We face an epidemic....
In 2007, 1 out of 76 are disabled
In 1987, 1 out of 152 were disabled
... Prisons ... Colleges ... Suicides

Question...
How many of you know someone – a friend, a family member, a fellow student - with serious mental illness?

13 million (4.16%) in the US have serious mental illness - wealthy and poor alike

Our Objective:
1. Provide you with information about an emerging national model – CooperRiis – for recovery from mental illness.
2. Provide you with three Salugenic approaches for assisting anyone with recovery from their mental health challenges.

We believe in Recovery

1) CooperRiis provides a comprehensive array of scientifically-based services and a continuous set of relationships built on compassion and respect that assist the willing person with overwhelming mental health challenges to move from a diseased, “trapped”, or “stuck” state to a sustainable state of recovery or “normal living”.

2) Most of our residents move on to ‘normal living’... Our research indicates there are four key elements that facilitate this progress:
   - The experience of being a valued member of a community
   - Experiencing a sense of shared and individualized purpose
   - Increased ability to manage health conditions and life in general
   - Experiencing a holistic approach to recovery
1. Community as a Foundation of the Program
2. Progressive Recovery Model Serves as Conceptual Basis
3. Holistic Approach to Healing
4. Recovery Planning Approach that is Person Centered and Comprehensive

Contrast with Traditional Care:
- Interaction between professional and patient with focus on pathology
- Psychosocial support is often not addressed

What our Research Tells Us:
- Quantitative data (UCLA Loneliness Scale & BSI) and qualitative data indicate that the experience of being in community is single most powerful element of programming

Core Principles:
1. Recovery is possible for everyone vs. basic functioning and maintenance model
2. Parity between mental and physical illnesses
3. Partnership and empowerment
How we Incorporate:
We build programming around 7 Recovery Domains which emerged from an Enhanced Recovery Model formulated by a Grounded Theory Analysis of actual recovery stories.

We provide an environment that:
1. Is hopeful and is restorative of personal power
2. Provides the message that residents are multi-dimensional individuals vs over-identifying with dx

Contrast with Traditional Care:
Individuals often identified by their dx.
Expert/Patient roles vs. partnership model
Maintenance model and pessimistic prognosis still prevalent

What our research tells us:
Statistically significant change across recovery domains
Statistically significant change on empowerment measures pertaining to management of health conditions and generalized empowerment
Themes from content analysis of qualitative data tell us that residents benefit tremendously from empowering, non-pathologizing approach

CooperRiis provides orientation activities, assessment, goal setting, & growth opportunities related to 7 Holistic Recovery Domains:

Community/Connectedness:
Life Skills, lodge outings, various social outings, mentoring & other leadership opportunities (UCLA Loneliness Scale)

Emotional/Psychological:
Individual and group therapy, Psychiatric care including use of neutraceuticals (Brief Symptom Inventory)

Physical Wellness:
Healthy organic diet, nutritional counseling, wellness curriculum, exercise coaching, daily organized exercise opportunities, massage therapy, access to alternative modalities like acupuncture, metabolic screening, nicotine education (Health Attitudes Survey)

Spirituality:
Individualized spirituality assessment, access to religious services, meditation including on site labyrinth, nature outings and beautiful setting (Spiritual Involvement and Beliefs Scale, Hopefulness Scale)
**Holistic Approach**

**Purpose/Productivity/Fulfillment:**
- Life Skills Program, Dream statement, Educational assessment and support, Volunteer opportunities (Purpose in Life Scale)

**Creativity/Intellectual:**
- Creativity assessment, Ceramics, painting, collage, improv, music, drum circles, Native American flutes, woodworking, creative writing

**Empowerment/Independence:**
- Person centered recovery planning approach, Wellness Recovery Action Planning group, Self-admin of meds (Making Decisions Empowerment Scale, Mental Health Confidence Scale)

**Contrast with Traditional Care:**
- Narrow emphasis on mental health symptoms and traditional modalities.

**What our research tells us:**
- Statistical significance on all outcome measures and strong support from qualitative data for holistic approach.

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**A Holistic Approach**

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- Narrow emphasis on mental health symptoms and traditional modalities.

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**Recovery Planning**

**Two Elements to Recovery Planning**

1) Development of Dream & Corresponding Core Goals
2) Development of Goals in the 7 Holistic Recovery Domains

*Comparative to a liberal arts approach in college.*

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**Recovery Planning**

**Contrast with Traditional Approach:**
1) A lack of goal setting or goal setting that is pre-determined to meet medicaid/care or other insurance guidelines
2) Goals often focused on pathology only
3) Client often not asked about what is most important to them

**What our research tells us:**
- Residents make progress on own goals and value the individualized and whole person approach
Don and Lisbeth Cooper

Lisbeth & Don Cooper’s decision to develop CooperRiis emerged out of their long journey helping a member of their own family to pursue a path to recovery through the fragmented and often frustrating mental health system.

Raised over $25 million in donations to date.

Lisbeth says, “I have seen hope, and it is real. I have seen recovery and want it to be available to all who seek a fulfilled and functional life.”

CooperRiis is a non-profit multi-site residential therapeutic community providing nurturing and caring environments for up to 80 adult residents with varying diagnoses, about half of whom are on scholarship.

Common diagnoses:
- Schizophrenia
- Schizo-affective Disorder
- Bipolar Disorder
- Major Depression
- Anxiety Disorders
- Borderline Personality Disorder
- Co-occurring Substance Abuse

Wellness Approach to Recovery
- Service & Work Training
- Holistic Nutrition & Physical Exercise Coaching
- Holistic Nutritionist-Guided Cuisine
- Psycho Education & Pharmacology

A Caring Staff
- Psychologists and Therapists
- Nurses
- Recovery Coordinators (social workers)
- Psychiatrists
- Holistic Nutritionist
- Massage Therapists
- Life Skills Managers
- Residential Advisors & Support Staff
Gap Semester at CooperRiis

The student with emerging mental health challenges may begin to lose sight of his or her dream and desire for an education.

Consider referring this student for a Gap Semester at a ‘Recovery College’ (CooperRiis) to learn about him or herself so that the student can then return to college and learn about others, the world and the material needed for a career.

Continued Community Program Support

Following residency at the main centers, residents may resume independent living or CooperRiis’ community programs.

• Transfer to Asheville or Mill Spring Community Program for housing, educational & employment opportunities

• Planning assistance for those transitioning to home communities.
Results? What are our Outcomes?

Community Program Discharges - Successful Transitions to Independence, School, Shared living with friends, etc.

80% Successful transitions
9% Unable to progress to the next level
11% Administrative discharge

52/65 discharges Jan. 2007 - April 2009

More Outcomes?

Largest improvements in decreased (from BSI data):
- anxiety,
- psychotic thinking,
- obsessive-compulsive disorder,
- depression, and
- interpersonal sensitivity (in that order).

- Female residents improve more than male residents

Research Findings

We have obtained statistically significant results for outcome instruments (p = .05) that measure the following:

1. Hope
2. Overall empowerment
3. Empowerment related to managing health condition
4. Attitudes toward Physical wellness
5. Spiritual growth
6. Purpose in life
7. Psychiatric symptoms
8. Mental Health Recovery Progress
9. Physical wellness
10. Social connectedness

GAF Score Analysis:
The Global Assessment of Functioning Scores provided by the therapists indicate that there is statistical significant change from baseline to 3 months and baseline to 6 months for our residents.

Content Analysis of Satisfaction Survey Responses indicate that our residents value these program elements most:

1. Sense of Community
2. Life Skills Program and Structure of program
3. Clinical programming
4. Empowering support of staff
5. Positive and hopeful atmosphere
Data Convergence: Most Salient Findings to Date:

1) **Sense of community** is the single most powerful aspect of healing and recovery.

2) The cultivation of **shared purpose and meaningful activity** within our Life Skills programs also emerges as a critical component. (Become ‘unstuck’)

3) Residents experience a significant increase in both their general sense of empowerment as well as ability to successfully manage their mental health conditions.

4) The comprehensive, holistic approach to recovery is instrumental in promoting the recovery process of residents.
Family Satisfaction Survey

Response Averages

- Overall Environment: 4.9
- Clinical Programming: 4.5
- Life Skills Program: 4.6
- Family Partnering: 4.5
- Recovery Progress: 4.6
- Physical Wellness: 4.4
- Creativity/Intellectual: 4.6
- Connectedness: 4.8
- Mental Health Ed: 4.4
- Financial Value: 4.3
- Spirituality: 4.2
- Empowerment: 4.4
- Personal Growth: 4.4
- CR Experience: 4.6
- Financial Value: 4.3

Access & Application

Referral: from hospitalization, from home, school or from other programs.
Cost: rate is $12,500/month at entry.
• After the first two months, significant rate reductions are offered, based on the financial circumstances of the resident’s family.
  (No minimum)
• Up to 18 months of scholarship support; $2.3M this year.
Application process:
• Call Admissions Team to discuss fit.
• Application forms are on the home page of www.CooperRiis.org.
• Applicants come for an Exploratory Visit; placement generally immediate.
• Process may be completed within a week to 10 days of the initial call.

Contact us...

We welcome inquiries and donations!
Tours are readily given.

www.CooperRiis.org - 800-957-5155
Resident application & donation forms are online

Closing word of the day... Salugenic

Salus (Latin for ‘good health’)
Genesis (Greek for ‘creation or generation’)

Each of us can help to curb the epidemic of mental illness by being Salugenic in our relationships; in our physician practices, our politics, our homes, our churches and our synagogues.

1) Find ways of appreciatively dialoguing with your patient about their inclusion in community and in relationships…
2) Explore your patient’s sense of purpose…
3) Strengthen your patient’s sense of empowerment and decision making…

It is natural for us to live in COMMUNITY and to operate with COMPASSION… this approach improves outcomes at NO COST.