

Position statement: Recovery-oriented care

This position statement outlines the benefits of recovery-oriented approaches to mental healthcare.

Recovery reflects a person's unique circumstances associated with their mental health journey. Recovery-oriented approaches support a person by putting their background, needs, strengths and experiences at the centre of their care.

Recovery-oriented care therefore comprises a range of complementary practices adaptable to each individual's recovery journey.

Key principles

1. Recovery-oriented approaches place lived experience of the individual and their family, friends and supporters at the forefront, promoting person-centred, collaborative relationships that assist in building and sustaining a meaningful life.
2. The delivery of recovery-oriented care focuses on a person's wellbeing and recovery through their goals, wishes and aspirations, allowing these to lead the direction of support provided.
3. Person-centred care recognises the needs and preferences of individuals, and the knowledge they hold regarding their own mental health and support needs.
4. Holistic care acknowledges and delivers a coordinated response to all of a person's wellbeing needs.
5. Strengths-based care promotes cultures of hope which are essential to fostering environments that support a person's recovery.
6. Trauma-informed care acknowledges, respects and responds to the prevalence of trauma and its possible impact across many aspects of a person's life.
7. Relational recovery recognises the interpersonal influence of family, friends and social relationships as crucial enablers of recovery.
8. Family-inclusive care incorporates the valuable insights, knowledge and support that families, carers and supporters can bring to a person's recovery journey.
9. Culturally appropriate care enhances the quality, safety and suitability of care for people from all cultural backgrounds.
10. Evidence-based care integrates research, practical expertise and a person's values to provide services that maximise outcomes for consumers.