

This research is a partnership between Northumbria University, Northumberland, Tyne and Wear NHS Foundation Trust and Northumberland, Tyne and Wear Service User and Carer Network.

The research has explored mental health recovery and care coordination in the North East of England. Being funded by the National Institute for Health Research (RfPB ref: PB-PG-0808-17269).



## Is there a Pathway to Recovery through Care Coordination?

### Flash Card 7:

### Key Recovery Themes

For more information visit: <http://www.rwire.co.uk/>

# Key Recovery Quotes:

- ✓ *'Recovery is a process owned by the individual. Each individual is at different stages of recovery and just cos you've suffered a blip doesn't mean you have to start from stage 1 again. You simply get on at the right place for you. Recovery is owned by you, not by anyone else.'* (Service User)
- ✓ *'I had a WRAP plan. A wellness, recovery action plan. Which highlights my triggers, early warning signs. It tells you what steps I need to take to hopefully prevent things breaking down. It has a crisis plan section. And I would hope that that would be used. And that I would use that in planning for my future care.'* (Service User)
- ✓ *'A person can be helped in their recovery journey by people who help them to believe in themselves and their own future, by building on their strengths, working towards their goals, experiencing and celebrating successes, learning to manage their own challenges in many different ways and learning when they would find support helpful...'* (Service User)
- ✓ *'set backs are part of the recovery process and also that recovery doesn't mean cured it means living with your illness in the best way you can for you.'* (Service User)

## Resources:

**Scottish Recovery Network -<http://www.scottishrecovery.net/>**