APPENDIX A
Resources

Advance Directives
http://www.bazelon.org/issues/advancedirectives/faq.htm
Frequently Asked Questions about Psychiatric Advance Directives on the Bazelon Center for Mental Health Law website. Forms that can be used to create Advance Directives are on the website.

http://www.power2u.org/selfhep/directives_work.html
Fisher, Daniel “Making Advance Directives Work for You” on the National Empowerment Center website

http://www.power2u.org/selfhep/directives.html
Williams, Xenia “Advance Directives Are What You Make Them” on the National Empowerment Center website

Employment Resources

http://www.bu.edu/cpr/catalog/multimedia/getkeepv.html
Anthony, William - video about the “Choose, Get, Keep” approach to vocational programming

http://www.apse.org/
APSE: The Network on Employment – a membership group that provides advocacy and training in the integration of persons with disabilities into the workforce.


http://www.socialsecurity.gov/work/Ticket/ticket_info.html
Information about the “Ticket to Work Program” for people with disabilities wanting to return to work.

http://www.jan.wvu.edu/
Job Accommodation Network provides information to employers and consumers in developing effective Reasonable Accommodations.

http://www.pai-ca.org/PUBS/542901.pdf
The Ticket to Work and Self-Sufficiency Program – “The Ticket” on the Protection and Advocacy Incorporated website provides basic information about this work incentive program.
Website created by the National Alliance for Ticket to Work to provide information and resources related to the Ticket to Work Program.


Surber, Robert W. “What Works? Employment of People in Recovery in Alameda County Behavioral Health Care Services.” A Project Sponsored by Peers Envisioning and Engaging in Recovery (PEERS), a program of Alameda County Behavioral Health Care Services and commissioned by The Alameda County Behavioral Health Care Services Consumer Employment Opportunities Committee.


**Integrated Dual Diagnosis Treatment**

http://www.kenminkoff.com/ccisc.html  
Dr. Minkoff presents a description and principles of the Comprehensive, Continuous, and Integrated System of Care (CCISC) for dual diagnosis treatment.

http://www.comm.psych.pitt.edu/finds/dualdx.html  
Principals for the Care and Treatment of Persons with Co-Occurring Psychiatric and Substance Disorders as endorsed by the American Association of Community Psychiatrists.

**Peer Run Drop-In Centers**

Bay Area Networks of Mental Health Clients includes a directory of Bay Area Peer Run programs.


http://www.nmha.org/pbedu/adult/model/projectReturn.pdf  
Project Return: The Next Step offers Self Help Clubs, a Warm Line called the Friendship Line, Community activities, Discovery centers, employment, advocacy and Japanese consumer exchange.


http://www.bu.edu/cpr/research/recent/cosp/  
Rogers, E. Sally & Minth, Helen “A Study of Consumer-Operated Support Programs” project through Center for Psychiatric Rehabilitation

http://www.bu.edu/prj/spring2004/solomon-etal.html  

**Recovery Resources**

Anderson, Bruce “Getting to the Other Side: Five Core Skills of an Ally” from [www.communityactivators.com](http://www.communityactivators.com)


Caminar, Inc. “Wellness and Recovery Focus Groups”

Carroll, Adrian & Hurley, James “Turlock Regional Service Team Wellness Recovery Component” Stanislaus County Behavioral Health & Recovery Services 10-10-03

CASRA, “Philosophical Points of View” in Introduction to Psychosocial Rehabilitation, Instructor’s Manual, 2002

CASRA, “Characteristics of a Recovery Oriented System” April 2005

CIMH Recovery Project, Focus Groups: Alameda, Contra Costa, Stanislaus, and Solano Counties Report

Community Activators and MHA Village “Recovery Oriented Leadership”


Deegan, Patricia E., “Recovering Our Sense of Value After Being Labeled”, 1993

Deegan, Patricia E., “Recovery and the Conspiracy of Hope”. 1996


[http://shop.store.yahoo.com/power2u/recasjourofh.html](http://shop.store.yahoo.com/power2u/recasjourofh.html)

Deegan, Patricia E., “Recovery as a Journey of the Heart”, 1995

Deegan, Patricia E., “Reclaiming your Power During Medication Appointments with Your Doctor”
Farkas, Marianne & Gagne, Cheryl, Boston University, “Integrating Recovery into an Existing Program”, 2001


Fisher, Daniel, MD, PhD, National Empowerment Center, “A New Vision of Recovery: People can Fully Recover from Mental Illness, It is Not a Life-long Process”, 1997
Fisher, Daniel, MD, “A New Vision of Recovery”


Hurley, James “Program Design and Successful Exit Strategies for Mental Health Clients, An Emerging Practice” 4-20-04


Kuehn, Sharon, North, BJ “Wellness Recovery Action Plan”

Kuehn, Sharon, Kling, Aaron & Williams, Gitane “WRAP for Organizations” presentation


Long, Amy, “Recovery is NOT About, IS About”, Handout from CASRA Conference, 11-5-99


Lovejoy, Marica, “Recovery From Schizophrenia: A Personal Odyssey” in Hospital and Community Psychiatry, Vol. 35, No. 8, August 1984


Martin, Jose “Developing a Wellness and Recovery Task Force”


Ragins, Mark, MD, “The Road to Recovery”, 1998

Ragins, Mark, MD, “Prop 63 Begins, The Mental Health Services Act: Implementation Tactics by Mark Ragins”


Ralph, Ruth O., Kidder, Kathryn, Phillips, Dawna, “Can We Measure Recovery? A Compendium of Recovery and Recovery-Related Instruments”, The Evaluation Center @ HSRI, 2000 The first 14 pages of this document which include the recovery measures can be ordered from HSRI for $45.


Ralph, Ruth O “A Synthesis of a Sample of Recovery Literature 2000 Prepared for the National Technical Assistance Center for State Mental Health Planning and the National Association of State Mental Program Directors.”

http://www.bhrm.org/guidelines/Ralph%20Recovery.pdf


Sciacca, K. “Removing Barriers: Dual Diagnosis Treatment and Motivational Interviewing” in Professional Counselor 12(1): 41- 6

Sesula, Debbie “You and Me” National Empowerment Center, 1999

Smith, Vicki & Risser, Pat “Roles of Partners in Recovery As Identified in Focus Groups in Four California Counties and a Review of the Literature, developed for the California Institute on Mental Health & the Statewide Task Force on Wellness and Recovery, revised June 2002


Stanislaus County behavioral Health and Recovery Adult System of Care “Stanislaus Recovery Project: Milestones in Recovery from Mental Illness” 9-13-04

Thode, Tracy “Recovery Education Overview Including Wellness Recovery Action Planning

Townsend, W & Nerswick, P., “Santa Cruz County Health Services Agency: Recovery Readiness Assessment Results”. The readiness assessment survey is a tool designed to assist organizations and systems in determining the readiness for a proposed organizational change.
Walkover, Margaret, “Some Statements about the Recovery Process” developed in collaboration with the CIMH Statewide Wellness/Recovery Task Force, April 2000

http://www.nasmhpd.org/spec_e-report_fall04intro.cfm
National Association of State Mental Health Directors website has an e-Report on Recovery with links to other national resources

http://www.power2u.org
National Empowerment Center website. A variety of articles and audio/video materials on mental health recovery.

http://www.patdeegan.com/
Discussion about recovery, video Inside/Outside.

http://www.mentalhealthrecovery.com/
Website of Mary Ellen Copeland, developer of the Wellness Recovery Action Plan. A variety of useful products for sale, and a resource page with many links.

http://www.village-isa.org/Overview/overview.htm
An overview of the The Village ISA, model strengths based mental health program.

http://www.namiscc.org/MentalHealthRecovery.htm
A collection of articles and transcripts of presentation about Recovery collected by NAMI of Santa Cruz County.

http://www.recovery-inc.com/
Website of Recovery, Inc a self help program created by Dr. Abraham A. Low which utilizes Recovery Method techniques in a self help support group setting to assist group members with “nervous symptoms.”

http://www.miepvideos.org/shop/
A selection of recovery and PSR related videos useful for consumers, families and professionals from The Mental Illness Education Project, Inc.

http://www.healthyplace.com/Communities/Depression/mhrecovery/index.asp
The HealthyPlace. Com Depression Community – resources, forums, and chat.


http://www.miepvideos.org/recovery/mental_health_recovery.html
The Mental Illness Education Project has a produced collection of videos and books for sale.

Free to Choose: Transforming Behavioral Health Care to Self-Direction (SMA05-3982) Report of the Consumer Direction Initiative Summit 2004. Self Direction and Self Directed Care are important aspects of recovery.
Resilience – Adults

http://www.bu.edu/resilience/

The Road to Resilience is a self-help brochure geared toward adults produced by the APA Help Center of the American Psychological Association.

http://psychologytoday.psychtests.com/tests/resilience_access.html
Psychology Today Resilience test $9.95

http://pages.hosting.domainindirect.com/naturalhealthperspective.com/resilience/
Natural Health Perspective with a goal of living to age 100, somewhat preachy approach to mind-body connection.

http://cms.psychologytoday.com/search/search.cgi?q=resilience
This is the result of a search through Psychology Today articles on Resilience. Descriptions and stories of resilience and "how to" articles.

Good overview of the pioneers in Resilience research and the progression of thought on the concept.

Resilience - Youth

Henderson, Nan “The Resiliency Quiz” at www.resiliency.com/htm/resiliencyquiz.htm

http://www.preventionworksct.org/infostats/resresearch.html
A brief summary of Emmy Werner’s work, for which she is known as the "Mother of Resiliency."

www.projectresilience.com
A website of the Project Resilience that teaches a strengths-based approach to education, treatment, and prevention. They believe that resilience can be learned. The website has information about core concepts, articles and training products.

http://resilnet.uiuc.edu/
A website of the ResilienceNet offers bibliographies, internet resources

http://www.resiliency.com/
Presenters (Nan Henderson), training and books from Resiliency in Action, Resilience Quiz, online forum, Four Steps to Resiliency pamphlet. Based in San Diego.

http://education.umn.edu/CAREI/Reports/Rpractice/Spring97/framework.htm
Research/Practice, Volume 5, Number 1, Spring 1997 the journal of the University of Minnesota, College of Education and Human Development, Center for Applied Research and Educational
Improvement. This online issue focuses on Resilience and includes an article on Resilience and Traditional Native culture.

http://www.ncrel.org/sdrs/areas/issues/educatrs/leadrshtm/le0win.htm

http://www.ncrel.org/sdrs/cityschl/city1_1b.htm
Resilience Research: How Can It Help City Schools? The Shift to a Resilience paradigm at Hiawatha Elementary School in Minneapolis. A good overview.

http://resilnet.uiuc.edu/library/grotb95b.html

http://ohioline.osu.edu/b875/index.html
Fostering Resilience in Children from the Ohio State University Extension, Bulletin 875-99 – includes factors and ways to foster resilience, bibliography.

http://www.mentalhealth.samhsa.gov/schoolviolence/5-28Resilience.asp

http://neahin.org/programs/mentalhealth/stressguide.htm
Embracing Resilience in an At Risk World Free training tools, audio and powerpoint presentations through the National Education Association, Health Information Network

http://www.tcd.ie/Social_Studies/gillpub1.htm
Trinity College Dublin - Bibliography

http://www.hec.ohio-state.edu/famlife/bulletin/volume.4/bull41xx.htm
Human Development and Family Life Bulletin, A Review of Research and Practice, Volume 4, Issue 1, Spring 1998 this issue focuses on Resilience with an article, Resilience from Poverty and Stress– which gives a good overview of resilience. By Kimberly A. Gordon Rouse, Ph.D. in

http://www.wested.org/online_pubs/resiliency/resiliency_chap1.pdf
Chapter one “Resilience: A Universal Capacity” of a book on Resiliency that presents several concepts clearly.

Resilience - Youth and Family

http://www.clemson.edu/fyd/family_life.htm
Ways to strengthen the family to cope with change.

Stigma/Discrimination Campaign Resources

http://www.stampoutstigma.org
Describes the Stamp Out Stigma program, which provides panel presentations of consumers to tell their stories and interact with audiences.
A guide for setting up your own Stamp Out Stigma presentations.

http://www.mhasd.org/About_Us/Local/Education/education.html
Mental Health Association in San Diego County program has an **Erasing the Stigma of Mental Illness (ETS)**. ETS is a public-private partnership to change the way the world views mental illness. Founded by the Mission Valley East Rotary Club and administered by MHA, ETS educates interested business and community leaders about mental illness and gets them involved in their own communities.

http://www.adscenter.org/
Website for the SAMHSA funded, Resource Center to Address Discrimination and Stigma (ADS Center). The website offers resources to implement Anti-Stigma Campaigns, including the Eliminating Barriers Initiative (EBI).

http://www.stigma.org/
A United Kingdom group dedicated to combating Stigma. They have a Stigma Statement of Rights on their website.

**Homeless Outreach**


National Network of Youth provides networking, training to champion the needs of runaway youth.  [http://www.nn4youth.org](http://www.nn4youth.org)

National Resource and Training Center on Homelessness and Mental Illness – Publications regarding homeless outreach and advocacy, toolkits  


U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services (2003) Blueprint for Change Ending Chronic Homelessness for Persons with Serious Mental Illnesses and/or Co-Occurring Substance Use Disorders  

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention (2003). Work as a Priority: A Resource for Employing People who have Serious Mental Illnesses and are Homeless.  
[http://media.shs.net/ken/pdf/SMA03-3834/workpriority.PDF](http://media.shs.net/ken/pdf/SMA03-3834/workpriority.PDF)


**Other Evidence-Based**

Anthony, W.A. “Studying Evidence-Based Processes, Not Practices” in Psychiatric Services, January 2003, Vol.54, No.1

CASRA, The Psycho Social Rehabilitation Curriculum, 2002


Jensen, Peter S., “What Is the Evidence for Evidence-Based Treatments?” in Emotional & Behavioral Disorders in Youth, spring 2003


Pederson, William “The Strengths Perspective” PowerPoint presentation