Psychologists with Lived Experience of Mental Illness

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Tradition of therapy as part of training (Freud, 1912)

85% of therapists have been in therapy (Bike et al, 2009)
Diagnosis vs. impairment

- Remission
- Impairment in domains outside essential job functions
- GAF is sx or impairment
- Person-environment fit
The Clinician’s Illusion
(Cohen & Cohen, 1984)

People with Mental Illness

Clients

Acute

Chronic
Prevalence

- **12-month Prevalence:** 26.2% of U.S. adult population\(^1\)
- **Severe:** 22.3% of these cases (e.g., 5.8% U.S. adult population) are classified as “severe”\(^2\)

http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml

(Kessler et al., 2005a,b)
SMI:
- A mental, behavioral, or emotional disorder (excluding developmental and substance use disorders)
- Diagnosable currently or within the past year
- Of sufficient duration to meet diagnostic criteria specified within DSM-IV
- Resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities

Federally Targeted Disabilities

Current on board ratio:
1.8% in VHA
0.96% federal-wide
2.55% = VA goal

Targeted disabilities:
- Blindness
- Deafness
- Missing extremities
- Paralysis
- Epilepsy
- Severe intellectual disability
- Dwarfism
- Psychiatric disability

Percent of VHA Personnel Registered with a Psychiatric Disability in FY12

<table>
<thead>
<tr>
<th>Group</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Psychologists</td>
<td>0.2%</td>
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<tr>
<td>Social Workers</td>
<td>1.0%</td>
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<tr>
<td>Nurses</td>
<td>0.4%</td>
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<tr>
<td>Medical Officer</td>
<td>0.3%</td>
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<td>Occupational Therapists</td>
<td>0.5%</td>
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<td>Recreation Therapists</td>
<td>0.8%</td>
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<td>Health Technicians</td>
<td>2.1%</td>
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<td>TOTAL VHA</td>
<td>0.9%</td>
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VHA Personnel in Selected Professions With and Without a Registered Psychiatric Disability in FY12
Professions of 500 of the 2,464 VHA Personnel Registered with a Psychiatric Disability in FY12
Psychologists

Number of psychologists in the USA ~ 93,000 (apa.org)
Number of psychologists in VA ~ 3,800 (vssc.med.va.gov)

Estimated proportion of people in this room with...
- Hx psychotherapy: 85% (Bike et al, 2009, therapists)
- Lifetime mental disorder: 46% (Kessler et al, 2005, US Adults)
- Current mental disorder: 26% (Kessler et al, 2005, US Adults)
- Hx medication and therapy: 24% (Bike et al, 2009, therapists)
- Current year psychiatric medication use: 8% (SAMHSA, US Adults)
- Current SMI: 4% (SAMHSA); 6% (Kessler et al, 2005, US Adults)
- Registered psychiatric disability: 0.3% (VSSC, VHA psychologists)
VA MH leaders with lived experience

• Emails to: PRRC Leaders, Local Recovery Coordinators, and AVAPL members
  – Monthly meetings since August 2012
  – Approximately 30 participants
  – Guest speakers welcome
  – Suggestions for topics welcome
  – De-identified summaries sent to all 3 email groups
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<th>Example Topics</th>
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<tr>
<td>• Ways to increase recovery orientation of VA</td>
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<td>• How we can improve Veteran outcomes</td>
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<tr>
<td>• How we can support Peer Support</td>
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<td>• Professional boundaries and self disclosure</td>
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<td>• Positive and negative effects of disclosure</td>
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<tr>
<td>• Suggestions for UMHSH</td>
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<td>• Advice to trainees and early career colleagues</td>
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<td>• In person meetings</td>
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First person accounts

First person accounts are an important feature of the recovery model.

Several well known psychologists have disclosed, we use their stories in PRRC and LRC activities.

Most impact to reduce stigma if contact is: targeted, local, credible, continuous/repeated

(Boyd, Katz, Link, & Phelan 2010; Corrigan, 2012).


