

## Understanding of recovery-focused and person-centred approaches

(See supporting document, Sections 2.4 and 5.1.1)

There are many ways of understanding the meaning of recovery. Because recovery is person-centred it varies with each individual based on their own goals, beliefs, experiences and aspirations.

An ability for PSWs to draw on their lived experience and knowledge of recovery-focused approaches, personal recovery and processes of self-determination that underpin peer support

An ability to understand the importance of:

prioritising personal recovery (which focuses on the person and their own beliefs, values and goals) over clinical recovery (which will reflect the values and aims of the service or organisation)

helping people to lead and take control of their own personal recovery (for example, by ensuring that they have the resources and opportunity to become well-informed about their mental health and any care or interventions they receive)

An ability to draw on the key principles of personal recovery-focused approaches, namely that:

recovery is self-defined by the person experiencing a mental health difficulty and discussions about their recovery and personal goals should be led by them

what recovery looks like will vary from person to person and that:

recovery is about living a meaningful, satisfying and purposeful life (the life they wish to lead)

recovery is unique to each person and will reflect their own goals and aspirations

there is a focus on people's strengths and helping them to:

foster hope and optimism (a sustainable belief in themselves and a willingness to persevere through uncertainty)

identify, define and work towards the life they want to live, and having a sense of autonomy over their life

build the skills and strengths to manage challenges and setbacks

build their sense of self-esteem and develop a positive identity

support their ability to meet challenges in life through self-development and self-management

for most people, social inclusion is an important feature of their personal recovery (as part of a family, friendship group or community, or ability to play a part in society more widely)

recovery is a progressive process that takes place over time, and will include learning from setbacks

An ability to draw on knowledge of factors that can affect a person's recovery, such as societal factors (such as housing and educational opportunities), familial relationships, traumatic experiences and environmental influences