

Mental Health Treatment and Recovery Programs

In continuing to work on the goals we have set for Mental Health we begin to work on our fourth goal of educating the membership on resilience/recovery and accessing and advocating for mental health. We will focus this article on Mental Health Treatment and Recovery Programs.

Mental health treatment involves a combination of psychotherapy, medication and social support, often tailored to the individual's specific diagnosis. Key approaches include Cognitive Behavioral Therapy (CBT), medication management (i.e., antidepressants, mood stabilizers), and holistic care with combined treatment often providing most effective. Support includes inpatient/outpatient care, telehealth and support groups.

Key Treatment and Recovery Options:

- Psychotherapy (Talk Therapy); Involves working with a professional to identify and change negative thought patterns and behaviors. Common types include:
 - Cognitive Behavioral Therapy (CBT): Focuses on changing thinking and behavior patterns.
 - Dialectical Behavior Therapy (DBT): Teaches skills for emotion regulation, distress tolerance, and interpersonal effectiveness.
 - Exposure Therapy: Helps individuals confront fears in a supportive environment.
 - Acceptance and Commitment Therapy (ACT): Focuses on accepting difficult emotions while committing to positive behavior changes.
- Medication: Used to manage symptoms of mental illness, often in conjunctions with therapy. Common types include:
 - Antidepressants: Used for depression and anxiety.
 - Mood Stabilizers: Primary for bipolar disorder.
 - Antipsychotics: Used to treat psychotic disorders such as schizophrenia.
- Supportive Services and Programs:
 - Support Groups: Connect individuals with similar experiences for shared support.
 - Community Support Programs: Local initiative for chronic health support, such as those provided by the Wisconsin Department of Health Services.
- Crisis Care and Intensive Treatment:
 - Inpatient Hospitalization: Short term care for acute symptoms.
 - Partial Hospitalization/Intensive Outpatient Programs (IOP): Structured, daily treatment that allows patients to live at home.
 - Crisis Services: Immediate support, including the 988 suicide and crisis lifeline.
- Treatment for Co-occurring Disorders: Integrated care combines mental health treatment with substance use disorder treatment.

Recovery Approaches

Recovery is a personalized journey that many include self-care, building support systems, and finding the right combination of professional treatments. It is important to work with professionals to create a personalized, evidence-supported treatment plan.

Resources

Mental Health Treatment and Recovery Programs

For finding treatment [FindTreatment.gov](https://www.findtreatment.gov) provides a searchable database of facilities and professional while crisis counseling is available through 988 or the [DisasterDistressHelpline](https://www.disasterdistresshelpline.org).

Be Well,
Donna Nelson
State CHE Chair