

# Felindre Ward Away Day

Presentation on  
Recovery &  
Recovery Based Practice



# What is recovery?

It is a worldwide user movement.

No single definition is universally accepted.

People have reclaimed their lives from illness and disability in a myriad of unique ways.

But there are common themes...

# Some understandings of recovery

“Recovery is a process, a way of life, an attitude, and a way of approaching the days challenges. It is not a perfectly linear process. At times our course is erratic and we may falter, slide back, regroup and start again. The need is to meet the challenge of the disability and to re-establish a new and valued sense of integrity and purpose within and beyond the limits of the disability; the aspiration to live, work and love in a community in which one makes a significant contribution.”

Patrica E Deegan

“Recovery is process not a place.”

# Some understandings of recovery

“It is not about symptom elimination, but about what an individual wants, how s/he can get there, and how others can support them to get there.”

“It is about rekindling hope for a productive present and a rewarding future, and believing that one deserves it. Recovery involves people having a personal vision of the life they want to live, seeing and changing patterns, discovering symptoms can be managed and doing it, finding new ways and reasons, doing more of what works and less of what doesn't. Recovery is about claiming the roles of a ‘healthy’ person, rather than an ‘sick person.’ Recovery is about getting there.”

Curtis

# Common elements in recovery

- Recovery is not an absence of symptoms
- Recovery is often described as a process or a journey. It can be seen as life long journey, one that we are all on, of growing and learning, managing set back s and celebrating successes.
- Recovery means different things to different people
- There is no right or wrong way to recover, everyone's journey is different.
- Its not linear
- It is relevant to all, irrespective of mental health setting or legal status
- It is about more than mental health services; its holistic
- Everyone has the capacity to be in 'recovery'

# What is recovery based practice?

Utilizing the wisdom of peoples lived experience of recovery to inform mental health service delivery.

A way of working or creating an environment that facilitates individual recovery efforts.

Being mindful of how services and systems may inadvertently prevent the recovery process from happening.

# Recovery based practice

This does not serve to take away from the skills and knowledge that services and workers already have around supporting wellness.

Instead it asks them to use this knowledge in a way that acknowledges and further supports the self directed journey of an individuals' recovery.

# Recovery based practice

“Recovery based practice is not about our ability to know more, but more about our ability to be curious, to not know and therefore to be constantly reflecting on questions we need to ask of both those we support and the service environments in which we offer that support.”

Helen Glover

So its about asking questions, getting people to find their own solutions, recognising past successes and small steps, only making suggestions when this has been exhausted.



# Common elements in recovery based practice

- Active participation with people and communities
- Control
- Hope
- Responsibility
- Equality
- Self esteem and self confidence
- Change
- Holistic
- Person as the expert
- Risk taking
- Everyone's recovery journey is unique
- Acceptance
- Learning
- Working with wellness not illness

# It is not a model

If a model is held up as the main agent for change it denies the efforts of the individual

Models place control in the hands of the provider

It assumes everyone is equal

It infers there is only one way to recover

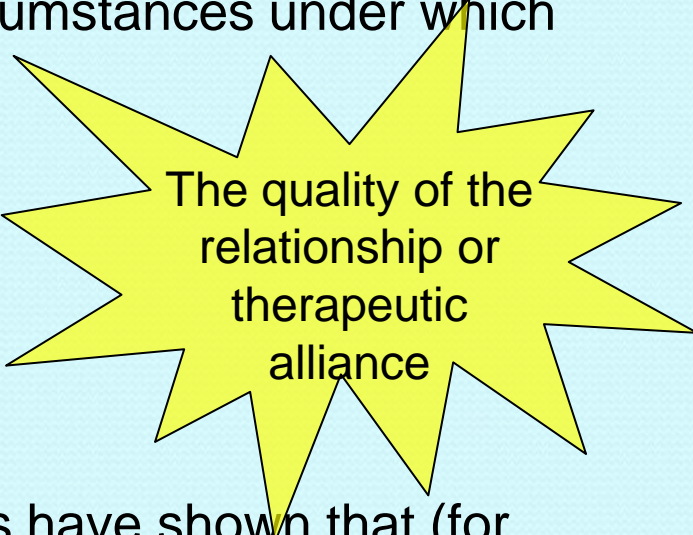
A model precludes the numerous, unique and individual ways in which people discover and reclaim their lives beyond illness and disability.

# Person centeredness

Carl Rogers believed that all people have the capacity to heal themselves; we just have to create the circumstances under which this can occur.

## Three necessary and sufficient conditions:

- Empathetic understanding
- Congruence (genuineness)
- Unconditional positive regard



The quality of the relationship or therapeutic alliance

Studies by Prof. Richard Bentall and others have shown that (for people with psychosis at an early stage) the quality of the therapeutic alliance as rated by both parties is the major casual factor in determining outcomes, (not the type of therapy used). Outcomes being; whether someone did well/badly/performance on work schemes/continued contact with services/took medication.

# Pulling the values together and how DIY Futures applies them...

## From recovery based practice

- Active participation
- Control
- Hope
- Responsibility
- Equality
- Self esteem and self confidence
- Change
- Holistic
- Person as the expert
- Risk taking
- Everyone's recovery journey is unique
- Learning
- Acceptance
- Working with wellness not illness
- Everyone has the capacity to recover

## From person centred thinking

- People heal themselves
- The importance of the relationship
- Empathetic understanding
- Genuineness
- Unconditional positive regard

## Other Values

- Self management
- Small steps
- Review