

Community-Based Recovery

What is Community-Based Recovery?

Recovery from mental illness does not necessarily mean that you are completely free of symptoms, as this is not always possible for some individuals.

The definition of recovery can mean different things to different people, and the focus of community-based recovery is to increase a person's autonomy and capacity to manage and cope with their mental illness.

Empowerment and self-determination are key factors in community-based recovery. Research has demonstrated that people who are well-connected to their community experience less social isolation and have greater success in managing their mental illness.

Community-based recovery helps to build self-resilience by establishing better connections between the person and local supports & social networks and provides stronger, longer-term outcomes.

Having a stable home and something meaningful to do with your time (whether it be a hobby, volunteer work or study) are key factors in reaching your potential. Community-based recovery will help you to get involved and take steps toward recovery.

Grampians Partners in Recovery use a tool called the Recovery Star to help you identify goals and areas in your life that need support. The tool looks at ten areas of your life and asks you to rate where you are in relation to each area:

1. Managing mental health
2. Physical health and self-care
3. Living skills
4. Social networks
5. Work
6. Relationships
7. Addictive Behaviour
8. Responsibilities
9. Identity and self-esteem
10. Trust and hope

You get to choose which area (or areas) of your life you think need to work on, and we assist in developing strategies to improve your situation. The Recovery Star is a UK developed evidence-based model of support that has successfully helped people with severe and persistent mental illness.