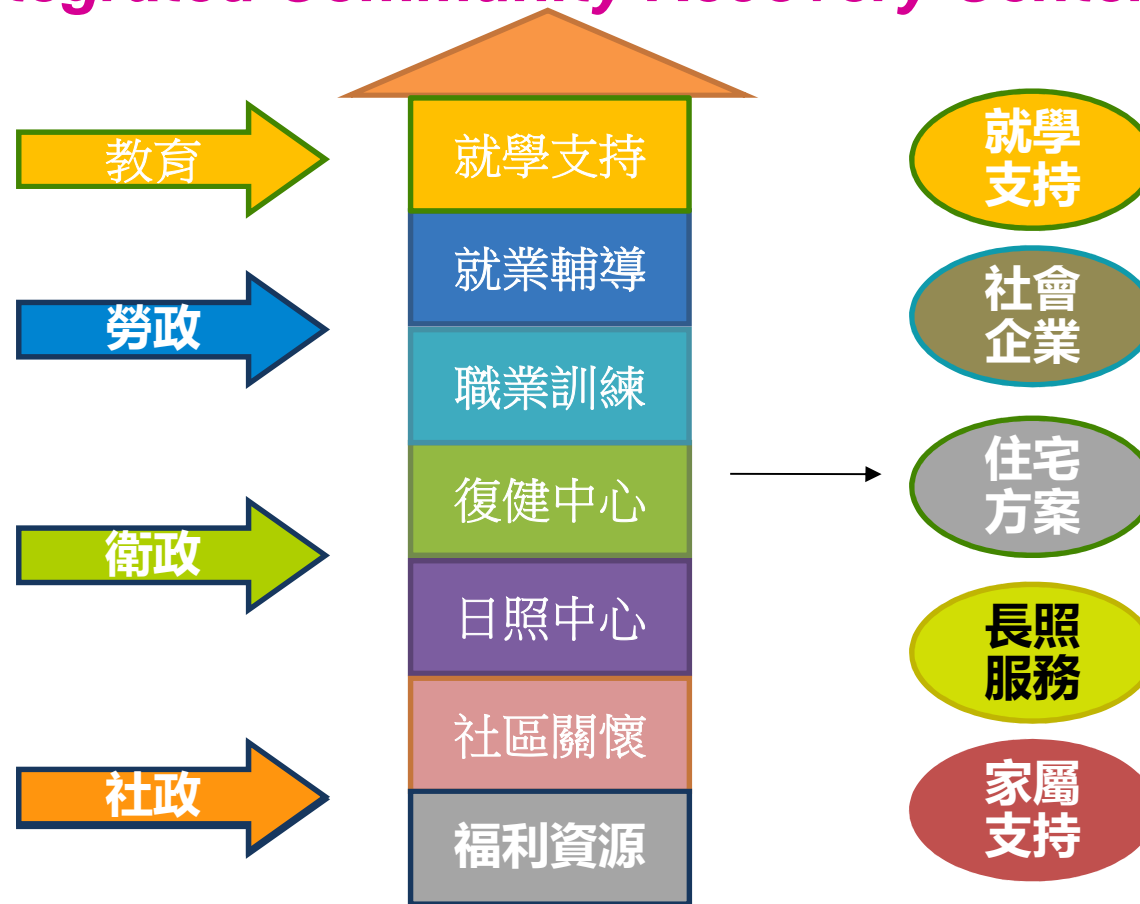


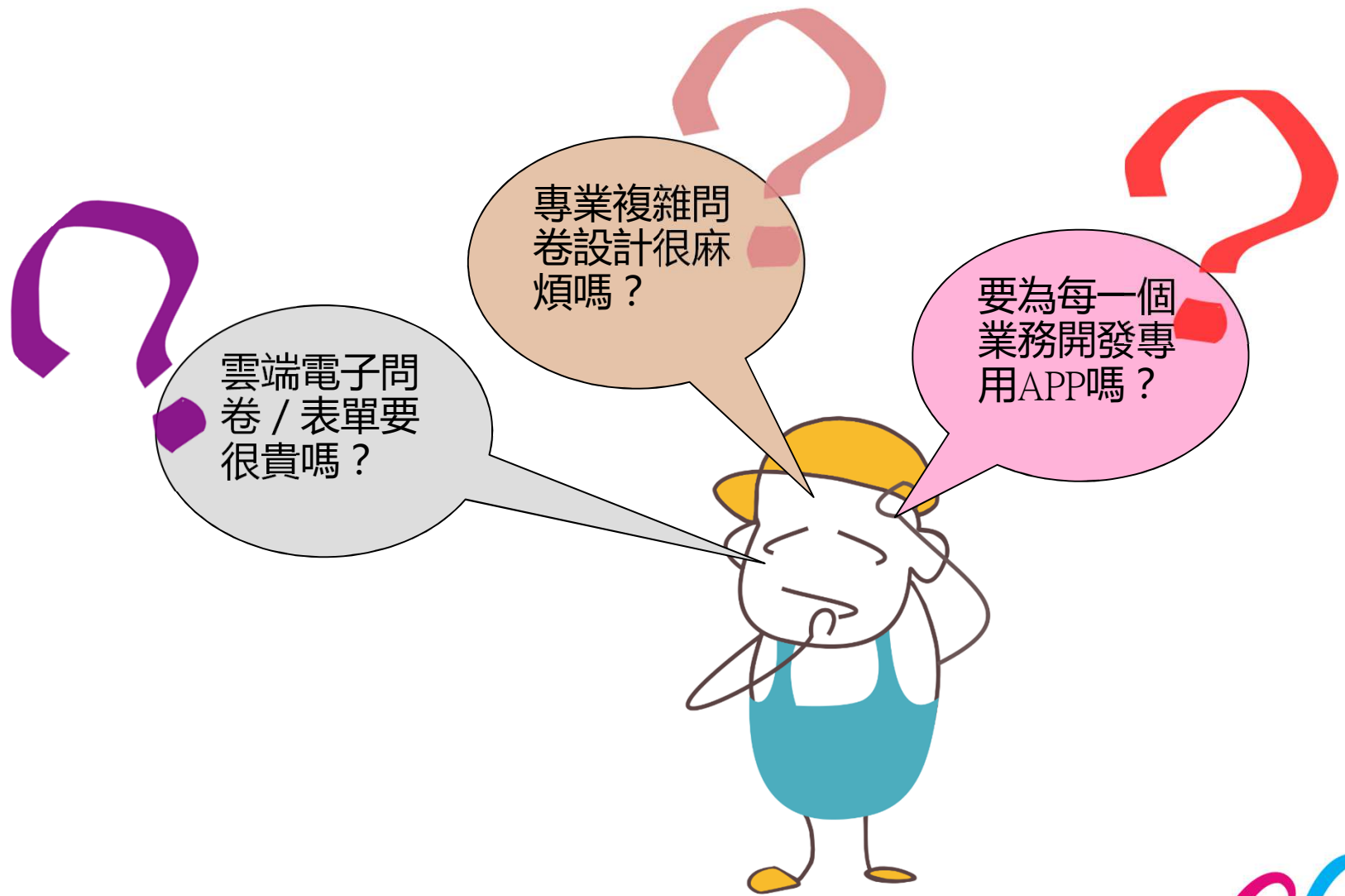
居家復健：便捷、平價



社區精神復健2.0

ICRC 整合式社區康復中心 *Integrated Community Recovery Center*





雲端電子問卷 / 表單要很貴嗎?

專業複雜問卷設計很麻煩嗎?

要為每一個業務開發專用APP嗎?

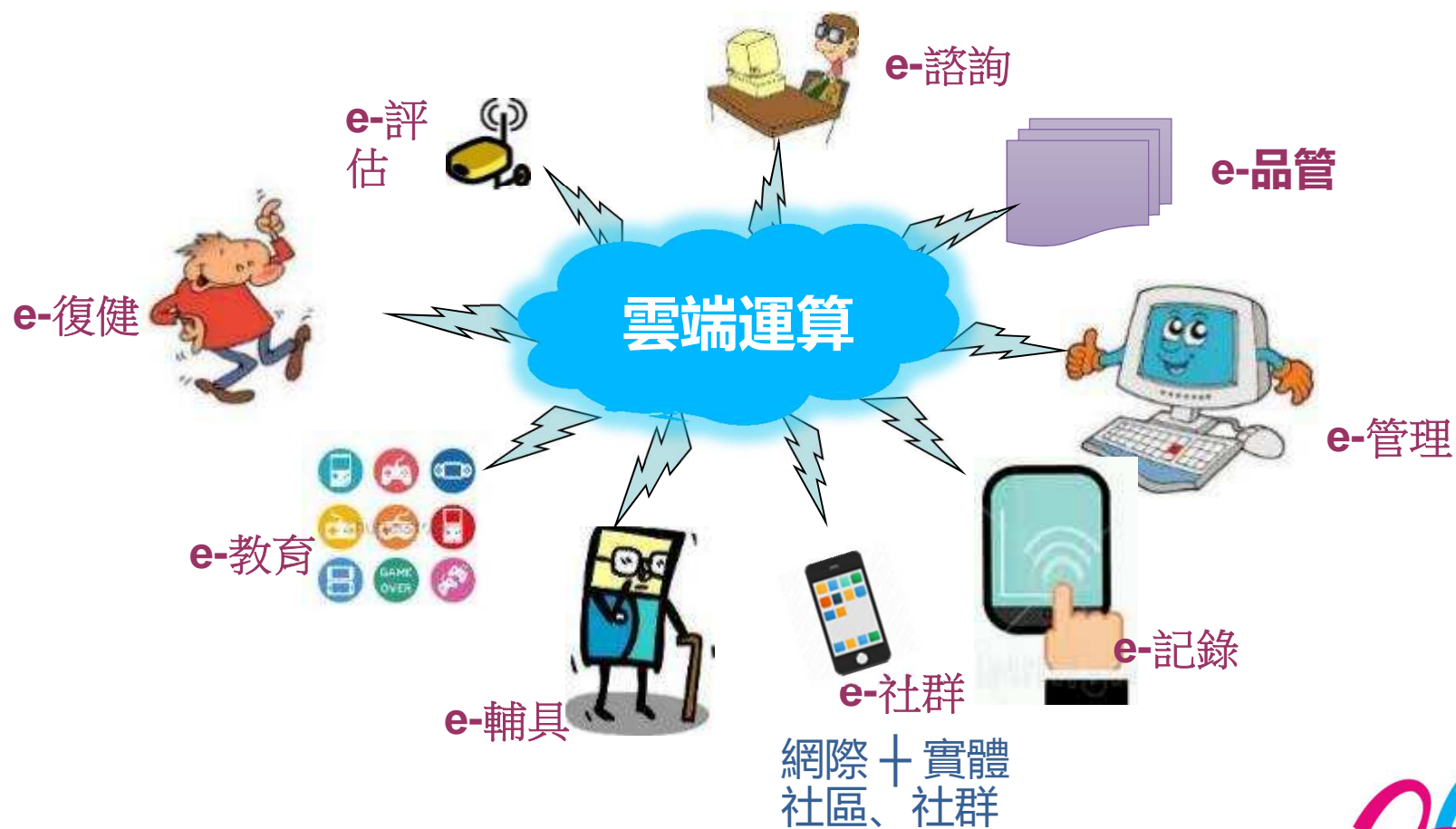




Cloud Assisted Coaching, Enhancing & Supporting System
雲端輔助學習、強化、與支持系統



瑪利MuMu CACES雲端輔助系統



資料收集的變形金剛



註冊帳號

AnswerMe 問卷調查

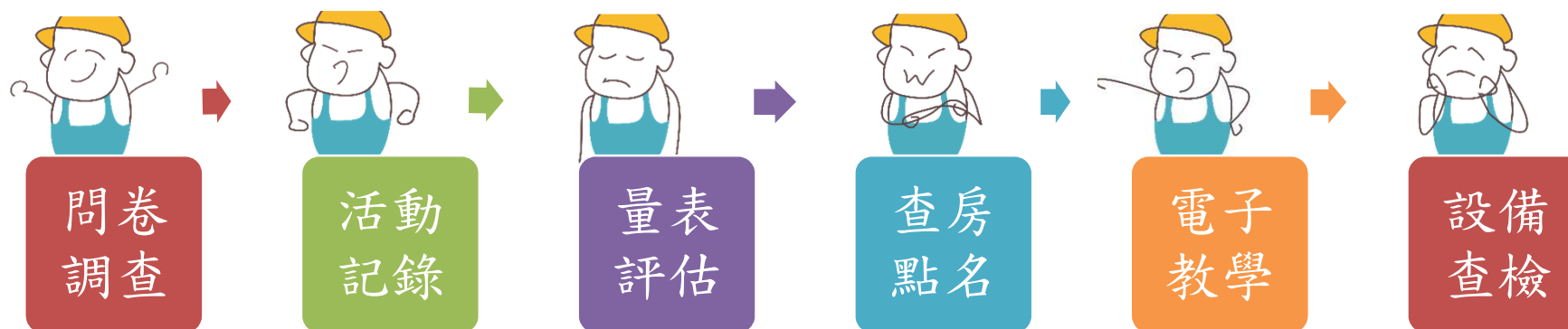
使用說明 常見問答 購買定價 關於我們 登入系統

平價專業的雲端問卷服務

雲端電子問卷要很貴嗎？
專業複雜問卷設計很麻煩嗎？
問卷系統可以用在其他用途嗎？

AnswerMe 由瑪利亞基金會與靜宜大學合作之CACES實驗室研發，初衷為改善社福機構工作效率，讓照顧人員能將更多時間心力放在服務對象身上。為讓 AnswerMe 能服務更多人，我們擴充了許多功能，可以作為問卷調查、研究表單、投票機、網路教學、活動紀錄、環境檢查、認知訓練、投票機等多樣應用。易用、專業、平價、安全是我們的特色。

免費註冊、立即使用



體驗一下（心理衛生）



AnswerMe 問卷調查

Maria Social Welfare Foundation - CACES LAB

3+

這個應用程式與您的部分裝置相容。

• *Iphone*



• *PC* :

<https://www.mariamumu.org/AnswerMe/Survey/AllTag/C3LsAK>

• APP · Android手機:

- 安裝

AnswerMe
問卷調查



• 登入代碼 C3LsAK



體驗一下（其他應用）



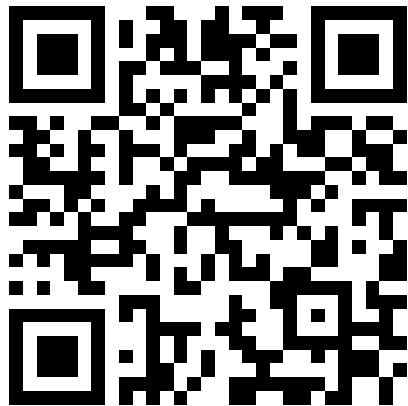
AnswerMe 問卷調查

Maria Social Welfare Foundation - CACES LAB

3+

這個應用程式與您的部分裝置相容。

• *Iphone*



• *PC :*

<https://www.mariamumu.org/AnswerMe/Survey/Tag/Bbh9fk>

• APP，Android手機：

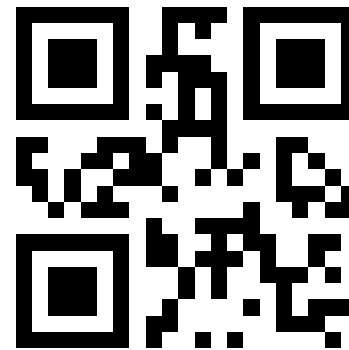
- 安裝

AnswerMe

問卷調查



• 登入代碼 Bbh9fk



每個人都能康復

Recovery is for everyone



FB 粉絲頁



鄭若瑟

email: josephcheng.tw@gmail.com

