People with Serious Mental Illness (SMI): a population defined by the federal government to benefit from grants for community-based mental health services. People with SMI meet the following criteria:
- 18 years of age and older
- Meet latest criteria for a psychiatric diagnosis, excluding solo substance abuse and developmental disorders.
- Experience functional impairments in at least one major life area (work/school, social, home).

Recovery is a personal journey through which a person with SMI develops social relationships and achieves their notion of well-being. Peers are people with lived experience of SMI who draw on their recovery journey to help others. Below are factors that have been helpful to different peers:

- **Clinical:** Medication, Psychotherapy, ECT
- **Social:** Family, Peer Support, Friends
- **Wellness:** Diet, Exercise, Spiritual Faith, Integrative Medicine
- **Professional:** Education, Advocacy, Peer Professionals

**Key Concepts**

People with Serious Mental Illness (SMI) comprise roughly 6% of the U.S. population and about 1/4th of people with recent mental illness. On average, people with SMI die 25 years earlier than the general population. Causes of excess mortality include cardiovascular disease, chronic respiratory disease, lung infections, accidents, suicide, stroke, diabetes, and cancer.

**Project Goals**

1. To gather feedback from people with lived experience about their encounters with health care providers.
2. To learn about the factors that aid in people’s recovery.
3. To provide feedback on this year’s clerkship.

**Recovery Network**

**Autonomy**
- Inpatient
- Residential
- Day Treatment

**The Person**
- Educates
- Physical health
- Social functioning
- Relational
- Humor
- Work

**Community Living**
- Employment
- Wellbeing
- Community services
- Support services
- Support employment
- Employment by customers and jobs

**Health Disparities**

- People with SMI die 25 years earlier than the general population.
- Causes of excess mortality include cardiovascular disease, chronic respiratory disease, lung infections, accidents, suicide, stroke, diabetes, and cancer.

**Next Steps**

- The value of peers in promoting recovery is growing and has yet to be fully explored.
- Dialogue, research, and team interactions may help facilitate greater collaboration between peer and traditional mental health professionals.
- There is a need for greater awareness on the part of health professionals and students to the experiences of people with SMI.

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**People with Serious Mental Illness:**

Recovery Oriented Peer-Supported Services

Mark Fusunyan, Diana Gurske, and Hannah Hoerner

Faculty Advisor: Jonathan Delman, PhD, JD