SRC SCOTTISH RECOVERY CONSORTIUM

Recovery Dimensions: Supportive Relationships

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Having people to develop lasting connection to communities and natural supports		
Being willing to include these natural supports in the recovery planning process		
Being willing to help people get their basic needs met in the community, e.g. managing benefits and finding financial resources, food, shelter and safety		
Believing in people and sharing that belief with others		
Being an 'advocate' as well as a 'provider'		
Valuing and exploring spirituality as a potentially critical source of support		

Adapted from Connecticut Department of Mental Health & Addiction Services: Proposed Model of Mental Health Recovery and Recovery-Oriented Services

Recovery Dimension: Renewing Hope & Commitment

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Focusing on strengths		
Complementing people respectfully on their successes		
Believing in the potential for growth and improvement, recovery is a possibility for everyone		
Using a language of hope and possibility		
Being hopeful even when people cannot be		
Understanding that recovery is an individualised process		

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Recovery Dimension: Finding your Niche in the Community

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Supporting involvement in valued social roles		
Highlighting employment as a path to recovery		
Promoting leisure activities and hobbies based on each individuals interest		
Being able to complete an assessment that focuses on a person's strengths as they relate to education, work and leisure		
Being knowledgeable of the full range of rehabilitation and community services that can help people to achieve their goals, deliver services outside the boundaries of the treatment system		
Addressing medical or physical issues that might prevent people from pursuing social interests and hobbies		

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Recovery Dimension: Redefining Self

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Helping people become more involved in valued social roles		
Being responsive to their cultural preferences and values		
Focusing on people as whole beings, not just on their illness		
Using 'person first' language		
Having the skills to allow people to share their personal experiences and how those experiences inform their world view		
Helping people plan for their life beyond the system		

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Working 'with' not 'for' people		
I can support people in their recovery by...	**What evidence is there that we are doing this?**	**What can we do to improve our service in this area?**
Following their lead and supporting them in their unique path toward recovery		
Learning more about the recovery process by participating in educational activities led by persons in recovery		
Referring to prominent role models who have experienced success and happiness despite mental illness/addictions		

Recovery Dimension: Incorporating Illness

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Recovery Dimension: Overcoming Stigma

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Avoiding stigmatizing language and labels		
Helping transform communities into more accepting environments		
Being able to confront personal prejudices		
Teaching people how to manage stigma by advocating for themselves and others getting involved in things like 'stigma busting' program evaluation and state politics		
Not wearing badges when working with someone in the community, i.e. staying behind the scenes		

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Recovery Dimension: Assuming Control

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Providing opportunities for choice and offering options to choose from		
Allowing people the right to make mistakes and valuing this as an opportunity for people to learn		
Avoiding controlling behaviours		
Understanding and delivering person-centred planning		
Avoiding the 'professional knows best' attitude and relating to people as equals		

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Recovery Dimension: Managing Symptoms

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Providing access to education about a variety of methods of help		
Providing culturally-centred interventions that reflect an understanding that recovery takes place in cultural context		
Understanding that medication is only one tool in the 'recovery tool box' and learn about other tools, e.g. not all people require medication to recovery		
Working with people to develop relapse prevention strategies that work best for them		
Being able to teach recovery from addiction self-management where people use their own experiences and knowledge to apply strategies that work best for them		
Creating opportunities for people to take responsibility for their lives		
Understanding that symptoms do not have to be eliminated before people can pursue their recovery		
Letting people express their feelings, including anger and dissatisfaction, without attributing this to symptoms or relapse		
Encouraging the use of peer support and recovery based coping models, e.g. Wellness Recovery Action Planning		

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Recovery Dimension: Becoming an Empowered Citizen

I can support people in their recovery by...	What evidence is there that we are doing this?	What can we do to improve our service in this area?
Asking people about what has worked/not worked for them in their own recovery, including how the treatment system has supported or hindered their progress		
Listening to people and respecting their choices		
Helping people to find their voice and encouraging involvement in advocacy activities		
Involving people in recovery in all aspects of service planning, development and implementation		
Understanding and teaching people about, how they are protected by disability and mental health law		
Encouraging people to be responsible citizens, e.g. by voting, volunteering, paying taxes, organising a neighbourhood watch etc		
Valuing assertiveness and independence as growth and considering reducing supports in response to this growth		

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