

## DH VICTORIA FRAMEWORK FOR RECOVERY-ORIENTED PRACTICE & **THE MHA 2014**

### **PRINCIPLES**

#### **PROMOTING A CULTURE OF HOPE**

##### **Core principles**

Mental health services promote principles of hope, self-determination, personal agency, social inclusion and choice.

A service environment supportive of people's recovery is one that sustains and communicates a culture of hope and optimism and actively encourages people's recovery efforts.

The physical, social and cultural service environment inspires hope, optimism and humanistic practices for all who participate in service provision.

***Rights, dignity and autonomy to be respected and promoted***

***Assessment and treatment provided in the least restrictive way possible***

***People are supported to make or participate in decisions about assessment, treatment and recovery including decisions that involve a degree of risk***

***Holistic care (mental and physical health needs including AOD) that is responsive to individual needs***

## **PROMOTING AUTONOMY AND SELF-DETERMINATION**

### **Core principles**

Mental health services have a responsibility to involve people as partners in their mental health care.

Mental health care aims to promote people's self-determination and to support people's capacity to manage their mental health.

Lived experience and expertise is recognised, elicited and acted on in all decision-making processes.

Every person should have access to high-quality recovery-oriented mental health care that is responsive to their particular needs.

Recovery-oriented mental health care encourages informed risk taking within a safe and supportive environment.

The safety and wellbeing of people accessing the service and their support networks is central to the provision of mental health care and the service environment is organised to ensure people's safety and optimal wellbeing

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## **COLLABORATIVE RELATIONSHIPS AND MEANINGFUL ENGAGEMENT**

### **Core principles**

Mental health services provide personalised care through meaningful engagement and collaborative practices, ensuring that people are able to exercise optimal choice, personal agency and flexibility.

Recovery-oriented mental health care involves working sensitively, responsively, respectfully and collaboratively with people and their support networks.

Mental health services work constructively with people to make sense of their experiences and to find positive meaning in their personal stories.

Mental health services work to promote people's mental health, wellbeing and recovery by establishing and sustaining collaborative partnerships with people.

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***Carers to be involved in decisions about assessment, treatment and recovery where possible***

## **HOLISTIC AND PERSONALISED CARE**

### **Core principles**

Mental health care is personalised and informed by people's particular circumstances, preferences, goals and needs.

Mental health service providers understand that a range of factors impact on people's wellbeing and the corresponding need to consider people in the context of their cultural values and beliefs, social networks, family, community, housing, physical health, education and employment.

Mental health care is responsive to the whole person and all the factors that impact on their wellbeing.

Mental health care is relevant, appropriate and responsive to people's age and developmental stage.

Mental health care is responsive to the range of different needs people may have, which involves effective collaboration with non-mental health service providers

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***Aboriginal persons receiving mental health services should have their distinct culture and identity recognised and responded to***

## **FAMILY, CARERS, SUPPORT PEOPLE AND SIGNIFICANT OTHERS**

### **Core principles**

Family, support people and significant others have a significant and important role in supporting people's recovery.

Mental health service providers support people to utilise and enhance their existing support networks.

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## **FOCUS ON STRENGTHS**

### **Core principles**

Recovery-oriented mental health care focuses on people's strengths, resources, skills and assets.

In promoting people's wellbeing, mental health services support people to build their confidence, strengths, resourcefulness and resilience.

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## **COMMUNITY PARTICIPATION AND CITIZENSHIP**

### **Core principles**

People with lived experience of mental illness are capable of making meaningful social contributions, regardless of the presence or absence of symptoms of mental illness.

Positive relationships, meaningful opportunities and community engagement are important elements of recovery.

Stigmatising attitudes towards people with lived experience of mental illness adversely impact on their mental health, recovery and wellbeing.

Mental health services actively promote people's social and community participation.

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