



Recovery Lens

Full Recovery Lens document

Personal Recovery	Clinical Recovery
An ongoing holistic process of personal growth, healing and self-determination as defined by the person (Slade 2009)	Reduction or cessation of symptoms and restoring social functioning (Vic Gov DoH 2011)

Recovery in this instance refers to **personal recovery** as distinct from clinical recovery.

Recovery Oriented Practice (ROP) is complimentary and supportive of other forms of mental health care.

Apply this lens to check your Recovery Orientation. This may be in relation to working with service users, care planning, conducting clinical meetings and reviewing programs, policies, procedures and documents. A check list for document review is included as an appendix.

1. Dignity of Risk

Risk is an inherent part of living. People have a right to experience all that life has to offer, even when this involves taking some risks.

Question: Is my practice/ this program/this protocol supportive of dignity of risk for the people it pertains to?

2. Consumer led Decision Making

Self-determination and self-management are core principles of ROP. A person's competency and the ability to make informed decisions are not questioned.

Question: Is my practice/ this program/this protocol supportive of consumer-led decision making and does it assist the person to consider their options along with potential consequences?

3. Appropriate Language

Our language sets the scene for our practice. People respond to the way in which we say things. Power dynamics are conveyed through language.

Question: Is my practice/ this program/this protocol showing interest in how people would like to communicate and their preferred language? Is the language of this aspect of our service provision putting the person first e.g. person experiencing

4. Strong Therapeutic Alliance

A collaborative partnership is a key aim in ROP. A true therapeutic relationship begins with honesty and openness to examine our beliefs, values and behaviours. Recovery literature commonly supports the need to address the existing and perceived power imbalances between the practitioner and the person. Carl Rogers (1957) believed that the relationship between the practitioner and the patient was more important than specific interventions.

Question: Is my practice/ this program/this protocol supporting the development of a strong therapeutic alliance and open to addressing power imbalances?

5. Meaningful and Manageable Goals

Goal setting has been linked in the literature with promoting hope and a sense of meaning which in turn is associated with psychological recovery. It is essential that these goals are owned by the person, achievable, clearly defined and measurable. People are found to have better treatment outcomes when they actively participate in goal setting. The use of Motivational Interviewing skills can assist the practitioner to explore the person's motivation to change leading to improved engagement around goal setting.

Question: Is my practice/ this program/this protocol supporting the needs of the person and encouraging active participation in value driven, strengths based goal setting?

6. Consistent use of "Home work" or out of session activity

Applying learned skills to situations outside of the therapeutic engagement is proven to support improved learning and outcomes for people in recovery.

Question: Is my practice/ this program/this protocol supporting between session learning and skill acquisition? Is personal mastery the aim?

7. Exploration of Identity

Existentialism is important to ROP. People need to explore their sense of personal identity at a deeper level that is beyond the medical diagnosis we apply to them.

Question: Is my practice/ this program/this protocol able to support the view of people as more than a diagnosis?

8. Holistic, Strengths-Based and Positive psychology

ROP requires us to focus on strengths as opposed to deficits and wants rather than needs. Putting a person's strengths before their challenges helps us to view them in a more positive light and changes the way we work with them.

Question: Is my practice/ this program/this protocol putting the person's strengths before the challenges?

9. Metaphor of the ' Journey'

The metaphor of the recovery 'journey' helps us to understand that ROP is about supporting a person longitudinally as they experience and engage in the various aspects of life over time. It helps us to see beyond the idea of clinical recovery. A personal recovery journey in no way implies that a person has achieved clinical recovery.

Question: Is my practice/ this program/this protocol demonstrating a longitudinal view of personal recovery and supportive of people at various points on their personal recovery journey?

10. The role of Peer Support

People with lived experience of mental ill health who are embracing recovery are well positioned to offer hope and inspire others. It is noted throughout the literature that Peer Workers are an important aspect of the care we can offer to people using our services.

Question: Is my practice/ this program/this protocol acknowledging the importance of a peer workforce in supporting people on their recovery journey?

11. Consumer & Carer Involvement

Consumer and Carer involvement in all aspects of service provision is essential to ensure we are catering appropriately for the people who use our services.

Question: Is my practice/ this program/this protocol based on consumer and carer input and does it provide clear mechanisms for responding to consumer and carer advice?

12. Collaboration

People are to be viewed holistically and the broader range of supports to enable recovery should be considered in all aspects of service provision. People are to be actively encouraged and supported to access other services and community activities to enhance their recovery journey. Families, children and support people need to be identified, engaged and informed.

Question: Is my practice/ this program/this protocol supportive of bringing together the views, needs and goals of the person and the various people involved in the person's care, including Families, children and support people, and other service providers?

13. Diversity

It is important to provide individualised care with respect to gender and cultural diversity. We need to respect and preserve identity for the people we work with. Aboriginal communities generally conceptualise mental health more holistically as social and emotional well-being.

Question: Is my practice/ this program/this protocol demonstrating a supportive and holistic approach by accommodating diversity in relation to gender and culture?

References

1. Australian Health Ministers' Advisory Council 2013, *A National Framework for recovery-oriented mental health services: Policy and Theory*, Commonwealth of Australia, Canberra, ACT.
2. Australian Government 2010, *National Standards for mental Health Services*, Commonwealth of Australia.
3. CatalystBreakthru 2012, *Literature Review: Recovery Oriented Practice*, Prepared for Open Minds.
4. Department of health 2011, *Recovery-oriented practice Literature review*, Mental Health, Drugs and Regions Division, Victorian Government Department of Health, Melbourne, Victoria
5. Le Boutillier, C, Leamy, M, Bird, VJ, Davidson, L, Williams, J, & Slade M 2011, 'What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance', *Psychiatric Services*, vol. 62, no. 12, December, pp.1470–6, (www.ncbi.nlm.nih.gov/pubmed/22193795).

Recovery Lens Appendix

For document review

Is this protocol /document

- supportive of dignity of risk for the people it pertains to?
- supportive of consumer-led decision making and does it assist the person to consider their options along with potential consequences?
- showing interest in how people would like to communicate and their preferred language and does it put the person first?
- supporting the development of a strong therapeutic alliance and open to addressing power imbalances?
- supporting the needs of the person and encouraging active participation in value driven, strengths based goal setting?
- supporting between session learning and skill acquisition?
- able to support the view of people as more than a diagnosis?
- putting the person's strengths before the challenges?
- supportive of people at various points on their personal recovery journey?
- acknowledging the importance of a peer workforce in supporting people on their recovery journey?
- based on consumer and carer input and provide clear mechanisms for responding to consumer and carer advice?
- Supportive of collaborative practices in relation to the person and their families, children, support people, and other service providers?
- Supportive and respectful of cultural and gender diversity?



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