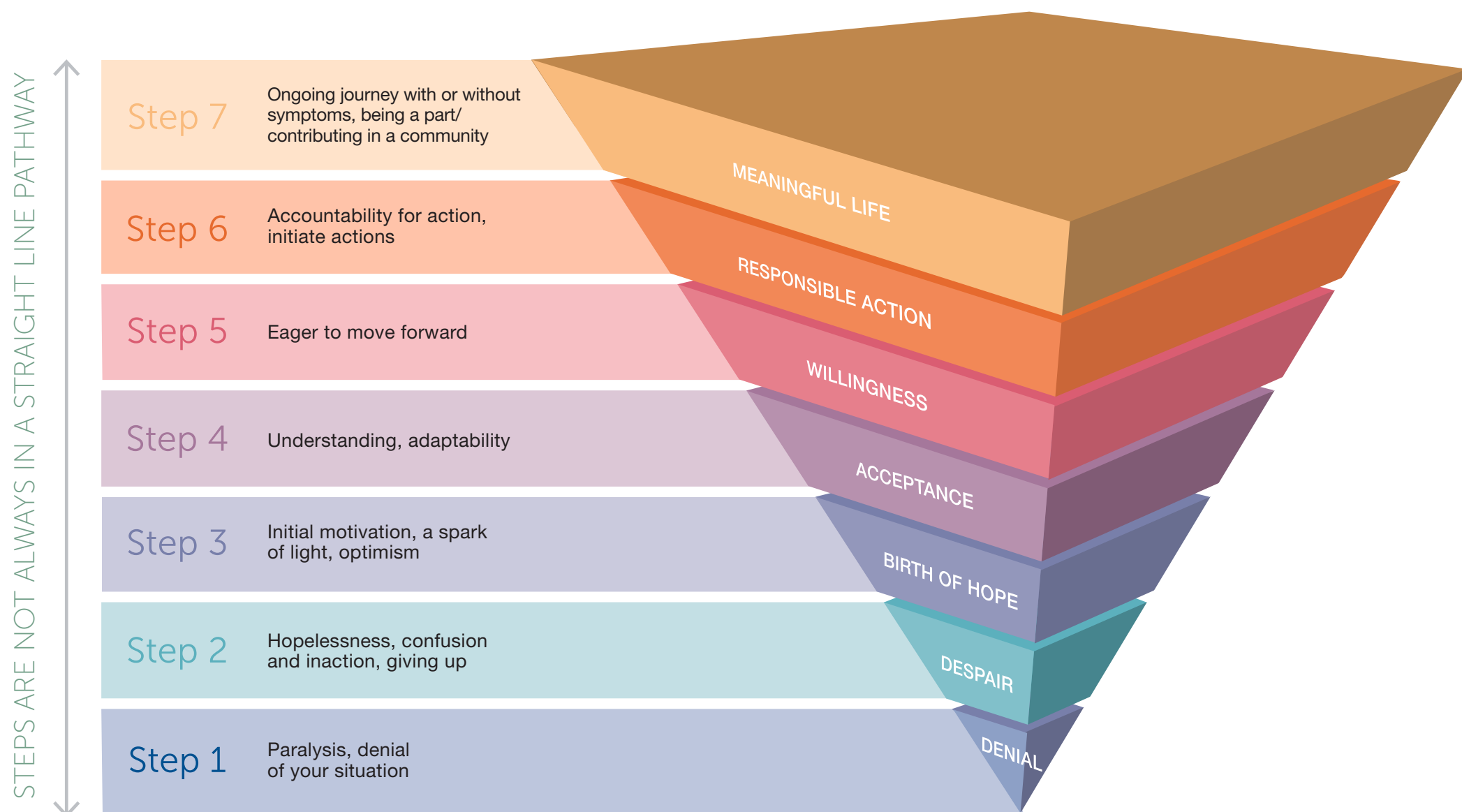




THE RECOVERY PYRAMID

Constructed by the MOCP Patient Working Party from personal experiences

SEVEN STEPS TO RECOVERY:



THESE SEVEN STEPS ARE EACH RELATED. IDENTIFYING WHERE WE ARE ON THE PYRAMID WILL HELP US IDENTIFY WHAT OUR NEXT STEP COULD BE. IT MAY TAKE TIME BUT IT IS HANDY TO HAVE GOALS, AND KNOWING WHAT MAY COME NEXT IS ALSO VERY HELPFUL.

FORENSICARE COMMITMENT TO RECOVERY-ORIENTED PRACTICE

Forensicare is committed to providing a recovery-oriented health care delivery environment in which the principles of hope, social inclusion, personalised care and self-management are fundamental to practice.

Forensicare recognises that recovery is an individual's journey towards living a meaningful and satisfying life and that the responsibility of the organisation is to support, and not hinder, that process.

Sources of inspiration:

- Maslow's Hierarchy of Needs
- Deconstructing the Forensicare Recovery definition
- Patricia Deegan's Recovery: The Lived Experience of Rehabilitation

PATIENT RECOVERY DEFINITION

Personal Recovery is acknowledging your offence and illness and working through your issues. With this you can gain insight into your mental illness and learn to manage it. Denial is often the first step. Knowing that you need help and asking for help is OK. By becoming involved in your steps to Recovery you can build trust and hope. With ongoing responsible action you can lead a meaningful life.