

Recovery processes

Connectedness

- Peer support and support groups
- Relationships
- Being part of the community

Hope and optimism about the future

- Belief in possibility of recovery
- Motivation to change

Identity

- Dimensions of identity
- Rebuilding/ redefining positive sense of identity

Meaning in life

- Spirituality
- Quality of life
- Meaningful life and social roles
- Rebuilding life

Empowerment

- Personal responsibility
- Control over life
- Focusing upon strengths

Mental Health Recovery Framework

Patricia Barkway, Debra Nizette



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