

MORE INFORMATION

The website below provides a diagram of the model. If you click on the diagram it will take you to further information about each of the principles and components of the model.

http://www.uow.edu.au/health/iimh/collab_recovermodel/

The link below takes you to a website which will point you to articles about CRM and its implementation. If you would like a hard copy of the literature review or any of the articles please ask your support worker or call the Service Development team at Neami Head Office on 03 9481 3277.

<http://www.uow.edu.au/content/groups/public/@web/@health/documents/doc/uow068059.pdf>

YOUR THOUGHTS & COMMENTS

Neami would be very happy to hear your views about the Collaborative Recovery Model or to answer any queries you may have. Your first point of contact is your support worker but you are also most welcome to contact the Service Development Team at Neami Head Office on 03 9481 3277.

COLLABORATIVE RECOVERY MODEL

An information booklet
for consumers and carers

December 2009



University of Wollongong



INTRODUCTION

This booklet will explain a little about the Collaborative Recovery Model and how Neami will be implementing this approach in its work with consumers and carers. Over many years Neami has been in the process of refining our practice model and we believe that the Collaborative Recovery Model will support better outcomes for consumers. The information in this booklet is largely drawn from the website of the Illawarra Institute of Mental Health where the model has been developed.

WHAT IS RECOVERY?

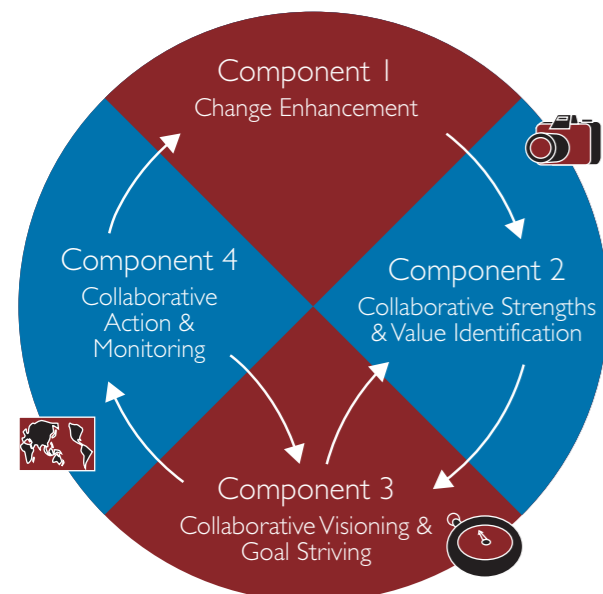
The concept of recovery was developed by consumers as a way of describing the personal journey that takes place for people with mental health problems as they work toward a renewed sense of identity, meaning and purpose. Embedded in this concept is the belief that this is a unique journey for each person and therefore it needs to be a self-directed process.

“Recovery is not cure, stabilisation or maintenance – it is a self-directed process of reclaiming meaning and purpose in life. The goal is to become the unique, awesome, never repeated human being that we are called to be (Patricia Deegan 2001)”

WHAT IS THE COLLABORATIVE RECOVERY MODEL?

The Collaborative Recovery Model (CRM) is a practice model developed over a number of years at the University of Wollongong that incorporates evidence of practices that have previously assisted people living with enduring mental illness. Influences include Positive Psychology, psychosocial rehabilitation principles, motivational interviewing and the Stages of Change model.

CRM is consistent with the values of the recovery movement and is now being implemented in organisations in most states of Australia.



The model has two guiding principles:

Recovery is an Individual Process

Recovery is described as 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 involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness (Anthony, 1993).

Collaboration and Autonomy Support

Research consistently shows there is a correlation between the strength of the working relationship between a person who is recovering and people who are assisting this process and mental health outcomes (e.g. Martin, et al., 2000).

The model has four key components.

The first component, **Change Enhancement**, involves exploring and supporting the individual in building interest and commitment to their own recovery journey. The model recognises that each individual is different and that change is a very individual process. The second component focuses on identifying the **Strengths and Values** of the individual and the ways these can be tapped into to support the individual's journey. The third component involves **Setting Goals** to support the individual to further express their strengths and values in their day to day lives. The fourth component takes this to the level of developing an **Action & Monitoring** plan including the supports the person will need to achieve their goals

Guiding Principle 1
Recovery as an individual process

Guiding Principle 2
Collaboration and Autonomy Support

STAGES OF RECOVERY

Research suggests that there are clearly identifiable stages of recovery and that it is important to tailor the response to where people are at. It is also important to assist consumers to understand the recovery process and to fully inform and engage them through the working alliance. Often the experience of an enduring mental illness can leave people without hope and fearful to try new things. Understanding this as a stage in the journey of recovery, referred to in CRM as the Moratorium stage, is an important element of the model. Over time it is anticipated that the individual will move to the subsequent stages:

Awareness – considering alternatives, aspiration without direction, taking notice

Preparation – tentative goals, reliance on others, developing resource networks

Rebuilding – achievement, feeling productive, determined

Growth – Optimism, contentment, sense of self-worth

THE COLLABORATIVE RECOVERY MODEL LIFEJET

The LifeJET is a set of planning tools to assist people to identify their individual journey of recovery. These Tools will replace the existing Individual Service Plan and will be used depending on where the person is at in their journey. These tools will be introduced to you by your support worker.



The Camera: To bring into focus important values and strengths



The Compass: To identify the longer term vision or direction for your recovery journey and track progress toward achieving the goals that are important to you



The Map: To plan the next steps, anticipating any barriers and identifying the people and things that can assist along the way

HOW IS IT DIFFERENT FROM WHAT WE DO NOW?

In some ways the approach is not greatly different from what we do now. Where it is different is in the use of the tools which are more likely to result in identifying the things you value and your strengths as the starting point for goal setting. Your support worker will guide you through this process and will start using the Lifejet tools that are most meaningful and helpful to you.

WORKING WITH THE WHOLE SYSTEM

The Collaborative Recovery Model engages with all four parts of the consumer's support system – consumer, carer/friends/family, staff member/s and organisation. All parts of the system need to be recovery focused in order to effectively support the individual on their journey. Mental illness affects everyone in that system and therefore it is essential for all parts of the system to engage with the recovery process on their own behalf as well as in support of the individual.

FAMILIES & FRIENDS

Families and friends are important members of the recovery "support crew". The Illawarra Institute for Mental Health offers the Family Connections Program for Families and Friends. Further information is available on the Illawarra Institute for Mental Health website:

<http://www.uow.edu.au/health/iimh/ResearchThemes/UOW053226.html>

or by calling: 1800153340

Mental Illness Fellowship also runs a program for families and friends called WellWays. Further information about this program can be found on their website:

<http://www.mifellowship.org/services-wellways.shtml>

or by calling: 03 8486 4232

or email: wellwaysfamed@mifellowship.org