

Mental Health **RECOVERY** in the ACT

Definition of Recovery

The following consensus statement was the result of extensive consultation and deliberations and encapsulates the essence of mental health recovery.*

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.

Vision for Recovery from Mental Illness in the ACT

All people are valued participants in the community and have the power and support to take action in their unique and challenging journey of recovery.

Recovery Principles

These principles have been developed to inform and guide the ACT community, and in particular mental health service providers, to support the spirit of recovery and enhance potential contributions to a person's recovery journey. They have been developed after reflection on principles, dimensions and key elements from other states in Australia and around the world. Underlying these principles is acknowledgement of the unique nature of the recovery journey and the importance of creating a culture of optimism, healing and inclusion.

- Hope is fundamental to a person's recovery journey.
- A person's unique life context — encompassing, though not limited to, culture, spirituality, gender, age, life roles — is acknowledged and valued.
- People are encouraged to take the lead in their recovery journey and collaborate with a range of services and supports as required.
- Maintaining and developing connections to valued people and activities is critical to the recovery journey.
- Partnerships are based on trust and mutual respect.
- People are provided with the necessary information to enable them to make informed decisions about their recovery journey.
- Everyone has responsibility for creating and sustaining a culture that promotes recovery.

Recovery Oriented Services

For services and workers, (community agencies, specialist services — government and non-government) a recovery orientation means that care planning and service delivery are guided by an understanding of recovery. Service providers have a responsibility to provide interventions that have been shown to support a person's journey of recovery from mental illness.

Services will:

- plan for and work towards recovery for each person by:
 - encouraging hope and generating opportunities
 - ensuring the basic supports to living (safety, shelter, adequate income,) are established
 - building trusting relationships
 - recognising their unique life context
 - giving consideration to their culture and spirituality
 - hearing and giving consideration to their aspirations
- work in partnership with people recovering from mental illness and encourage them to take the lead in planning the treatment, care and support they will need to assist them in their recovery. Their input is essential throughout the process.
- establish partnerships with families and carers who are provided with the information they need to perform their role.
- work collaboratively with relevant agencies to ensure people have access to a range of service delivery options. Links to other agencies are made as early as possible in the process.
- work to end discrimination and increase community understanding of people affected by mental illness.
- ensure staff are provided with the training, tools and support needed to develop a recovery focussed approach for each person.

Acknowledgement

This document is the product of a significant commitment and input from the Mental Health Recovery Group, (a partnership between Government and Community Agencies in the ACT including consumers and carers).