

## P02-121 - INTERNATIONAL BEST PRACTICE IN RECOVERY-ORIENTED MENTAL HEALTH SERVICES

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**Objectives:** Mental health policy in the English-speaking world emphasises the the importance of 'recovery' as a guiding philosophy. Translating this rhetorical consensus into reality has proved challenging, with some mental health service users reporting that the concept of recovery is being co-opted by professionals without substantive changes in practice. The aims of this talk are (a) to define personal recovery; (b) to present a theoretical framework for understanding personal recovery; and (c) to identify the four ways in which mental health professionals can support recovery.

**Methods:** The most widely cited definition of recovery will be elaborated, and key recovery domains identified from a systematic review of consumer narratives of recovery.

**Results:** A new theoretical framework for recovery - the Personal Recovery Framework - will be presented, which identifies the centrality of identity, the contribution of clinical models to recovery (and how they can be toxic to recovery), and why hope is necessary. The framework identifies four approaches which mental health professionals can use to support recovery: fostering relationships, promoting well-being, offering treatments, and improving social inclusion. Examples will be given of how actual services around the world are undertaking these tasks to support recovery.

**Conclusions:** Developing recovery-supporting mental health services will involve a fundamental shift in power, values, attitudes, skills and behaviours. It will require system transformation, and genuine partnership between those using, working in and managing services.

**Keywords:** Recovery, mental health services, partnership.