

# RECOVERY

“at the heart of Mental Health”



*“Recovery is not the same thing as being cured. Recovery is a process not an endpoint or a destination. Recovery is an attitude, a way of approaching the day and facing the challenges.” (PE Deegan)*

**A guide to values, principles, practice & standards that you should expect from services in Cardiff and the Vale of Glamorgan**

## What it Means...

- ◆ Recovery is possible for everyone with the right approach and the opportunity of being in control
- ◆ Having hope is crucial to recovery.. .none of us would strive if we believed it a futile effort
- ◆ Recovery is a deeply personal, unique process
- ◆ Recovery is an attitude...a way of approaching the day and facing the challenges
- ◆ Recovery is the on-going... taking control of one's life that is meaningful, satisfying and purposeful
- ◆ Recovery does not necessarily mean cure or returning to where the person was before they became unwell. It is a re-adaptation to the illness that allows life to go forward in a meaningful way
- ◆ Recovery is a journey marked by successive achievements—some steps seemingly back helps to develop resilience
- ◆ Professionals cannot manufacture the spirit of recovery and give it to people, they can say “you do it and we can help”
- ◆ Recovery is a process not an endpoint or destination

### **TOGETHER FOR MENTAL HEALTH & MENTAL HEALTH MEASURE (Wales 2010)**

***Together for Mental Health*, focuses on how to improve the lives of service users and their families using a RECOVERY and enablement approach.**

***The Mental Health (Wales) Measure 2010* is committed to person-centred holistic care, engaging in all aspects of a person's life.**

**Both documents can be found at: [www.wales.gov.uk](http://www.wales.gov.uk)**

Understanding people's lives not just their symptoms

Every citizen in Cardiff & the Vale of Glamorgan has the right to mental health services and that challenge stigma and discrimination and WE:



- ◆ Actively listen to the person giving enough time for thoughtful discussion - if wanted,
- ◆ Make sense of the present experiences, which can change and help the person identify and prioritise their personal goals for their recovery and explore the person's existing strengths and resources
- ◆ Pay particular attention to the importance of taking the person out of the 'sick role' and enable them actively to contribute to the lives of others
- ◆ Identify community resources – friends, contacts, organisations relevant to their recovery
- ◆ Promote self-management of their mental health problems

- ◆ Discuss the benefits of Care & Treatment Planning
- ◆ Respect the person and the need for an equal partnership in working together
- ◆ Provide supportive information and explanation and offer links to options for help, support and treatment,
- ◆ Consider the inclusion of carers, family and other supporters, who also need to understand,
- ◆ Offer an opportunity to link with peers having similar experiences

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

# Mental Health Charter

Every person in Cardiff and the Vale of Glamorgan has the right to mental health services that:

1. Make a positive difference to each person they serve.
2. Stop doing things that are not working.
3. Are guided by the individual's views about what they need and what helps them.
4. Treat everyone as a capable citizen who can make choices and take control of their own life.
5. Work with respect, dignity and compassion.
6. Recognise that mental health services are only part of a person's recovery.
7. Recognise, respect and support the role of carers, family and friends.
8. Communicate with each person in the way that is right for them.
9. Understand that each person has a unique culture, life experiences and values.
10. Give people the information they need to make their own decisions and choices.
11. Support their workers to do their jobs well.
12. Challenge "us and them" attitudes both within mental health services and in the wider society.

The Charter has been adopted by Cardiff and Vale UHB, Cardiff Council, Vale of Glamorgan Council, Cardiff and Vale Mental Health Forum, Service User Forum/Sefyll

***The leaflet has been developed by Service Users, Cardiff & Vale UHB, CAVAMH, MIND in the Vale, 4 Winds, Hafal and Diverse Cymru on behalf of the Recovery Steering Group.***