

# Ten Top Tips for Recovery Oriented Practice

- ❖ Actively listen to help the person make sense of their mental health problems?
- ❖ Help the person identify and prioritise their personal goals for recovery – not my professional goals?
- ❖ Demonstrate a belief in the person's existing strengths and resources in relation to the pursuit of these goals?
- ❖ Identify examples from my own 'lived experience', or that of other service users, which inspires and validates their hopes?
- ❖ Pay particular attention to the importance of goals which take the person out of the 'sick role' and enable them actively to contribute to the lives of others?
- ❖ Identify non-mental health resources – friends, contacts, organisations – relevant to the achievement of their goals?
- ❖ Encourage self-management of mental health problems (by providing information, reinforcing existing coping strategies, etc.)?
- ❖ Discuss what the person wants in terms of therapeutic interventions, e.g. psychological treatments, alternative therapies, joint crisis planning, etc., respecting their wishes wherever possible?
- ❖ Behave at all times so as to convey an attitude of respect for the person and a desire for an equal partnership in working together, indicating a willingness to 'go the extra mile'?
- ❖ While accepting that the future is uncertain and setbacks will happen, continue to express support for the possibility of achieving these self-defined goals – maintaining hope and positive expectations?