

Feedback

Feedback of any kind is encouraged. Please request feedback forms from staff.

Protecting Your Privacy

Eastern Health is committed to protecting your privacy.

We will keep your personal information secure and will disclose information about you only when required or permitted by law.

We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service 9605 3056.

Interpreter services are provided free of charge.

Ask staff to check if this information is available in your preferred language.



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"Eastern Health acknowledges that the Collaborative Recovery Model (CRM) was developed by the Illawarra Institute of Mental Health at the University of Wollongong and that all intellectual property in relation to the CRM is owned by the University. Eastern Health further acknowledges the contributions made by NEAMI National to the development of these materials."

Authorised by Eastern Health (MA0716 103.1)

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Eastern Health Mental Health Program introduces
The Collaborative Recovery Model (CRM)

Information for People & Their Families/ Support People



COLLABORATIVE RECOVERY MODEL

This brochure is to provide information about the Collaborative Recovery Model (CRM) for people and their family and/or their support people.

This brochure provides you with a copy of the CRM tools which may be used between the person and the practitioner.

What is the Collaborative Recovery Model (CRM)?

The CRM is a recovery practice model developed by the University of Wollongong for the Australian mental health context. CRM is implemented across the life span and in all areas of Eastern Health Mental Health program. CRM has been co-designed and co-produced by people with Lived Experience of recovery.

GUIDING PRINCIPLE 1: RECOVERY AS AN INDIVIDUAL PROCESS

Recovery is unique for every person. The focus of recovery is on wellbeing and resilience. You explore which stage of recovery that you are at, and the processes of recovery: hope, identity, meaning, empowerment, responsibility and ownership.

GUIDING PRINCIPLE 2: COLLABORATION AND AUTONOMY SUPPORT

A working alliance is developed and maintained, enabling you to build resilience, autonomy and self-reflection. The role of family and support people is recognised as vital in your recovery.

CRM Empowers You.

COMPONENT 1: CHANGE ENHANCEMENT

You engage in collaborative conversations to explore what you want to change, need to change, and what is important to you. Your motivation is important for your recovery.

COMPONENT 2: COLLABORATIVE STRENGTHS AND VALUES IDENTIFICATION

You identify your strengths and values and develop resilience and wellbeing in your recovery, regardless of current difficulties or symptoms.

COMPONENT 3: COLLABORATIVE VISIONING AND GOAL STRIVING

You set goals that are meaningful to you to maintain your hope and wellbeing, even when experiencing symptoms of illness. A meaningful vision and manageable goals are the keys to goal striving.

COMPONENT 4: COLLABORATIVE ACTION PLANNING & MONITORING

You develop comprehensive action plans and monitor progress giving you a map to your personal recovery. You become personally responsible for choosing and achieving your recovery steps. You are encouraged to take action on your chosen goals in- between clinical sessions.

My Action Plan (MAP) The tool to plan what to do next

Valued Direction: <small>(from Compass)</small>	Target Goal: <small>(from Compass)</small>		
Action Name:	Specific Actions: What do you need to do to achieve your target goal?		
Date Goal Set:	How often	When	Where
Social Support	Resources	Information	Emotional
	Who can give me practical help? With what?	Who can give me information when needed? What information?	Who can listen and support me?
Monitoring Behaviours	How will I monitor my progress?		
Barriers	What are my barriers?		
Solutions	What are some solutions and back up plans?		
Confidence <small>(Circle your level of confidence to achieve the specific action above)</small>	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>0%25%50%75%100%</div>		
Review Date:	Review Outcome:		

COMPONENT 4:
COLLABORATIVE ACTION PLANNING & MONITORING

The Decisional Balance Motivational Enhancement Tool

The change that I would like to make, yet haven't yet made is:

BENEFITS OF NOT CHANGING

What are the benefits (good things) of keeping things as they are

BENEFITS OF CHANGE

Finish with what are the benefits (good things) about the change

COSTS OF NOT CHANGING

What are the disadvantages (less good things) about keeping things as they are

COSTS OF CHANGE

What are the challenges (less good things) about making the change

IMPORTANCE

0%25%50%75%100%

CONFIDENCE

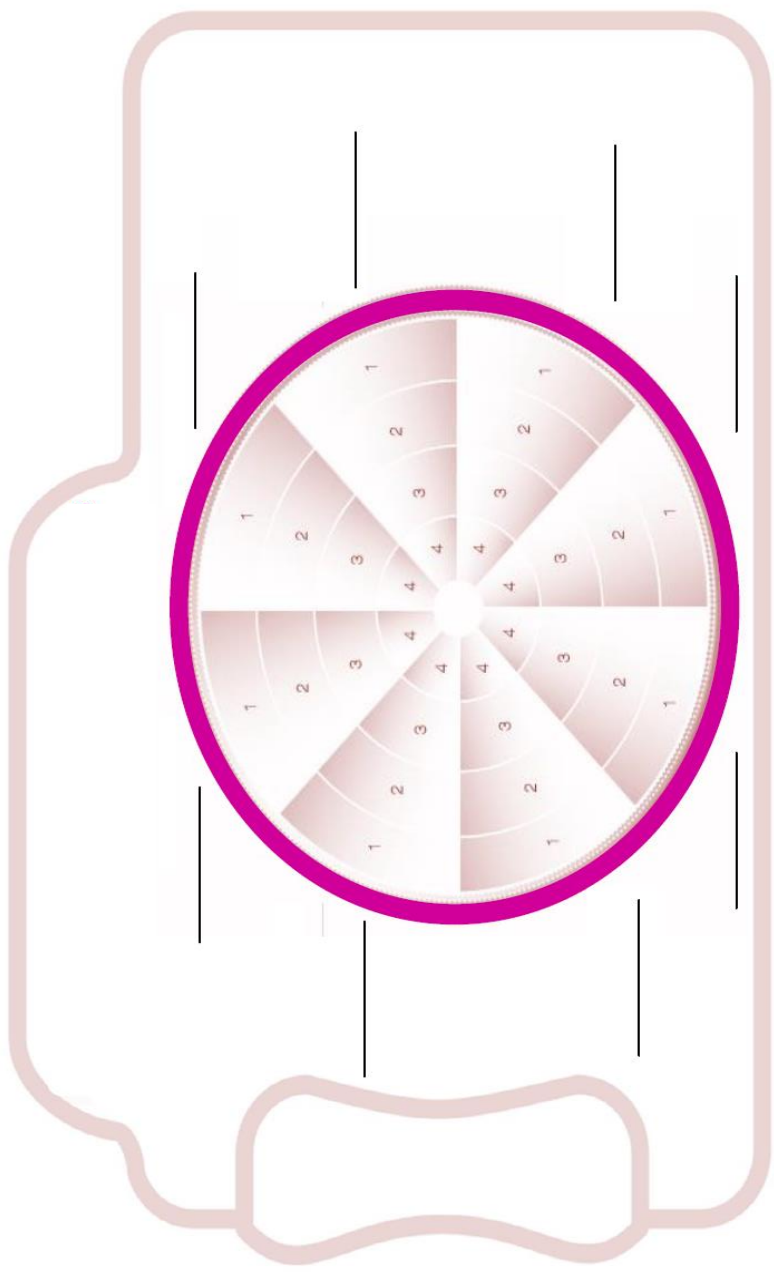
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COMPONENT 1:
CHANGE ENHANCEMENT

This brochure includes your copy of the Collaborative Recovery Model (CRM) Tools which may be used between the person and the practitioner at the Eastern Health Mental Health Program.

The Camera

The tool to focus personal strengths and values



COMPONENT 2: COLLABORATIVE STRENGTHS AND VALUES IDENTIFICATION

The Compass

The tool to know where you are at and where you are going

My Personal Life Vision is:

Please list in order of importance valued life directions that you generally try to orient yourself towards in your daily life

	Valued Life Direction A	Valued Life Direction B	Valued Life Direction C
Goal achieved: Better than expected	Write goal here		
TARGET Goal achievement >70% Confident	Write goal here	Write goal here	Write goal here
Goal achieved: Less than expected	Write goal here	Write goal here	Write goal here



COMPONENT 3: COLLABORATIVE VISIONING AND GOAL STRIVING