

The Strengths Model of Recovery-Oriented Practice

Mental Health Service supporting the journey of recovery

The Strengths Model: A Recovery-Oriented Approach to Mental Health Services and the Department of Health Victoria Framework for Recovery-Oriented Practice

The Strengths Model PRINCIPLES Rapp & Goscha 2012	Recovery DOMAINS DH Victoria 2011
Consumers can recover, transform and reclaim their lives	Promoting a culture of hope
The focus is on the individual strengths rather than deficits	Promoting autonomy and self-determination Focus on strengths Responsiveness to Diversity
The worker-consumer relationship is primary and essential The consumer is the director of the helping process	Collaborative partnerships and meaningful engagement Holistic and personalised care
The primary setting for our work is the community The community is viewed as an oasis of resources	Family, carers, support people and significant others Community, participation and citizenship
	Reflection and learning

What is personal recovery?

– "... a deeply personal, unique process of changing one's attitudes, values, feeling, goals, skills, and/or roles. It is a way of living a satisfying, hopeful and contributing life even with the limitations caused by illness.

Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness" (Anthony, 1993)

What recovery may mean for you as a consumer

- You have taken control of making decisions in your life
- You have come to an understanding of your life experience
- You have taken a forward-thinking approach to life
- You are able to take pro-active steps in promoting your own wellness
- You have hope and are able to enjoy life

What does a recovery-oriented service look like?

- Consumers are considered experts in their own care
- The relationship between each consumer and our service is based on compassion, understanding, knowing each other as unique individuals and is the basis for good work to happen
- Risk is balanced with promotion of individual choice and decision-making
- Clinicians foster a culture of hope and use recovery-oriented behaviours and language
- Every consumer achievement is recognised, acknowledged and celebrated.

How can we work with you on your recovery journey at St Vincent's?

The Strengths Assessment

This enables you to explore not only your strengths at one point in time, but what they have already accumulated in experience and knowledge in the past.

Strengths can be your hopes and dreams, family and friends, skills, resources and personal qualities and characteristics.

The Personal Recovery (Goal) Plan

Personal goal planning provides the opportunity for you and your worker to work towards goals that are meaningful, precious and rewarding.

A goal is something you wish for in the future.

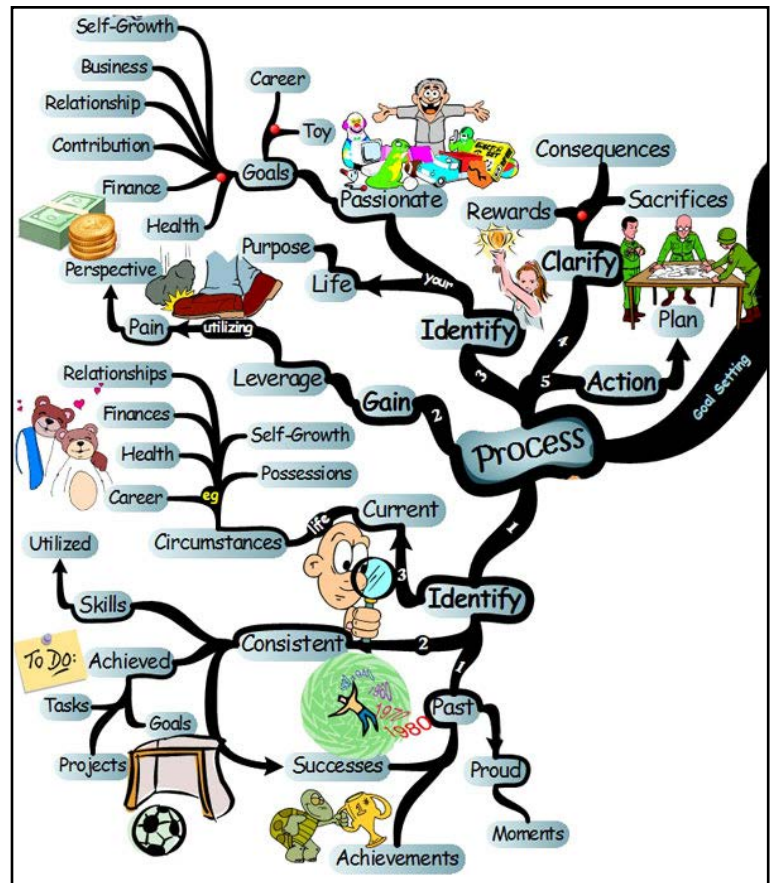
The WRAP®

The WRAP® is an evidence-based tool that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness.

It can help you to create a positive change in your life and reduce distressful feelings and situations.

The FRAP

The FRAP is a means of inviting your family/carers to take an active role in supporting your recovery. It can help your carers to understand about recovery and how the Strengths Model can assist both you and them.



What do we want for you as our consumers?

- A recovery-oriented service
- Individual recovery which is consumer driven
- A focus on utilising own natural and community resources
- Consumers involved in every aspect of care delivery and service development
- The capacity to grow and learn

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