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# Recovery in personality disorders: the development and preliminary testing of a novel natural language processing model to identify recovery in mental health electronic records

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**Introduction:** The concept of recovery is of great importance in mental health as it emphasizes improvements in quality of life and functioning alongside the traditional focus on symptomatic remission. Yet, investigating non-symptomatic recovery in the field of personality disorders has been particularly challenging due to complexities in capturing the occurrence of recovery. Electronic health records (EHRs) provide a robust platform from which episodes of recovery can be detected. However, much of the relevant information may be embedded in free-text clinical notes, requiring the development of appropriate tools to extract these data.

**Methods:** Using data from one of Europe's largest electronic health records databases (the Clinical Records Interactive Search (CRIS)), we developed and evaluated natural language processing (NLP) models for the identification of occupational and activities of daily living (ADL) recovery among individuals diagnosed with personality disorder.

**Results:** The models on ADL performed better (precision: 0.80; 95% CI: 0.73–0.84) than those on occupational recovery (precision: 0.62; 95% CI: 0.52–0.72). However, the models performed less acceptably in correctly identifying all those who recovered, generally missing at least 50% of the population of those who had recovered.

**Conclusion:** It is feasible to develop NLP models for the identification of recovery domains for individuals with a diagnosis of personality disorder. Future research needs to improve the efficiency of pre-processing strategies to handle long clinical documents.

## Keywords

personality disorder, recovery, electronic health records, work, mental health, natural language processing

# Mental Health Recovery Novel

**Mike Watts,Agnes Higgins**

## **Mental Health Recovery Novel:**

**Better Days - A Mental Health Recovery Workbook** Craig Lewis,2014-06-10 This book helps those aspiring toward recovery and wellness and also those in recovery because it addresses and challenges the individual in very real basic and honest ways to make significant cognitive adjustments in how they live their lives The beauty of this curriculum is that people like to do it and don t consider it a chore a demand or a requirement because every page subtly encourages the individual to think in realistic and forward moving ways This allows them to feel good about doing the work This book is for any person who struggles with their mental health and who wants to live a happier life as well as for any person who wants to improve their quality of life how they deal with stress obstacles difficulties and other people and live a happier healthy and much more stable life I based this book on my personal life and recovery and every page has been used successfully in peer group settings

**Narratives of Recovery from Mental Illness** Mike Watts,Agnes Higgins,2016-07-15 Narratives of Recovery from Mental Illness presents research that challenges the prevailing view that recovery from mental illness must take place within the boundaries of traditional mental health services While Watts and Higgins accept that medical treatment may be a vital start to some people s recovery they argue that mental health problems can also be resolved through everyday social interactions and through peer and community support Using a narrative approach this book presents detailed recovery stories of 26 people who received various diagnoses of mental illness and were involved in a mutual help group known as GROW Drawing on an in depth analysis of each story chapters offer new understandings of the journey into mental distress and a progressive entrapment through a combination of events feelings thoughts and relationships The book also discusses the process of ongoing personal liberation and healing which assists recovery and suggests that friendship social involvement compassion and nurturing processes of change all play key factors in improved mental well being This book provides an alternative way of looking at mental illness and demonstrates many unexplored avenues and paths to recovery that need to be considered As such it will be of interest to researchers academics and postgraduate students in the fields of psychiatry psychology nursing social work and occupational therapy as well as to service providers policymakers and peer support organisations The narratives of recovery within the book should also be a source of hope to people struggling with mental illness and emotional distress

**Welcome to the Circle** Jake Orlowitz,2019-10-09 Welcome to the Circle The Mental Health Book A collection of honest intelligent and compassionate writing about mental illness redemption loss and gratitude I never expected to wind up in a mental hospital I was class treasurer member of the homecoming court varsity wrestling champion head of my academic class and a distinguished college graduate But life threw me an unexpected turn After college my mental health suddenly and severely declined Welcome to the Circle is my story and the multitude of lessons I ve learned along the way More than just memoir the book is a meditation on the mental health journeys all of us must take to become better humans It is full of useful advice about how to navigate mental illness in all its difficulty and unpredictability either for

you or for the ones you love What early readers are saying The writing has an intelligence a vulnerability and the most perfect use of English vocabulary What what all of it has in common is your openness your honesty your kindness and your ability to grab the reader The style is so refreshing and unusual especially in today s world Kathy G These pieces reflect your deep compassion and committed empathy I read it in one sitting Maggie D The way you have written it is just beautiful Your writing is full of emotion and one can feel that it s sprouting directly from your heart Satdeep G In 140 pages the book cover mental illness and loss the hard parts and well as redemption and gratitude the uplifting parts Dive into the essays sit down with the poems tick through the lists or dig into the guides Mental illness is not a dead end it can be a powerful beginning In the 7 years since I was hospitalized I found effective treatment with both therapy and medications and the support of family and friends My mission now is to impact each person who has personally experienced or witnessed the struggle of mental illness To end the stigma and shame that prevents people from getting the help they need To show that recovery is possible that mental illness can be survived and that it can be transformed into a dynamic and thriving new chapter of life Here are 7 reasons you ll want to support and read Welcome to the Circle You are personally struggling and want to gain insight and hope You love someone who needs help but you don t know how to help You want to learn what mental illness really looks and feels like You need advice getting someone into treatment or onto medication You believe our society can grow in its compassion towards mental health You re on your path to recovery and want to stay healthy and keep growing You crave innovative writing and want to support independent creators Please purchase the book to support mental health recovery and hope Share the book with your friends family colleagues and peers Help make it a success by posting about it on social media or emailing the link to people you care about Please also honestly review the book after you have purchased it on Amazon Thank you so much for your support your belief in me and your collaboration on this journey of healing Because of you Welcome to the Circle can come to life Jake Orlowitz

**Sane** Marya Hornbacher,2010 Offers instructions and guidance for individuals in recovery for addiction who also suffer from a mental illness providing real life stories and describing an approach to the Twelve Steps program of recovery

**Journey to Recovery** Dr Dawn-Elise Snipes,2015-04-15 Journey to

Recovery A Comprehensive Guide to Recovery from Addiction and Mental Health Problems Learn how to start recovering from addiction and mental health problems Use practical concise exercises to develop the tools you need to be happy and sober Discover why previous attempts have failed Explore options to the current 12 step and faith based approaches to recovery Begin your journey The Journey to Recovery Series has been designed to provide people with practical tools that can be easily implemented in order to quickly begin to recover from addiction and mental health issues This series uses motivational and strengths based approaches to help people understand what works best for them as individuals Journey to Recovery A Comprehensive Guide to Recovery from Addiction and Mental Health Problems explains how addictions and mental health issues are related how they both negatively impact every aspect of people s lives and provides tools to help

people begin their recovery from both BIOGRAPHY Dr Dawn Elise Snipes is the CEO and Director of Education for All CEUs and has provided over 200 000 hours of training to counselors throughout the world She is a nationally certified counselor and a licensed mental health counselor and has a private counseling practice where she specializes in co occurring disorders counseling and recovery coaching Snipes has worked in the addictions treatment field since 1998 worked as an assistant professor at the University of Florida published 50 Tips for Depression Recovery and served as the wellness consultant for the Southern States Police Benevolent Association from 2005 2011 *The Dual Disorders Recovery Book*

Anonymous,2009-07-23 This compelling Dual Disorders Recovery Book written for those with an addiction and a psychiatric illness provides a source of information and support throughout recovery Personal stories offer experience strength and hope as well as expert advice The book offers information on how Steps 1 5 apply specifically to us An appendix includes a

Blueprint for Recovery the meeting format of Dual Recovery Anonymous and self help resources *There and Back Again*

Emily Grossman,Emily Grossman Ma,2007-06 This book is meant to help anyone who is struggling with any mental health disorder Even people who are not diagnosed but feel that they might be suffering can gain inspiration It is a self help book about how to win in life despite and BECAUSE OF your mind disorder *Recovery and Mental Health* David Pilgrim,Ann

McCranie,2013-10-18 For most of us the term recovery in mental health implies hope and normality for those suffering from emotional distress It is understandable why recovery has therefore become a significant goal for mental health services But what does recovery mean for those who are struggling to see it through Is the emphasis on recovery always a positive thing This book takes a critical sociological look at personal and public assumptions and understandings In particular It explores

what the recovery movement signifies today offering readers a critical reflexive view of its scientific policy and political consequences It considers what recovery means from social medical and patient perspectives and the implications of these conflicting views It reveals some of the risks and benefits for people with mental health problems encountering a system that expects them to recover Offering a comprehensive and thought provoking overview of the concept of recovery from mental illness this book is a must have for students studying mental health across a range of subjects including sociology social work psychology and nursing *Wellbeing, Recovery and Mental Health* Mike Slade,Lindsay Oades,Aaron Jarden,2017-02 This

book brings together current research on recovery and wellbeing to inform mental health systems and wider community development *A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care* Larry

Davidson,Michael Rowe,Janis Tondora,Maria J. O'Connell,Martha Staeheli Lawless,2008-10-02 This book takes a lofty vision of recovery and of a life in the community for every adult with a serious mental illness promised by the U S President s 2003 New Freedom Commission on Mental Health and shows the reader what is entailed in making this vision a reality Beginning with the historical context of the recovery movement and its recent emergence on the center stage of mental health policy around the world the authors then clarify various definitions of mental health recovery and address the most common

misconceptions of recovery held by skeptical practitioners and worried families. With this framework in place the authors suggest fundamental principles for recovery oriented care a set of concrete practice guidelines developed in and for the field a recovery guide model of practice as an alternative to clinical case management and tools to self assess the recovery orientation of practices and practitioners. In doing so this volume represents the first book to go beyond the rhetoric of recovery to its implementation in everyday practice. Much of this work was developed with the State of Connecticut's Department of Mental Health and Addiction Services helping the state to win a 1 ranking in the recent NAMI report card on state mental health authorities. Since initial development of these principles guidelines and tools in Connecticut the authors have become increasingly involved in refining and tailoring this approach for other systems of care around the globe as more and more governments ministry leaders system managers practitioners and people with serious mental illnesses and their families embrace the need to transform mental health services to promote recovery and community inclusion. If you've wondered what all of the recent to do has been about with the notion of recovery in mental health this book explains it. In addition it gives you an insider's view of the challenges and strategies involved in transforming to recovery and a road map to follow on the first few steps down this exciting promising and perhaps long overdue path.

*Mental Health Workbook* Emily Attached, Marzia Fernandez, Gino Mackesy, 2020-12-05 This Book includes 4 Manuscripts 1 The Addiction Recovery Workbook 2 Complex PTSD Trauma and Recovery 3 EMDR and Somatic Psychotherapy 4 Somatic Psychotherapy Book 1 The Addiction Recovery Workbook In this book you will find the necessary help to get you on the road to recovery with chapters that cover How to replace your addiction and find the peace you crave Educating yourself about your addiction What to avoid when you are developing new habits Exercise hydration and a non toxic lifestyle Getting creative to life healthier Book 2 Complex PTSD Trauma and Recovery In this book you will finally find new ways to tackle your trauma with chapters that focus on How depression is defined How you can avoid exacerbating the problem A range of trauma treatment exercises Trauma and the link to mental health Understanding anxiety Complex PTSD Books 3 and 4 EMDR and Somatic Psychotherapy You'll discover how it could help you with chapters that cover The principles of EMDR and Somatic Psychotherapy The basic concepts of Somatic Psychotherapy and EMDR Therapy Examining the neurobiology of stress and trauma How the brain works and how it is affected by trauma Somatic Psychotherapy explained What are you waiting for BUY THIS BOOK NOW

**The Picky Eater's Recovery Book** Jennifer J. Thomas, Kendra R. Becker, Kamryn T. Eddy, 2021-08-12 At last a guide for adults who struggle with picky eating fears of choking or vomiting or lack of interest in eating With real life examples practical tips quizzes worksheets and structured activities this engaging book takes you step by step through the latest evidence based techniques to improve your relationship with food.

*Mental Health Workbook* Gino Mackesy, Marzia Fernandez, 2020-09-28 This Book includes 4 Manuscripts 1 The Addiction Recovery Workbook 2 Complex PTSD Trauma and Recovery 3 EMDR and Somatic Psychotherapy 4 Somatic Psychotherapy Book 1 The Addiction Recovery Workbook In this book you will find the

necessary help to get you on the road to recovery with chapters that cover How to replace your addiction and find the peace you crave Educating yourself about your addiction What to avoid when you are developing new habits Exercise hydration and a non toxic lifestyle Getting creative to life healthier Book 2 Complex PTSD Trauma and Recovery In this book you will finally find new ways to tackle your trauma with chapters that focus on How depression is defined How you can avoid exacerbating the problem A range of trauma treatment exercises Trauma and the link to mental health Understanding anxiety Complex PTSD Books 3 and 4 EMDR and Somatic Psychotherapy You ll discover how it could help you with chapters that cover The principles of EMDR and Somatic Psychotherapy The basic concepts of Somatic Psychotherapy and EMDR Therapy Examining the neurobiology of stress and trauma How the brain works and how it is affected by trauma Somatic Psychotherapy explained What are you waiting for BUY THIS BOOK NOW

**The Recovery Book** Al J. Mooney,Catherine Dold,Howard Eisenberg,2014-09-09 A classic Read it Use it It can help guide you step by step into the bright light of the world of recovery from the Foreword by Harry Haroutunian M D Physician Director Betty Ford Center The Recovery Book is the Bible of recovery Everything you need to know you will find in here Neil Scott host Recovery Coast to Coast radio Hope support and a clear road map for people with drug or alcohol addiction Announcing a completely revised and updated second edition of The Recovery Book the Bible of addiction recovery The Recovery Book provides a direct and easy to follow road map to every step in the recovery process from the momentous decision to quit to the emotional physical and spiritual issues that arise along the way Its comprehensive and effective advice speaks to people with addiction their loved ones and addiction professionals who need a proven trusted resource and a supportive voice The new edition of The Recovery Book features the revolutionary Recovery Zone System which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone First is the Red Zone where the reader is encouraged to stop everything activate their recovery and save their life Next is the Yellow Zone where the reader can begin to rebuild a life that was torn apart by addiction Finally the reader reaches the Green Zone where he can enjoy a life a recovery and help others Readers also learn how to use the Recovery Zone ReCheck a simple yet very effective relapse prevention tool The Recovery Zone System works hand in hand with the 12 step philosophy and all other recovery methods In addition The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity explaining how alcohol and drugs alter the brain The authors outline a simple daily practice called TAMERS that helps people to use those same processes to remodel their brains around recovery eventually making sobriety a routine way of life Written by Al J Mooney M D a recovery activist who speaks internationally on recovery and health journalists Catherine Dold and Howard Eisenberg The Recovery Book covers all the latest in addiction science and recovery methods In 26 chapters and over 600 pages The Recovery Book tackles issues such as Committing to Recovery Identifying and accepting the problem deciding to get sober Treatment Options Extensive information on all current options and how to choose a program AA and other 12 Step Fellowships How to get involved in a mutual support group and what it

can do for you Addiction Science and Neuroplasticity How alcohol and drugs alter pathways in the brain and how to use the same processes to remodel the brain around recovery Relapse Prevention The Recovery Zone ReCheck a simple new technique to anticipate and avoid relapses Rebuilding Your Life How to handle relationships socializing work education and finances Physical and Mental Health Tips for getting healthy how to handle common ailments Pain Control How to deal with pain in recovery how to avoid a relapse if you need pain control for surgery or emergency care Family and Friends How you can help a loved one with addiction and how you can help yourself Raising Substance Free Kids How to addiction proof your child The Epidemic of Prescription Drugs Now a bigger problem than illegal drugs Dr Al J Mooney has been helping alcoholics and addicts get their lives back for more than thirty years using both his professional and personal experiences at his family's treatment center Willingway and most recently through his work as medical director for The Healing Place of Wake County NC a homeless shelter The Recovery Book will help millions gain control of their mind their body their life and their happiness [www.TheRecoveryBook.com](http://www.TheRecoveryBook.com) *The Dual Disorders Recovery Book* Anonymous, Hazelden Educational Materials, 1993-02-01 The Dual Disorders Recovery Book [BETTER DAYS](#) Craig Lewis Cps, 2024-05-23 **Breakthrough**

Ahmed Hankir, 2024-04-15 An honest engaging and most of all hopeful book Adam Kay BAFTA winning multi million bestselling author TV writer and performer Warm funny and devastatingly honest An incredibly insightful story full of hope and resilience Dr Amir Khan Sunday Times bestselling author and Resident Doctor for ITV's Lorraine and Good Morning Britain An inspiring rebuke to the nihilism which prevails in society about persons living with mental illness due to myths misinformation and stigma Professor Hankir's personal journey bursts with courage resilience and hope Vikram Patel Paul Farmer Professor and Chair of Global Health and Social Medicine Harvard Medical School USA Explore mental health wellness and illness in this engaging and insightful discussion from a practicing psychiatrist who himself lives with a mental health condition In Breakthrough A Story of Hope Resilience and Mental Health Recovery World Health Organization Award Winning psychiatrist former psychiatric patient and mental health advocate Dr Ahmed Hankir delivers a unique and powerful insight into mental health and wellness mental illness mental health treatment and the culture surrounding mental health by tracing his own personal recovery journey from impoverished and shunned psychiatric patient to becoming an NHS Consultant psychiatrist In the book you'll explore many of the issues currently dominating the discussion of mental health and illness including the impacts of poverty unemployment the cost of living crisis homelessness addictions the use of medication to treat mental illness the widespread prevalence of stigma discrimination and racism in mental health and much more You'll also find Comprehensive discussions about how to overcome shame and stigma to seek help if you're suffering from a mental illness Explorations of how mental health practitioners and family members of people living with mental health conditions can themselves remain healthy as they care for others Examinations of why mental health related stigma remains so stubbornly common in our societies and what we can do to combat it Breakthrough is a resource of hope and a companion

for people suffering in silence who feel isolated and disconnected from society It will also be of interest to mental health practitioners including psychiatrists psychologists social workers counsellors addictions specialists carers and clients The take home messages are clear living with a mental health condition is nothing to be ashamed about and with the right support recovery is a reality for the many and not the few [Mental Health Workbook](#) Emily Attached,Marzia

Fernandez,Gino Mackesy,2020-10-27 This Book includes 6 Manuscripts 1 Attachment Theory Workbook 2 Abandonment Recovery Workbook 3 The Addiction Recovery Workbook 4 Complex PTSD Trauma and Recovery 5 EMDR and Somatic Psychotherapy 6 Somatic Psychotherapy Book 1 Attachment Theory Workbook You can start to redress the balance to build stronger relationships with those close to you with chapters that cover How anxiety disorder develops How to become self disciplined with your emotions Learning to communicate effectively How positive reinforcement works How your physical health affects your mental state Dealing with conflict Empathetic listening and its link to happiness And more Book 2 Abandonment Recovery Workbook You will learn how to cope with the feelings of abandonment through chapters that examine What affecting abandonmet Abandonment anxiety How abandonmet can change a life Depression in Relationships Building healthier relationships The power of forgiveness Book 3 The Addiction Recovery Workbook In this book you will find the necessary help to get you on the road to recovery with chapters that cover How to replace your addiction and find the peace you crave Educating yourself about your addiction What to avoid when you are developing new habits Exercise hydration and a non toxic lifestyle Getting creative to life healthier Book 4 Complex PTSD Trauma and Recovery In this book you will finally find new ways to tackle your trauma with chapters that focus on How depression is defined How you can avoid exacerbating the problem A range of trauma treatment exercises Trauma and the link to mental health Understanding anxiety Complex PTSD Books 5 and 6 EMDR and Somatic Psychotherapy You ll discover how it could help you with chapters that cover The principles of EMDR and Somatic Psychotherapy The basic concepts of Somatic Psychotherapy and EMDR Therapy Examining the neurobiology of stress and trauma How the brain works and how it is affected by trauma Somatic Psychotherapy explained What are you waiting for BUY THIS BOOK NOW **[Seeds of Recovery](#)** Lorette M.

Enochs,2016-11-21 I invite you to trust and explore the strength of your inner core to accept forgive laugh and understand the range of extreme emotions fears and thoughts associated with having a mental health diagnosis The spirit of your own words can transform the darkest moments **[Mental Health Workbook](#)** Marzia Fernandez,Gino Mackesy,Emily Attached,2021-06-18 This book includes 6 Manuscripts 1 Attachment Theory Workbook 2 Abandonment Recovery Workbook 3 The Addiction Recovery Workbook 4 Complex PTSD Trauma and Recovery 5 EMDR and Somatic Psychotherapy 6 Somatic Psychotherapy Book 1 Attachment Theory Workbook You can start to redress the balance to build stronger relationships with those close to you with chapters that cover How anxiety disorder develops How to become self disciplined with your emotions Learning to communicate effectively How positive reinforcement works How your physical health affects your mental state

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## **Table of Contents Mental Health Recovery Novel**

1. Understanding the eBook Mental Health Recovery Novel
  - The Rise of Digital Reading Mental Health Recovery Novel
  - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Recovery Novel
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mental Health Recovery Novel
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Recovery Novel
  - Personalized Recommendations
  - Mental Health Recovery Novel User Reviews and Ratings
  - Mental Health Recovery Novel and Bestseller Lists
5. Accessing Mental Health Recovery Novel Free and Paid eBooks

- Mental Health Recovery Novel Public Domain eBooks
- Mental Health Recovery Novel eBook Subscription Services
- Mental Health Recovery Novel Budget-Friendly Options

6. Navigating Mental Health Recovery Novel eBook Formats

- ePUB, PDF, MOBI, and More
- Mental Health Recovery Novel Compatibility with Devices
- Mental Health Recovery Novel Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Mental Health Recovery Novel
- Highlighting and Note-Taking Mental Health Recovery Novel
- Interactive Elements Mental Health Recovery Novel

8. Staying Engaged with Mental Health Recovery Novel

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Mental Health Recovery Novel

9. Balancing eBooks and Physical Books Mental Health Recovery Novel

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Mental Health Recovery Novel

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Mental Health Recovery Novel

- Setting Reading Goals Mental Health Recovery Novel
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Mental Health Recovery Novel

- Fact-Checking eBook Content of Mental Health Recovery Novel
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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