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A Step Forward to Mental Health Recovery-Oriented Services - Occupational Therapy and the Collaborative Recovery Model.

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Background: Internationally, concepts of recovery within mental health service delivery have been gaining momentum with some health services embracing the concept and advancing development of recovery-orientated mental health services. NSW Health and Mental Health Services acknowledge the 'Recovery Movement' and appear to be in the process of identifying ways to meaningfully incorporate 'recovery' into service delivery and development. The Northern Sydney Central Coast Mental Health Drug and Alcohol Service has identified The Collaborative Recovery Model (CRM) as a way to support people with a mental illness and a small team of specialist rehabilitation clinicians in providing recovery orientated rehabilitation services. **Aim/purpose:** Explore the relationship between Occupational Therapy, the 'Recovery Movement' and the CRM in mental health service delivery.

Method: Literature review and reflection. **Discussion:** Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential (AMHSA, 2004). Occupational Therapists work with individuals to find meaning and purpose in their lives often by engaging in a collaborative process which is goal orientated. The CRM is highly suited to the values and skill set of Occupational Therapy and provides a structure way to support Recovery Orientated Service Delivery that is evidence based. **Conclusion:** Occupational Therapy allows for the support and facilitation of mental health recovery as it works from the foundational framework of the person being at the centre of any service delivery. The CRM is based on principles and comprised of components that echo those of Occupational Therapy, placing Occupational Therapists at the forefront of true recovery-oriented practice. The CRM provides a current, evidence based framework for supporting people with a mental health illness which can assist mental health workers, including Occupational Therapists to support recovery.