Recovering Citizenship

Michael Rowe, Ph.D.
Director, Citizens Community Collaborative,
Program for Recovery and Community Health
Professor, Yale School of Medicine
Department of Psychiatry
michael.rowe@yale.edu

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Implementation of an Innovative Service Model in Hong Kong
From Recovery to Recovering Citizenship
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Topics to be covered

1. Recovery: Where did it come from, what is it, and what has been done with it?

2. Citizenship: Where did it come from, what is it, and what has been done with it?

3. Recovering citizenship: What is it and what does it offer?

Recovery: Where did it come from?

Some direct and indirect influences:

- Action for Mental Health, 1961 (U.S.): 'Life in the normal manner' in one's home community. [1]

- Deinstitutionalization and the Community Mental Health movement

- Anti-psychiatry & psychiatric survivor movements, late 1960s on

- Psychiatric rehabilitation and its limitations

- Reaction to clinical pessimism and low expectations

- Research on clinical recovery from Schizophrenia, late 1960s on (but what about people who have chronic mental health conditions, i.e. do not 'achieve' clinical recovery?)

Recovery: What is it?

Recovery is a process through which people reclaim their lives even while continuing to experience symptoms of mental illness. [2]

- You are not your mental illness; you are a person first

- You can have a life even with a mental illness

- Peer to peer support—the value of lived experience

Recovery: What is it?

There are recovery-oriented interventions, but recovery itself is not an intervention—it is a value-laden idea: Being 'in recovery' is a way of life.

Recovery: Early Roadblocks

- Resistance to recovery: 'It doesn't make sense'; 'We're already doing it'; 'We can't do it because we have high caseloads and we are trying to keep people alive.'

- The 'risk assessment' factor

- You have to 'buy' the idea of recovery first. If you don't buy the idea, none of the rest of it can work. If you do, progress can be made. (Services as usual is based on ideas, too. It is not 'the work' that other approaches might get added to if there's time.)

What has recovery done?

- President's New Freedom Commission, 2003 [3]

- Connecticut, 2002-2020, adoption of recovery as a system-level approach

- Person centered planning: Recovery oriented treatment regardless of specific mental health intervention

- Peer Support (and Engage, peer-to-peer group support outside clinical care)

- Advocacy, peer-based organizations and other advocacy for recovery-based supports and care

Recovery—where does it stand now?

- Adopted in many countries and mental health systems of care around the world

- Recovery has changed the dialogue even when action has not matched the ideal

- Recovery has pushed back against clinical pessimism in mental health care

There are some limitations, though . . .

Recovery: Difficulties

- Recovery has both individual and social meanings, but the former has often taken precedence, with less attention to social, systemic, and structural barriers above the level of the individual.

- Recovery has been employed as a neoliberal argument for cutting services and allowing people to pursue their personal recovery journeys.

- One approach to putting recovery in a firmer sociopolitical context is to link it to physical disabilities and chronic condition: A disability model would provide people with necessary supports and services to make individual recovery possible for persons with prolonged mental illnesses. [2]

Recovery—where does it stand now?

Another is to link recovery with an explicitly social model that embraces recovery values implicitly or explicitly. One of these is citizenship. [2]

Citizenship: Where does it come from?

- ACCESS: Access to Community Care & Effective Services and Supports (SAMHSA, 1993-2000): Integrated systems of care and mental health outreach teams providing services people need to become housed community members while receiving effective mental health care

- Outreach approach: Motivation for treatment not required; community- not office-based; involves building trust & relationships slowly with the person not the patient and honoring the person's preferences

- A strong focus on peer services

- The dual golden rule of outreach: Don't make promises you can't keep and keep all the promises you make. [4]

Citizenship: Where does it come from?

Integrated systems of care and outreach 'works' . . . was a huge success . . .

Until it does not.

Citizenship: Where does it come from?

Integrated systems of care can help people in many ways, but they cannot offer the people the serve full and valued membership in society.

Instead, they can offer a limited, bounded, second-class, and *'program citizenship'* within its own system of care. [5]

Citizenship: What is it?

Citizenship is an applied framework for the social inclusion and participation of people in their communities and society.

Definition: Citizenship is a person, or people's, strong connection to the 5 Rs of Rights, Responsibilities, Roles, Resources, and Relationships that society offers its members, and a sense of belonging that is validated by others. [5]

• Note: Citizenship is citizenship, not 'psychiatric citizenship'

Citizenship: What is it?

Rights are civil and legal rights but are also 'the right to have rights.' [6]

Citizenship: What is it?

Responsibilities are to pay taxes, obey the laws, pay taxes, serve on juries, serve in the military in time of conscription.

But *responsibilities* are also the obligations we owe to each other as equal human beings and members of our communities and society.

Citizenship: What is it?

Roles are valued roles—valued by the person who holds them and by one's community and society.

Citizenship: What is it?

Resources are material resources—food, clothing, shelter; income/money, but also the resources of valued relationships (friends, colleagues, neighbors) and more. (The Rs can overlap.)

Citizenship: What is it?

Relationships are inherent to citizenship and being human. The lone free citizen is a distortion whose main recent iteration is the 'economic person' (neoliberalism). [2]

Citizenship: What is it?

A *Sense of Belonging* is a person's, or people's, experience of being accepted as a member and actor/agent in society. This sense can only be sustained through others' validation of it: "You belong. You are part of us. We need you."

Citizenship: What has it done?

Early difficulties of understanding and acceptance:

- "Isn't citizenship just about legal citizenship?"
- "Citizenship is too much associated with undocumented immigrants to be useful in mental health care."
- Citizenship is not necessarily an easy fit with clinical care because part of its the is that care and systems of care can't do it alone.

Citizenship: What has it done?

- The Citizens Project Classes, Valued Role Projects, Wraparound Peer Support, Student-led 'What's up?' discussions [5, 7]
- FACE (Focus, Act, Connect Every-day) Collective citizenship [8]
- Financial support and empowerment, advocacy and policy making [9]
- Individual measure of citizenship [10]
- Tool for individual citizenship-based care [11]
- Citizenship Acts [12]
- Replication of measure and the Citizens Project internationally
- Citizenship and the arts (theatre, writing, music) [13]

A new idea: Recovering citizenship

Recovering citizenship is a concept and metaphor to capture the individual recovery process within the context and goal of a life in the community that the citizenship framework supports. [2]

From a recovery perspective, recovering citizenship counterbalances an over-emphasis on lone individuals pursuing their recovery journeys. [2]

Recovering citizenship

Recovering Citizenship

- Emphasizes the social aspect of recovery
- Can link people's recovery journey with their citizenship
- Offers the possibility of linking the advocacy elements and potential of both recovery and citizenship
- May help bring citizenship into clinical care and link that care to the person's life outside of/in addition to care.

- Yet questions remain . . .

Recovering citizenship

Is citizenship a form of recovery? Or is recovery a form of citizenship?

No: The two have different roots and development that make them distinct, though with some overlap and the potential to support each other.

Recovering citizenship: One application

The Recovering Citizenship Learning Collaborative:

- A 2-year statewide learning collaborative of the CCC/PRCH and Community Health and Connecticut Department of Mental Health and Addiction Services (DMHAS)

- Didactic and experiential training, TA, and consultation with 13 statewide mental health centers/local mental health authorities and 2 DMHAS-operated hospitals

- Process and outcome evaluation and the potential for post-hoc analysis and next-stage research on a system-wide recovering citizenship approach.

Recovering citizenship: Another meaning

There is a another meaning of recovering citizenship—that of taking back what has been lost or 'recovering' what should have been in place for people who have been marginalized and excluded.

This involves social and political advocacy and, potentially, common cause/solidarity with other oppressed groups.

And this also means that there is an advocacy role for caregivers. The discipline of social work can have a strong role to play in bringing advocacy into mental health care.

Recovering Citizenship is a Social Movement
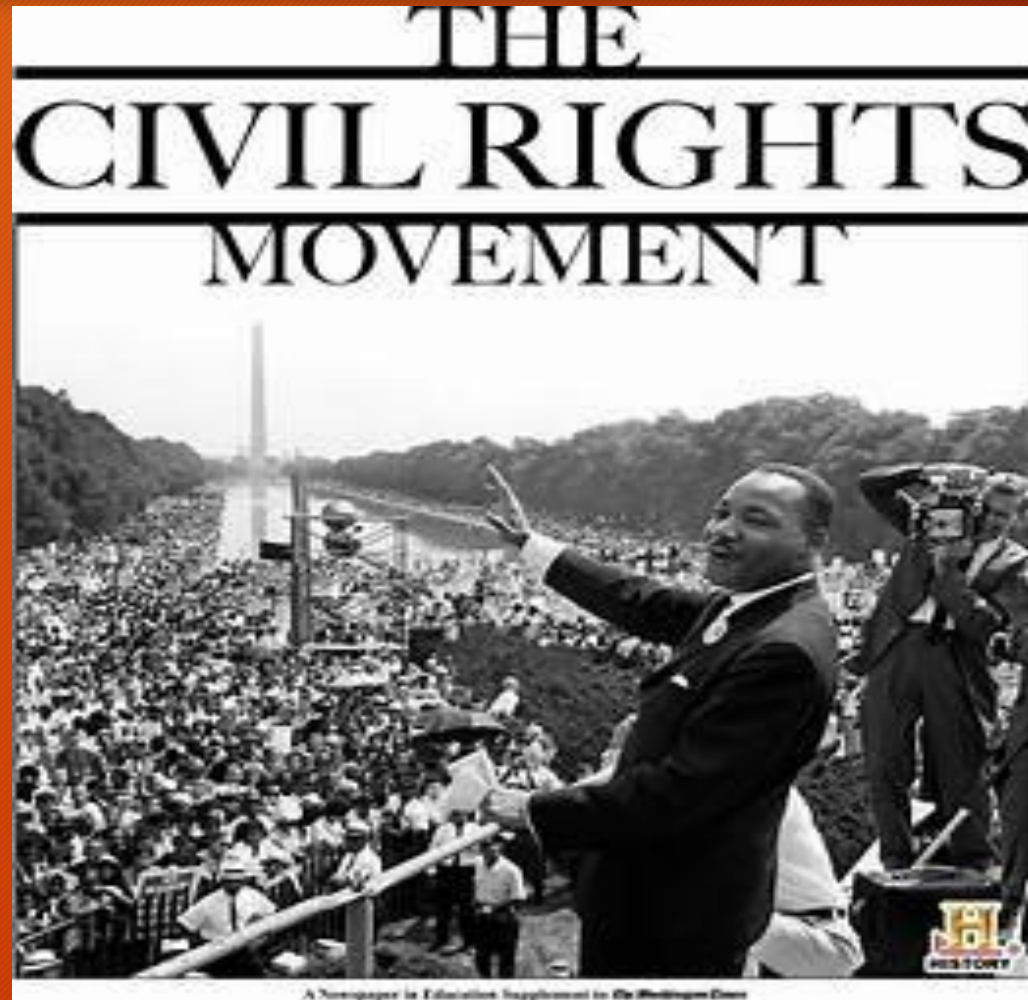
Recovering Citizenship

Here is a voice that points in this direction (from a member of FACE (Focus, Act, Connect Every-day):

"It's not just people with mental health, and we don't even talk about mental health. We're not coming here to be talking about 'Oh poor me, we're the victims' because it's about *other* people. Once you're in a mental health center there's that control. You can't really say what you want. We don't worry about repercussions here. At FACE we talk about problems in the community and how we can organize . . . and address some of the things that concern us."

Recovering citizenship

We are still learning. As citizenship/recovering citizenship work expands in China/Hong Kong, New Zealand, Scotland, Germany, Norway, Canada, Brazil, Spain, France, and other countries, we must keep in mind differences in culture, heritage, history and other factors (family- vs. individually-oriented cultures, for example.) [14]

Recovering citizenship: Some themes going forward

The importance of attending to:

- Uncovering/challenging our assumptions (No psychiatric citizenship but full citizenship for all: Yes, but is this the case in fact?)

- The voices of lived experience and crossing borders of disciplines and marginalization

- Training and education, internships: Future providers of care and supports

- The facts that recovering citizenship is hard work, discomfort is ok, 'community life' is not an add-on.

- The silences. What are we not talking about?

Citizenship and Mental Health

Thank you

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