



Recovery Devon - Applying Recovery Principles to Meetings

Recovery Devon will always try to work in recovery oriented ways, so that we uphold the values we promote in the work that we do.

We will celebrate the best of current practice as well as constructively criticise that which could be better.

“The goal of recovery can be stated as enabling people to live full, satisfying and contributing lives” (Bradstreet, 2004).

“A number of key elements promote Recovery, including hope and the idea that things can and do change.

People with mental health issues need the opportunity to be actively involved in choices and decisions and to have occasions to take personal responsibility.

It is important to keep in mind the recognition that everyone is an Expert by Experience, with something to contribute.

Thus meetings underpinned by a Recovery focus would be meetings where:

- The focus is on possibility and what can be changed.
- The purpose of the meeting will be clearly stated and owned by everybody.
- Participants will know why they are there and what the expected outcomes of the meeting are.
- Everyone is seen as an expert in their own lived experience and hearing everyone’s unique perspective will led to a more realistic and complex view than anyone had at the start.
- Everyone will take personal responsibility for their involvement in the meeting.
- It is understood that everyone is doing the best they can and we aim to work with people the way that they are.
- Everyone is involved in decisions that impact on them.”

Consequently we have adopted the above with slight amendments from an article, [Applying a recovery focus to meetings](#) by Christine Partridge on the Scottish Recovery Network website.

Agreed at December Recovery Devon Steering Group 15.12.2011