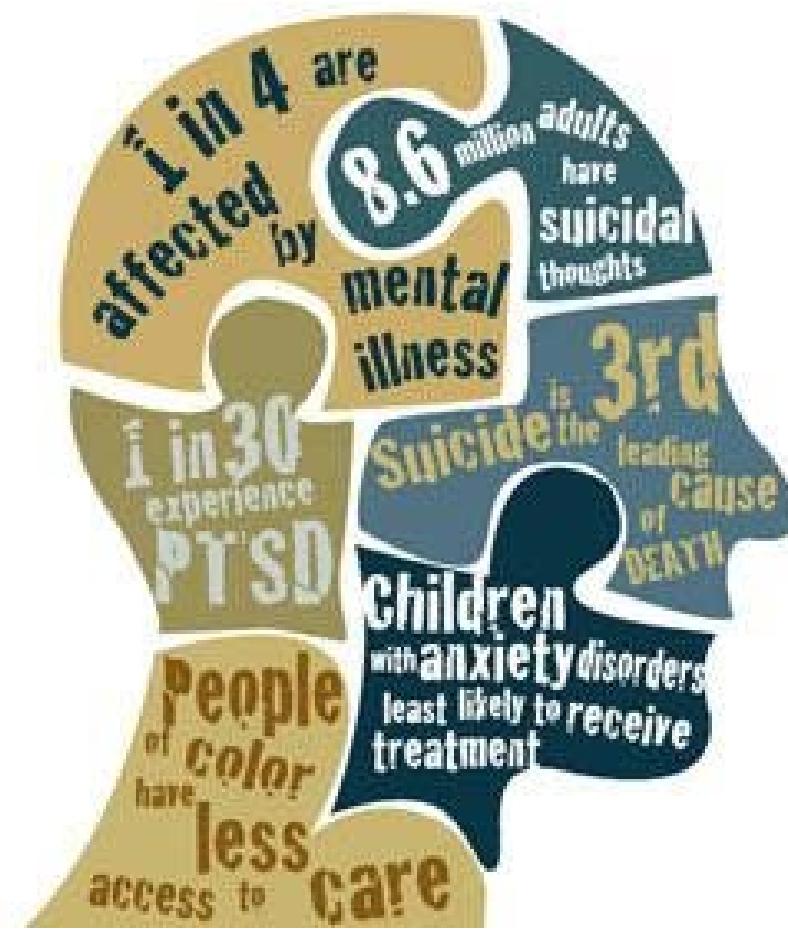




People with Serious Mental Illness: Recovery Oriented Peer-Supported Services

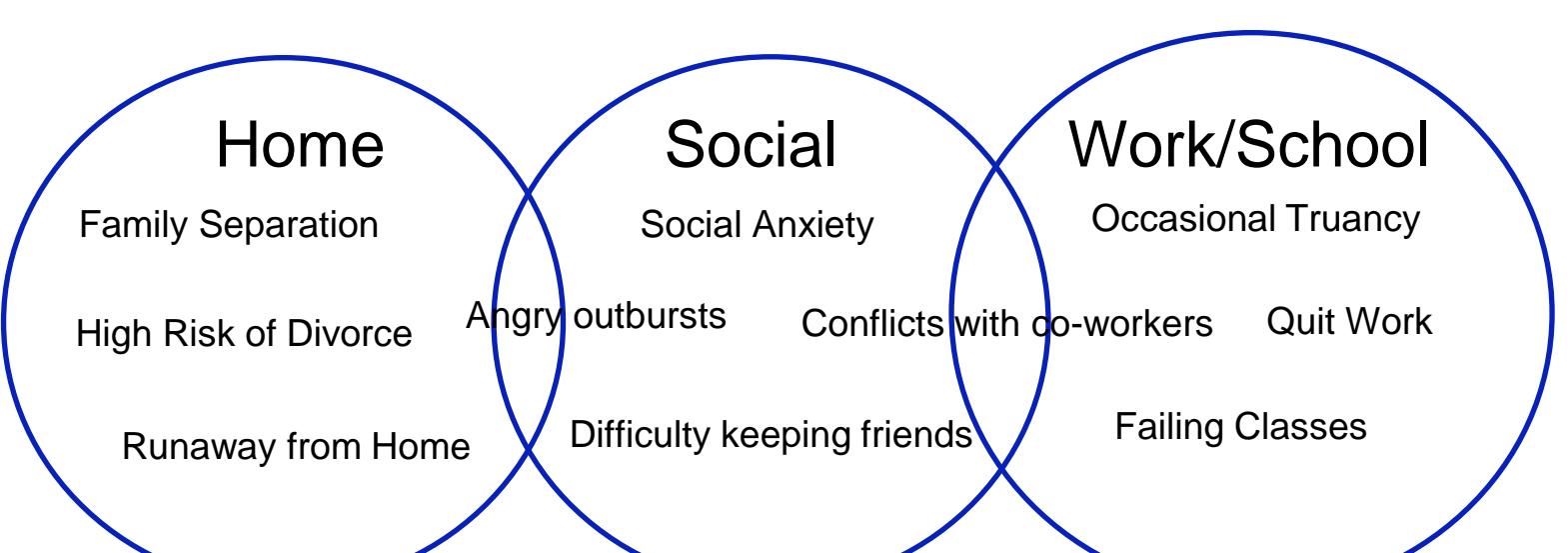
Mark Fusunyan, Diana Gurske, and Hannah Hoerner
Faculty Advisor: Jonathan Delman, PhD, JD



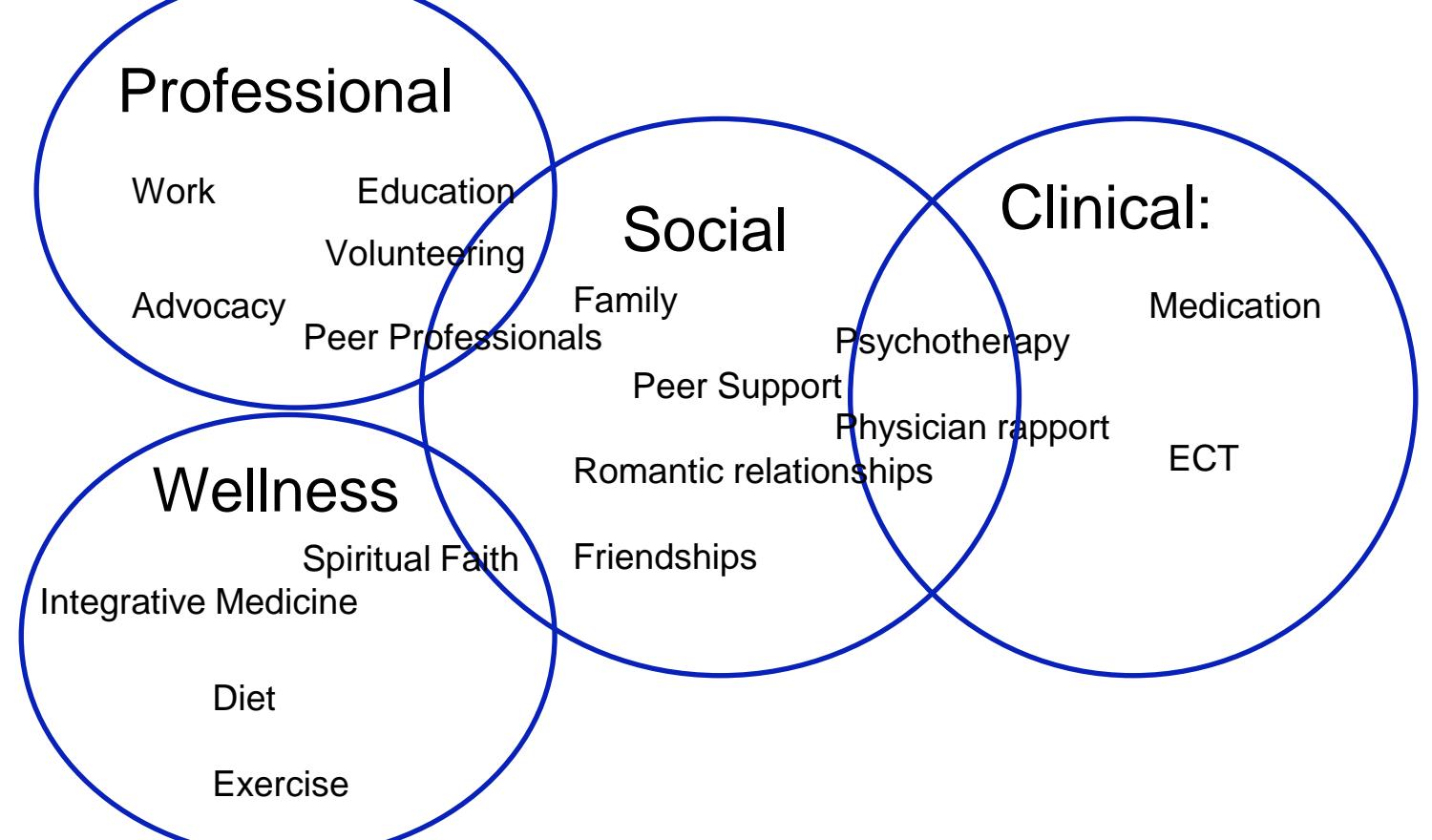
Key Concepts

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).



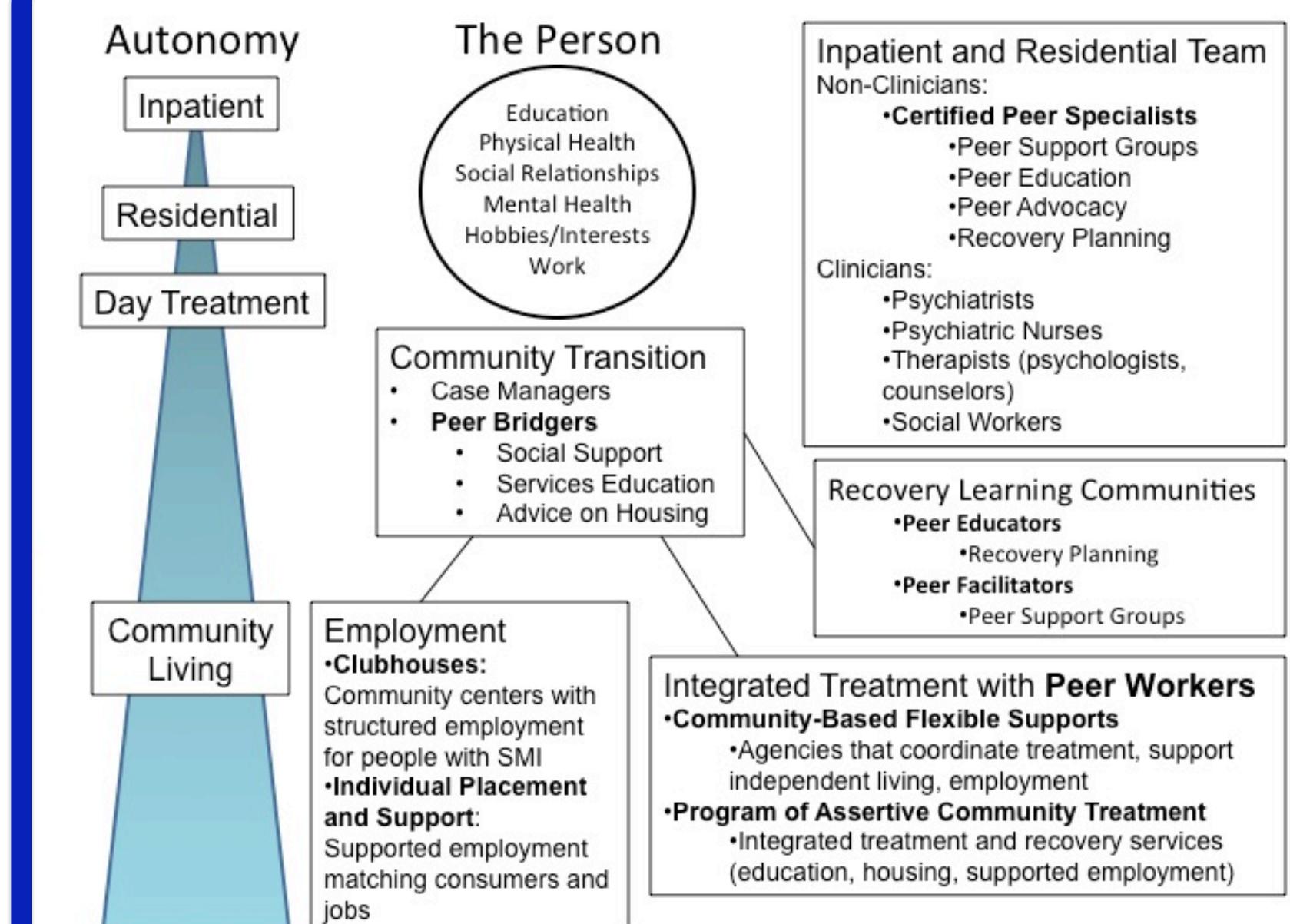
Recovery is a personal journey through which a person with SMI develops social relationships and achieves their notion of well-being. **Peers** are people with lived experience of SMI who draw on their recovery journey to help others. Below are factors that have been helpful to different peers:



Project Goals

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

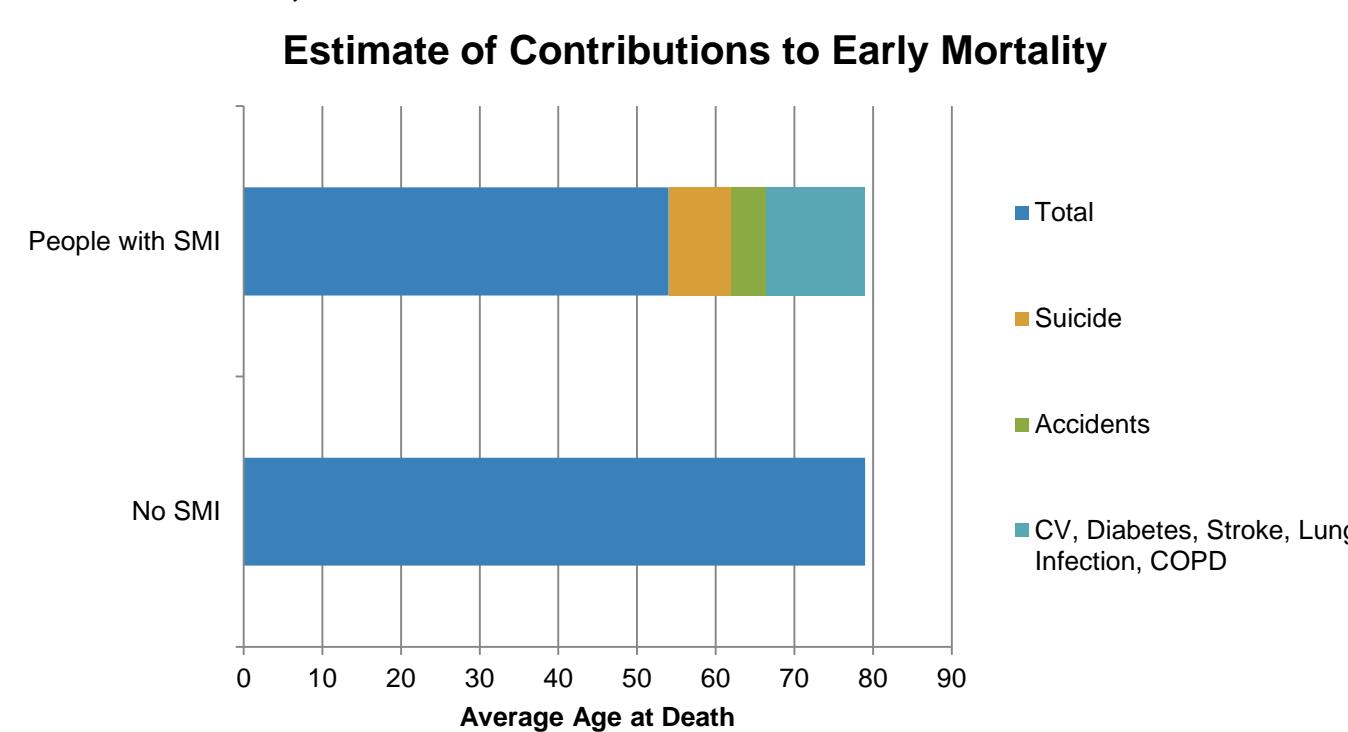


Peer Tips for Providers

- **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**.



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.

Acknowledgements

We would like to thank Dr. Jonathan Delman and Deborah Delman for arranging our access to peer-supported recovery-oriented services. We would like to thank Linda Cragin and Drs. Suzanne Cashman and Heather-Lyn Haley for organizing the PHC. We would also like to thank the following organizations for welcoming us into their activities:



ADVOCATES
First, we listen ...

