

INTRODUCTION TO THE RECOVERY MODEL

From Theory to Practice

The Recovery Model, an exciting and radical new departure from more traditional ways of working with people with mental health needs, is increasingly used in mental health settings throughout the UK.

Developed from the experiences of mental health service users and linked to current social inclusion initiatives, the Recovery Model has been described as:

'a unique and deeply personal process of changing one's attitudes, values, feelings, goals, and skills. A way of living a satisfying and hopeful 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'

This workshop covers the key elements of the model and its practical application in day-to-day practice. It explores how to work more creatively and positively with people with mental health needs. Using the work of Repper & Perkins, the leading advocates of the model in the UK, participants will develop new ways of enabling service users to:

- Develop self confidence and gain greater control over their lives
- Establish hope inspiring relationships
- Gain access to valued roles, social networks and resources.

The workshop is facilitated by Jessica McKoen and by service-users who provide inspirational insight into their own personal recovery journeys.

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