

# Creating a Climate of Recovery

Even though Recovery has been described as an internal process, there are certain climates and environments where this is encouraged and drawn out.

As highlighted in the very different stories provided in this chapter, there is an internal process and an external climate that either helps or hinders Recovery. The power of the environment in Recovery is not to be underestimated, especially for those who are only just beginning their journey.

## Exercise

Working as a group, brainstorm and capture your thoughts on flipchart paper in completing the following tasks. If you are a mental health team, it would be of tremendous benefit to involve service users in this exercise as a means of providing insights into what helps.

This exercise opens up our thinking about the influence we all have in creating a climate of Recovery.

- **Task one**

How important is Hope in creating a climate of Recovery? – Discuss.  
List the ways in which Hope is communicated and demonstrated in your environment.

- **Task two**

How important is acceptance of others' perspectives in creating a climate of Recovery? – Discuss.  
List the ways in which acceptance is worked with in your environment.

- **Task three**

How important is personal responsibility in Recovery? – Discuss.  
List the ways in which you sensitively encourage personal ownership of the process within your environment.

- **Task four**

How important is support in creating a climate of Recovery? – Discuss.  
List the ways in which you draw on a person's current supports to assist their Recovery.  
List the ways in which you provide support that validates, encourages and respects the person's process.

- **Task Five**

How important is education in creating a climate of Recovery? – Discuss.  
List the sort of information you provide to the people you support.  
What other information can you supply?  
(Remember the importance of choice and different perspectives)

- **Task Six**

How important is personal meaning and understanding in Recovery? – Discuss.  
How do you support this process with the people you support?  
What resources do you draw on?