

GOOD MENTAL HEALTH: A sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment.

A MENTAL ILLNESS: A health problem that significantly affects how a person thinks, behaves and interacts with other people. It is diagnosed according to the standardised criteria.

RECOVERY

Definitions:

- Living well in the presence or absence of mental health problems
- A way of living a satisfying, hopeful and contributing life even within the limitations caused by the illness
 - A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and roles
 - Involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness

Principles of recovery

Hope	Central to recovery
Meaning	Building a meaningful and satisfying life as defined by the person themselves
Strengths	Focusing on strengths and wellness (not deficits and illness)
Learning	Enhancing strengths and learning new skills and ways of coping
Meaningful roles	Taking on meaningful roles in the community (rather than segregated services)
Growth	Growing with and beyond what has happened. Making sense of and finding meaning in the process
Identity	Discovering or re-discovering a sense of personal identity, separate from illness
Healing and self-acceptance	Involves emotional healing and self-acceptance
Personal responsibility	For recovery in partnership with professionals

Barriers to recovery

Individual	Self-stigmatisation, discrimination, unhelpful responses from others, limited services
Staff	Unhelpful attitude (stigma, discrimination, hopelessness), lack of respect for rights, not providing adequate info about treatment options
Systems	Often greater focus on medical model, difficulties of balancing duty of care and risk management, gap between policy and practice

Tasks involved in recovery

1. Developing a positive identity	A positive, personally valued identity outside of being a person with mental illness
2. Framing the mental illness	Develop a personal meaning to frame the experience of mental illness (part of the person, but does not define them). This may be a diagnosis or may have nothing to do with professional models.
3. Self-managing the illness	Transition from clinical management to person responsibility Seeking help and support from others when necessary
4. Developing valued social roles	Previous, new or modified social roles Provides scaffolding for the emerging identity of the recovering person.

Traditional/Medical approach VS Recovery