RECOVERY AND PERSON-CENTERED CARE IN GAMBLING DISORDER

Recovery refers to the ways in which a person manages a mental health condition in the process of restoring or developing a meaningful sense of belonging and positive sense of identity apart from this condition and while rebuilding a life despite or within the limitations imposed by this condition. Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Recovery-oriented care is what mental health treatment and rehabilitation practitioners offer in support of the person’s own long-term recovery efforts. The promotion of wellness through self-care and early intervention, both mental and physical, is an important component of recovery-oriented care. Recovery-Oriented care requires that people in recovery be involved in all aspects and phases of the care delivery process.

Person centered care is basing care on the person’s own goals and life circumstances, identifying and building on the person’s resources and strengths, and, finally, orienting care and supports to the community arenas in which the person wishes to participate.

Although the approach of recovery is effective on mental health and addiction problems, it has not been integrating through a systematic and structured way in gambling disorder. This model has demonstrate its efficacy in mental health and substance abuse problems, increasing the quality of life, perception and wellbeing, reducing hospitalizations, visits of the emergency rooms, relapses and decreasing the societal costs of the healthcare system.

The findings of the research in gambling disorder shows the need for a more uniform understanding of recovery and appropriate guidelines for measurement, prevention and treatment. This is necessary to develop a more comprehensive understanding of how people develop gambling problems and research is needed to understand how to reduce the
likelihood of people transitioning to disordered gambling. Treatment, prevention and responsible gaming strategies must be revisited to ensure that these are relevant and effective for gamblers.

Recovery is an innovative model based on what recovery means to the population of interest. This approach can be very helpful in gambling disorder because the measures of education, prevention, and treatment will be designed from the experience of the people involved not only the professionals and this will be an important advance. It is an optimistic model, in which the person with a mental health and addiction condition does not need to be completely "cured" to lead a full and productive life of meaning and purpose.

Recovery approach in gambling disorder might be important because no systematic process of educating, screening, and treating gambling disorder is currently in place.

The current presentation seeks to present a guidelines for treatment in gambling disorder from the Recovery and person centered approach taking into account how this perspective could directly addresses the current gaps in the treatment of this important issue of public health.

Key words: Recovery, person-centered care, gambling disorder, treatment