

## Links between Recovery & Strengths Approach

<b>Recovery Framework</b>	<b>Strengths Approach</b>
<b>Early Development</b>	
<ul style="list-style-type: none"> <li>• Initiated in US in mid-1980's, with Patricia Deegan as an influential person</li> </ul>	<ul style="list-style-type: none"> <li>• Initiated in US 1982 with Charlie Rapp as an influential person</li> </ul>
<b>UK Introduction</b>	
<ul style="list-style-type: none"> <li>• Gained prominence in line with the publication of the Department of Health National Service Framework in 1999</li> </ul>	<ul style="list-style-type: none"> <li>• Introduced by Charlie Rapp to the Sainsbury Centre for Mental Health first case management teams in 1991</li> </ul>
<b>Significant UK Publications</b>	
<ul style="list-style-type: none"> <li>• Repper, J. and Perkins, R. (2003) <i>Social Inclusion and Recovery: A model for mental health practice</i>. Bailliere Tindall, London.</li> </ul>	<ul style="list-style-type: none"> <li>• Ryan, P. and Morgan, S. (2004) <i>Assertive Outreach: A Strengths Approach to Policy and Practice</i>. Churchill Livingstone, Edinburgh.</li> </ul>

### Comparative Principles & Practice

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| <ul style="list-style-type: none"><li>• Recovery is not the same as cure</li><li>• Recovery is about growth</li><li>• Recovery can occur without professional intervention</li><li>• Everyone experiences the challenge of recovery at some point in their life</li><li>• Recovery is not a linear process</li><li>• Everyone's recovery journey is different and deeply personal</li><li>• Recovery involves restoring hope</li><li>• Recovery is about experiencing success</li></ul> | <ul style="list-style-type: none"><li>• Strengths Approach is about what a person (e.g. tenant or service user) can do or feels able or challenged to do</li><li>• One of the Strengths Principles states that everyone has the potential to learn, grow and change</li><li>• Strengths Approach helps to focus personal thinking on to your own potentials and abilities... tenants are encouraged to undertake their own strengths assessments and state their own priorities for strengths-based support plans</li><li>• Strengths Approach applies to everyone (including staff)... it is about personal development</li><li>• Strengths-based plans are developed at differing timescales in response to identified needs and wishes</li><li>• Strengths assessment is about building a personal picture at the pace of the individual</li><li>• Strengths Approach focuses on positive potentials, abilities, achievements, personal qualities</li><li>• Strengths assessment reflects passed achievements</li></ul> |
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<ul style="list-style-type: none"> <li>• Recovery is about taking control</li> <li>• Recovery is about finding meaning</li> <li>• Recovery is about maintaining relationships</li> <li>• Recovery is about facilitating personal adaptation</li> <li>• Recovery is about promoting access and inclusion</li> </ul>	<p>as well as initiating strengths-based plans that are signed off when achieved</p> <ul style="list-style-type: none"> <li>• Strengths Approach is about giving the person a voice about the priorities they want to work on</li> <li>• Strengths Approach enables people to express what is important for them in their lives, including maintaining the status quo if it is working (i.e. not having to change for the sake of bureaucratic measures)</li> <li>• Strengths Approach is one of the best vehicles for engaging good working relationships, as well as a part of the strengths assessment focusing specifically on personal relationships</li> <li>• Strengths Approach is about helping people to find their own solutions through their own resources wherever possible</li> <li>• One of the Strengths Principles specifically challenges everyone to think about how they connect practically or creatively to resources available in the local neighbourhood or community</li> </ul>
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**If recovery is the journey, the strengths approach is the vehicle for undertaking it!**