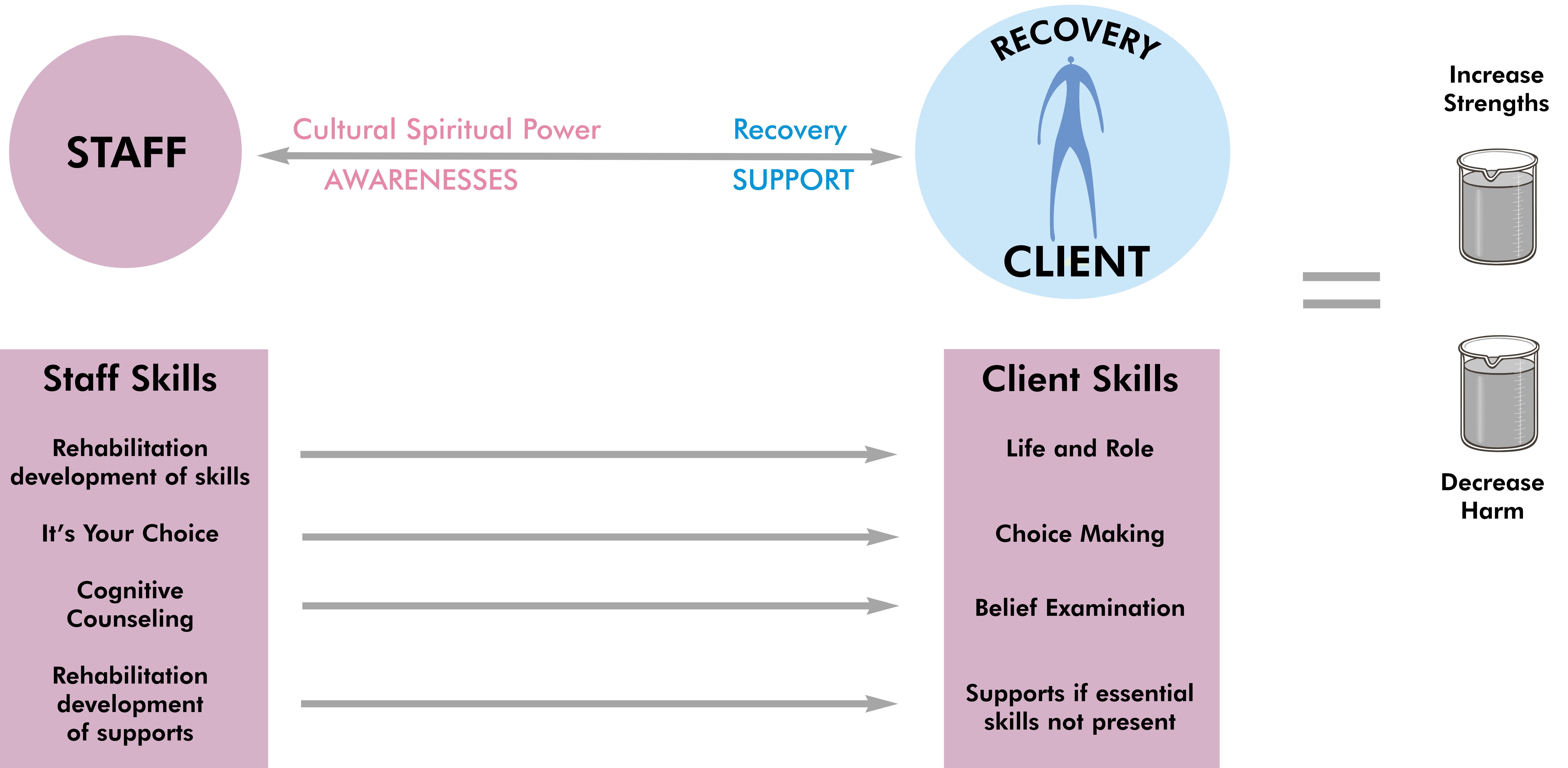





Supporting Clients in their Personal Recovery



-  The Person with Mental Illness
-  The Recovery
-  Staff

The Client-Staff Relationship

The relationship between staff and the client supports the client's recovery in two ways:

- Staff actively promote and reinforce the client's process of recovery.
- Staff are aware of their own spiritual beliefs, cultural assumptions and power inclinations in order to not intrude on the client's process of discovering their spiritual, cultural and empowered truths.

Staff Skills and Knowledge to Help Clients Learn New Skills

- Staff gain knowledge about the concept of, and potential for, Recovery.
- Staff engage and connect with clients.

Client Skills from Staff Skills

Clients learn new skills to enable them to live the life they desire.

- Life and role skills: to live life as meaningfully and independently as desired.
- Choice making skills: to make thoughtful and informed choices that decrease harm and increase strengths.

- Belief examination skills: to check the information and assumptions they have about their disabilities and capabilities against their real potential abilities.

Staff Learn New Skills to Enable Them to Teach Clients New Skills

- Psychiatric Rehabilitation to teach life and role skills (or develop supports).
- Telecare's "IT'S YOUR CHOICE" intervention to teach choice making skills.
- Cognitive counseling to teach belief examination skills.
- Staff arrange supports when client skills are not yet sufficient as a part of the Psychiatric Rehabilitation approach

Harm and Strengths Focus

There is a common focus of helping clients decrease the harm in their lives, and the lives of others, while increasing their personal strengths. This becomes the basis of interventions with clients, helping them understand the powerful effect of making choices thoughtfully and well. It is a critical way in which staff can support a client in the process of recovery.