



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# A Framework for Recovery



HSE Mental Health Services

## A National Framework for Recovery in Mental Health

A national framework for mental health service providers to support the delivery of a quality, person-centred service



2018-2020



# A National Framework for Recovery in Mental Health 2018 - 2020

April 12<sup>th</sup>

Irish College of Psychiatry  
Spring Conference 2018



Centrality of lived experience

Co-Production

Organisational Commitment

Recovery Learning & Practice

HSE Mental Health Service 2018



## Disclosure Statement

I have no financial or other conflicts of interest to report in relation to this presentation.

Michael Ryan

Service Improvement Lead

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A national Framework for mental health service providers to support the delivery of a quality person – centred service 2018 – 2020

1. Understanding of Recovery

2. Understanding of a recovery oriented service

4 Key principles that underpin such a service

16 Actions & 25 measures that support implementation of the Framework

HSE Mental Health Division November 2017

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Building a Better Health Service | Seirbhíse Sláinte Níon Fearr & Forbairt | Mental Health Services

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## Michael Ryan, Who am I...?

Service Improvement Lead

Director of ARI

Peer support worker

Special needs teacher

Mobile scarecrow

Father

Husband

Sibling

Football coach

Community council

Long suffering Mayo GAA fan

Service user mental health services



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## Understanding Recovery..

*Recovery is a deeply personal unique process of changing one's attitudes, values, feelings, goals, skills and or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery includes the development of new meaning and purpose in life as one grows beyond the catastrophic effects of mental illness. (Anthony 1993)*

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**Recovery is intrinsically about people experiencing and living with mental health issues in their lives and the personal goals they want to achieve in life, regardless of the presence or severity of those mental health issues.(HSE 2017)**



## Stages of Recovery...

*At an organisational level recovery is underpinned by 3 core values*

**Hope:** essential ingredient in recovery - a hope that life can get better. Other can be holders of that hope, clinicians subscribers of that hope..

**Empowerment:** Giving people the skills, resources and opportunity to make informed choices about their own life's

**Self -Determination:** Service users should define what recovery means in their lives. They should be active in progressing recovery and supported by services to achieve it.

Self-determined recovery goals must be included and central to the care planning process.

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## The Recovery Principles.

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- **Principle 1** - The centrality of the service user lived experience.
- **Principle 2** - The co-production of recovery-promoting services, between all stakeholders.
- **Principle 3** - An organisational commitment to the development of recovery-oriented Mental Health Services.
- **Principle 4** - Supporting recovery-oriented learning and recovery-oriented practice across all stakeholder groups



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## Principle 1

The centrality of the  
service user lived experience



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## Action:

**1.1.** Service users are supported to have the understanding and knowledge to define their own recovery with access to the opportunity and resources to pursue that recovery.

## Measure:

**1.1.1.** Service users are provided with access to recovery education programmes.

## Action:

**1.1.2.** Service users are provided with access to peer support, either at group or individual level and are defined in the person's care plan.

## Measure:

**1.2.** Service users define their own recovery goals for their lives utilising service supports as appropriate. The articulation of self-determination is a central component of the care planning process

**1.2.1.** The care plan contains the goals of the service user articulated in their own words



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## Principle 2 The Co-production of recovery-promoting services, between all stakeholders



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### Action:

**2.1.** Service users are supported to co-produce their own recovery objectives.

### Measure:

**2.1.** There is evidence in the clinical file that service users are supported in the co-production of their care plan.

### Action:

**2.2.** Services will have capacity-building measures on co-production and opportunities for all stakeholders to participate in co-production.

### Measure:

**2.2.1** The service will provide access to co-production training

**2.2.2** The service will provide evidence of the uptake of the co-production training.





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## Principle 3 An organisational commitment to the development of recovery-oriented mental health services

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### Organisational Commitment

#### Action:

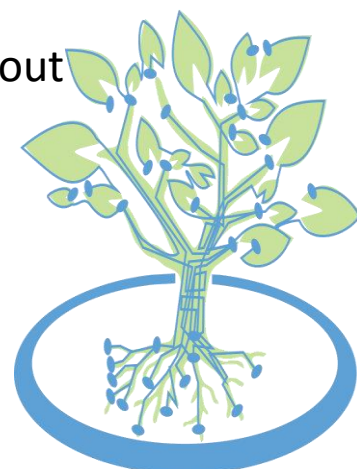
**3.2** All mental health staff are supported to adopt the mission, vision and values of recovery in all their interactions with service users, families/carers and other stakeholders.

#### Measure:

**3.2.1.** The service has a mechanism for delivering recovery education.

**3.2.2.** The care plans will reflect how the staff have adopted the recovery ethos of the organisation as set out in its service plan.

Organisational Commitment



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# Principle 4

Supporting recovery-oriented learning and recovery-oriented practice across all stakeholder groups





## Recovery Learning & Practice



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**Recovery Education** is the process by which individuals explore, assimilate and create the knowledge required for recovery to occur in their own lives or in the lives of those they support or provide services to and in the local communities that sustain individuals in recovery. .

Recovery education takes a strengths and adult education based approach which offers the choice to engage in learning opportunities. It is underpinned by the values of self-direction, personal experience, ownership, diversity, and hopefulness. (National ARI Recovery Education Working Group, 2017)



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## Recovery Learning & Practice

### Action:

**4.1.** The service develops a co-produced recovery education plan to build the recovery capital & literacy of all stakeholders.

### Measures:

- **4.1.1.** The service includes its recovery education plan in its service and operational plan
- **4.1.2.** The service has a mechanism for delivering recovery education.
- **4.1.3.** The service provides recovery principles and practice workshops to all staff within 2 years.
- **4.1.4.** All MD's measure their fidelity to recovery practice for example -TRIP.
- **4.1.5.** All staff have at least two team reflective practice sessions on recovery annually.
- **4.1.6.** The service will communicate the framework to all clinical schools and clinical training providers.



## Round table discussion

- ***How does the Framework principles inform a coproduction approach to care planning for the team ?***
- What are key issues that need to be considered?
- What is psychiatrist 's role in supporting recovery focused care planning?
- What can the College do to support this?

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