

An holistic approach

The Collaborative Recovery Model takes an holistic approach, engaging not only with the client but also with their wider support system (family, caregivers and friends, support workers etc.) in order to ensure they are effectively supported on their recovery journey.

within Australia

within Australia delivers accessible programs and services that help people achieve optimal health and wellbeing by being better able to respond to challenges they face in their daily lives. We work with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.

We have been a leader in the delivery of community managed mental health and wellbeing services since 1992. In 2016 SNAP Gippsland became **within Australia**, reflecting our continued commitment to providing innovative people centred services that help our clients achieve better outcomes.

Services include: psychosocial rehabilitation, recovery services and educative programs to people living with mental illness, their families and carers. Our online training programs focus on developing resilience skills. All our programs and services are tailored to a person's individual needs, values and preferences.

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The Collaborative Recovery Model

Recovery means much more than the absence or management of symptoms. Recovery represents the unique and personal journey taken by an individual as they work towards regaining their sense of identity and achieving meaning and purpose in their lives.



within Australia's psychosocial rehabilitation, recovery services and educative programs are based around collaboration, inclusion and self-management. We are committed to delivering the most up-to-date, recovery oriented, evidence based and research validated models of service and care available. The purpose of this leaflet is to provide more information on the Collaborative Recovery Model (CRM) which is integral to **within Australia's** practice model.

What do we mean by recovery?

For people living with a mental illness, recovery means much more than the absence or management of symptoms. Recovery represents the unique and personal journey taken by an individual as they work towards regaining their sense of identity and achieving meaning and purpose in their lives. Recovery embraces a person's capacity for taking responsibility for their own life, based on their values and goals.

At the beginning of the recovery journey the experience of living with a mental illness can leave a person without hope. The CRM supports people to work through the various stages of their individual recovery journey as they:

- consider alternatives, develop aspirations without direction, take notice (Awareness)
- begin to set goals, build reliance on others, develop resource networks (Preparation)
- experience achievement, feel productive and determined (Growth)
- Feel optimistic, content and have a sense of self-worth (Rebuilding).

What is the Collaborative Recovery Model?

The Collaborative Recovery Model (CRM), developed by the University of Wollongong Illawarra Institute for Mental Health, is a way of working which incorporates practices that have been shown to assist people living with an enduring mental illness.

Consistent with the values of the recovery movement, the development of the CRM has been influenced by positive psychology, the consumer participation movement, coaching style relationships and evidenced-based practice.

The Collaborative Recovery Model has two guiding principles and four components.

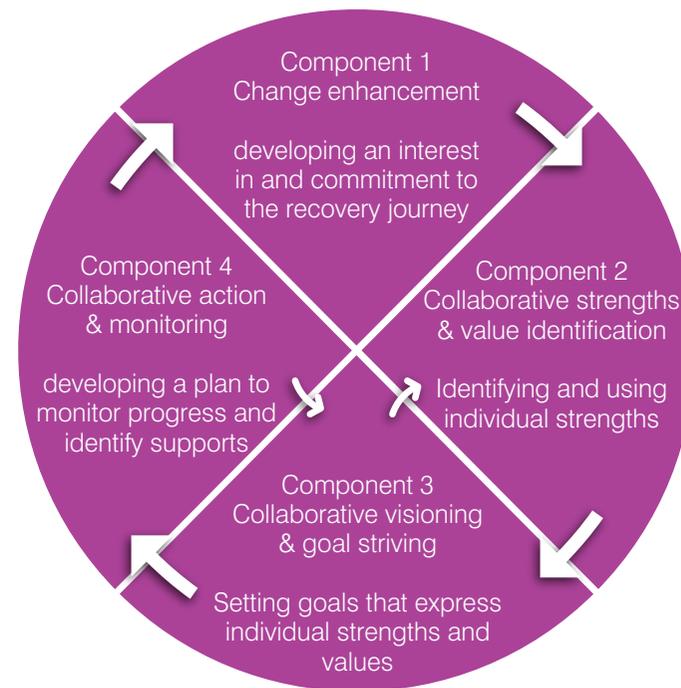
Principle 1 - Recovery as an Individual Process

Recovery is a unique and personal journey towards hope, meaning, identity and responsibility for self. The CRM focuses on increasing wellbeing rather than decreasing symptoms and aims to promote the processes of psychological recovery.

Principle 2 - Collaboration and Autonomy Support

The strength of the relationship that exists between an individual living with a mental illness and the people that are supporting him/her has a significant influence on mental health outcomes.

The CRM focuses on the collaborative nature of this relationship, perceiving it as a working alliance which supports the autonomy of the client.



Life journey enhancement tools (LifeJET)

The CRM has evolved to include Life JET. This is a staged life planning process which incorporates values and strengths clarification, visioning, goal setting and action planning. Life Jet tools consist of the Camera, Compass and Map.

The Camera will bring into focus your important values and strengths.

The Compass will identify a destination in terms of a life vision and goals and will track progress along valued directions.

The Map is the action plan, the next step in the journey.