

The National framework for recovery-oriented mental health services defines personal recovery as being able to create and live a meaningful and contributing life in a community of choice, with or without the presence of mental health issues.

Consumer and carer guide to recovery principles that support recovery-oriented mental health practice

JOURNEY OF HOPE AND NEW BEGINNINGS

Recovery-oriented practice encapsulates mental health care that:

- recognises and embraces the possibilities for recovery and wellbeing created by the inherent strength and capacity of all people experiencing mental health issues
- maximises self-determination and self-management of mental health and wellbeing
- assists families to understand the challenges and opportunities arising from their family member's experiences.

This guide and the following related documents can be accessed online at www.health.gov.au

- *A National framework for recovery-oriented mental health services: Guide for practitioners and providers*
- *A National framework for recovery-oriented mental health services: Policy and theory*
- *Practitioner guide to recovery principles that support recovery-oriented mental health practice*
- *National Standard for Mental Health Services 2010* (incorporates recovery principles)



Australian Health Ministers'
Advisory Council



Consumer and carer guide to recovery principles that support recovery-oriented mental health practice

These 'reflective questions' provide consumers and carers with a recovery principles approach to ensure that mental health services facilitate their recovery journey.

1. Uniqueness of the individual

Do I feel supported to build on my unique strengths and promote self responsibility?

Do I feel supported with my physical health needs and overall wellbeing?

Are staff sensitive to my cultural, religious and social needs?

Am I given the opportunity to discuss my experience of trauma?

2. Real choices

Am I provided with sufficient information to make informed choices about care and treatment, and future planning?

Does the service facilitate opportunities where I can discuss very difficult choices?

Does the service try to understand difficult choices from my perspective?

3. Attitudes and rights

Are my legal and human rights advised, respected and promoted?

Does the service at all times convey an attitude of respect for me and a desire for an equal partnership in working together?

4. Dignity and respect

Do I feel welcomed to the service, and continue to feel welcomed?

Does the service make the environment physically and emotionally safe for me?

Does the service listen to, and support me with my recovery goals?

5. Partnership and communication

Does the service proactively involve and inform me of all aspects of care planning and treatment with a recovery focus?

Am I proactively linked with other services and supports to help me achieve my recovery goals?

6. Evaluating recovery

Am I involved in the review of my recovery goals?

Does the service evaluate my recovery outcomes and use them to drive service quality improvement?

