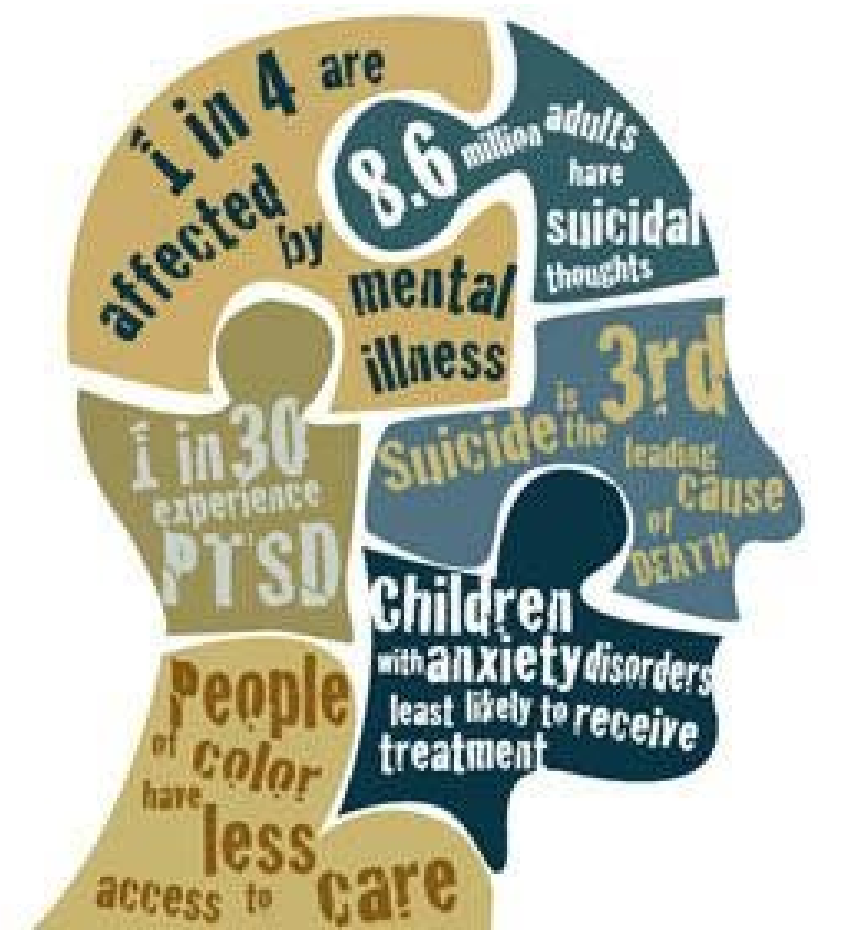




People with Serious Mental Illness: Recovery Oriented Peer-Supported Services

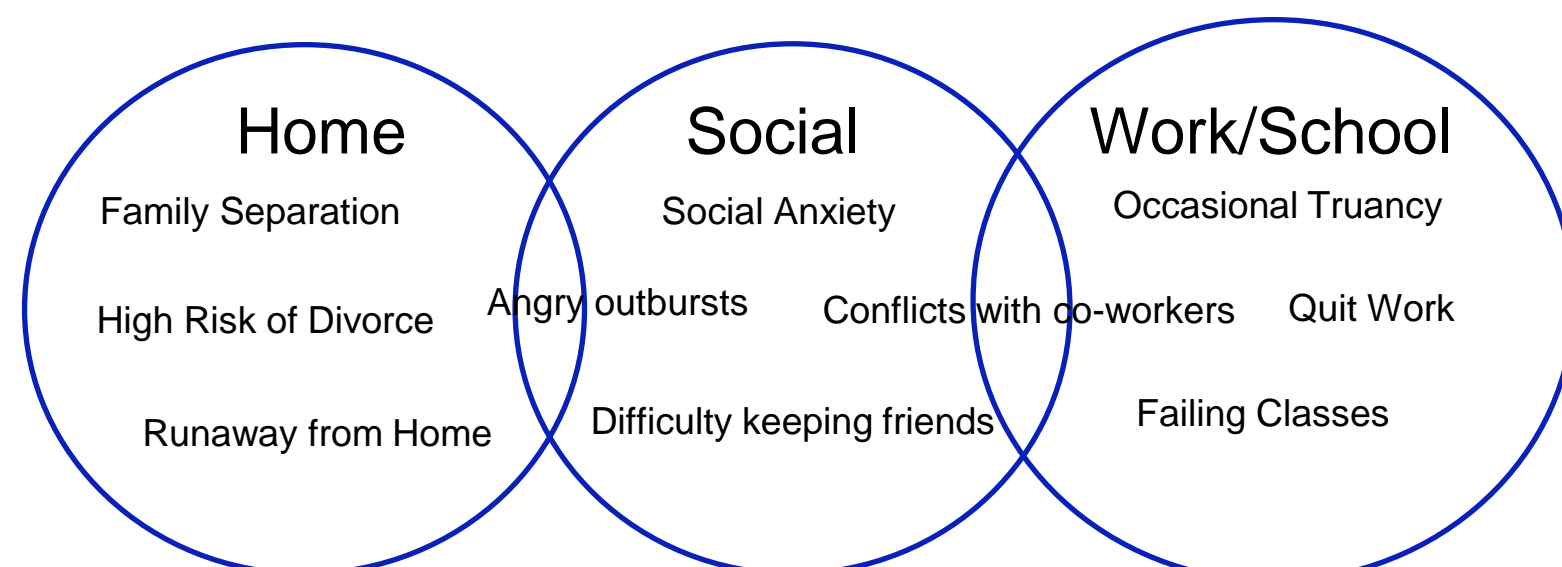
Mark Fusunyan, Diana Gurske, and Hannah Hoerner
Faculty Advisor: Jonathan Delman, PhD, JD



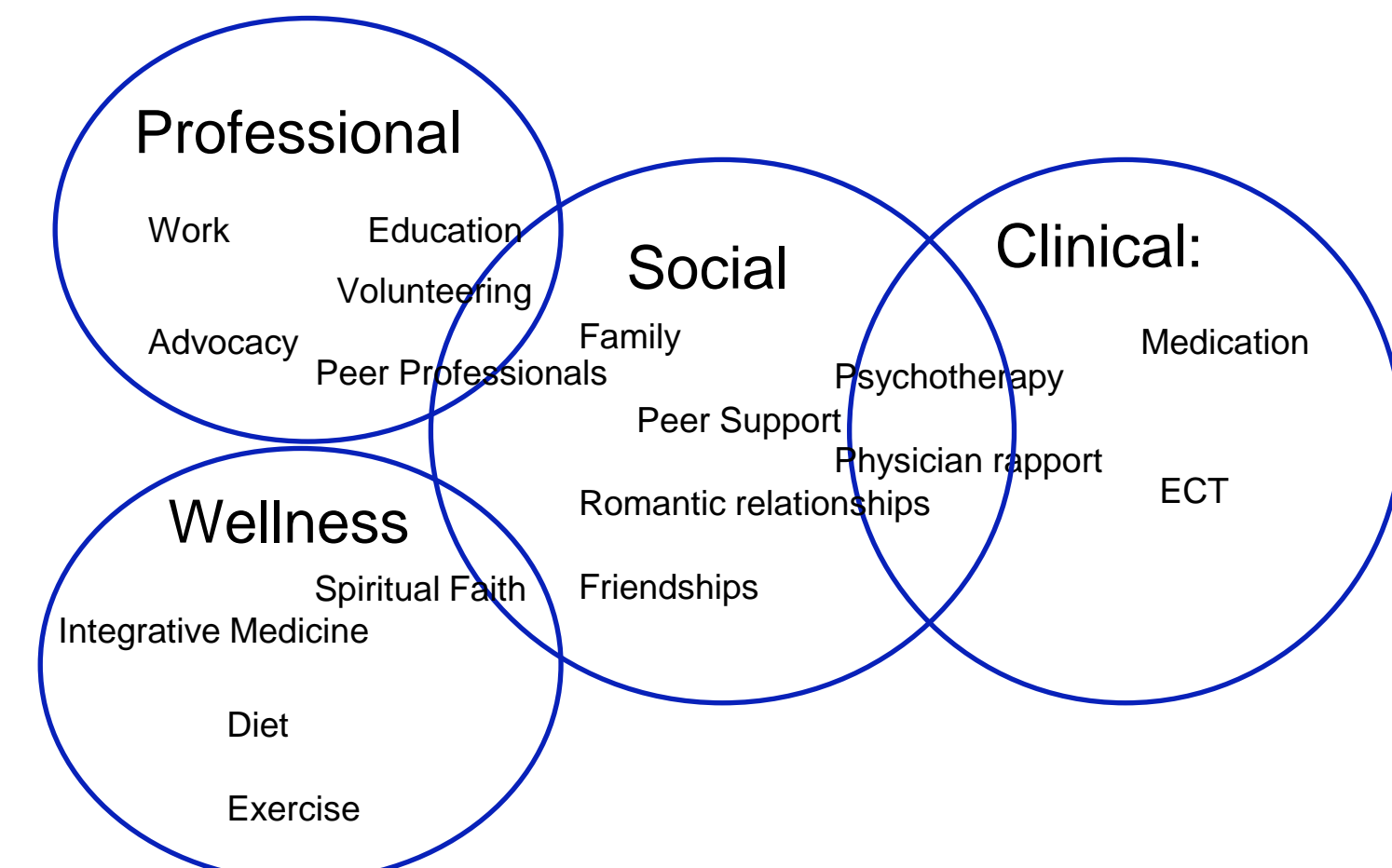
Key Concepts

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).



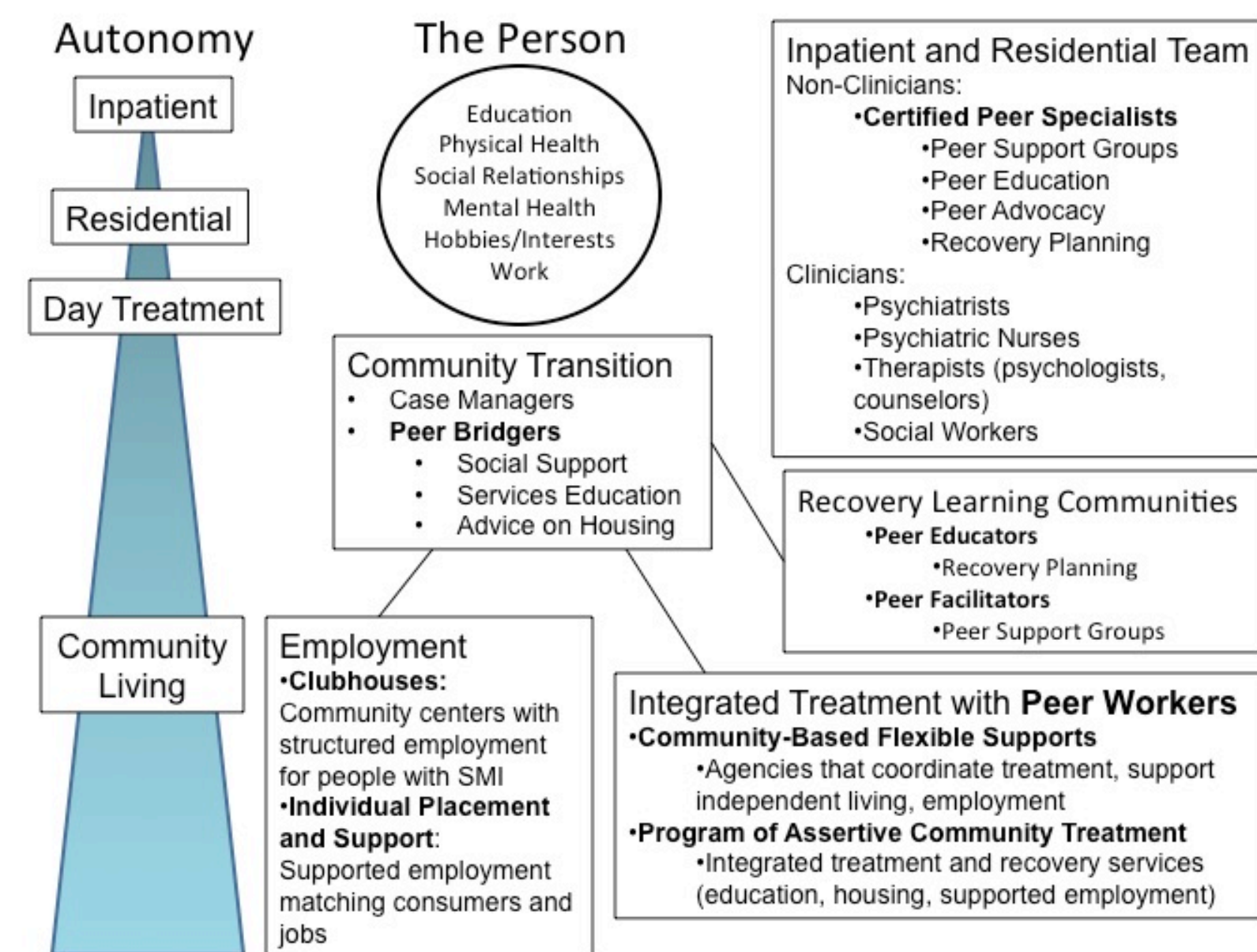
Recovery is a personal journey through which a person with SMI develops social relationships and achieves their notion of well-being. **Peers** are people with lived experience of SMI who draw on their recovery journey to help others. Below are factors that have been helpful to different peers:



Project Goals

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

Recovery Network



Next Steps

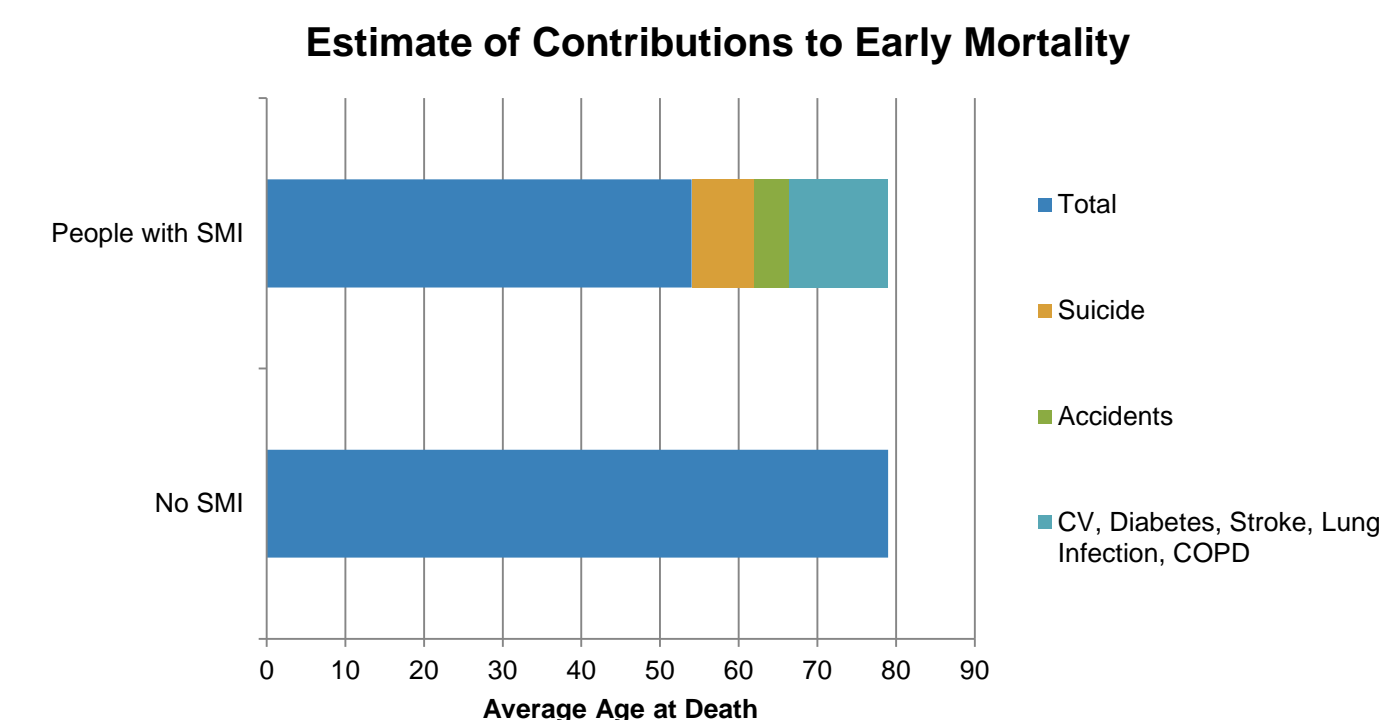
- The value of peers in promoting recovery is growing and has yet to be fully explored.
- Dialogue, research, and team interactions may help facilitate greater collaboration between peer and traditional mental health professionals.
- There is a need for greater awareness on the part of health professionals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

Peer Tips for Providers

- **Chief Complaint:** Be careful about attributing psychological causes for physical symptoms.
- **Social History:** Ask about the person's family and social supports, this is often overlooked for people with SMI.
- **Pharmacology:** Be aware of drug interactions and serious side effects; they are a major cause of excess mortality.
- **Mutuality:** Sharing something about yourself, however mundane, can build rapport and decrease stigma perception.

Health Disparities

- People with 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 **CV disease**, chronic respiratory disease, lung infections, **accidents, suicide**, stroke, diabetes, and **cancer**.



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