

How to develop a Recovery Integration Plan (RIP)

1. Consider establishing a Recovery Integration Plan (RIP) working group

The purpose of the group is to develop, communicate and review progress of the RIP in your organisation. Creating a working group can help to create Recovery champions in your organisation. You can consider involving consumers and carers in this group.

2. Consider your organisations vision for Recovery oriented service delivery and practice

Your vision can guide the actions you include in your Recovery Integration Plan.

The vision outlined in the National Framework for Recovery Oriented Mental Health Services is of “recovery-oriented services that meet the needs and expectations of our communities” and to develop “ a system that puts people with a lived experience at the heart of everything we do and offers consistently high-quality care that has long term positive impacts on people’s lives.”

Does your own organisations vision already align with recovery-oriented principles?

3. Consider your business and strategic objectives and how the RIP can support these objectives

Completing a Recovery Implementation Plan can give your organisation evidence of and keep track of the implementation of the National Framework. This evidence may provide support to your organisations future tender submissions to help you grow your business.

The National Framework for Recovery Oriented Mental Health Services also aligns to the Australia’s National Standards for Mental Health Services 2010, specifically the ‘Principles of recovery oriented mental health practice’ and the ‘Supporting Recovery – standard 10.1’. By implementing the RIP your organisation can also meet it’s compliance obligations for these standards.

Your organisation may also have targets for customer satisfaction or engagement, which implementing the RIP can support.

4. Consider what recovery oriented services and practice your organisation is already undertaking and include these in your plan

For each recovery oriented activity you’ve identified consider whether all staff and volunteers are participating in this practice, is it documented in operation plans, performance management tools and reviewed regularly?

Consider how people with a lived experience and their carers and families are consulted and engaged in decision making and their own care in your organisation. Consider activities that increase or continue their participation.

5. Consider your partnerships with other service providers and community (How are they supporting your organisations vision of recovery oriented service delivery?)

Are you participating in community activities to reduce stigma associated with mental illness?

Are you working with other organisations to support recovery oriented, person-led practice and service delivery?

Consider connecting to other organisations in the region who are completing a RIP or interested in mental health recovery.

6. Reflect on the practice domains and capabilities in the National Framework and consider what activities your organisation can undertake to develop these capabilities.

Review the practice domains and capabilities in the framework and agree on actions, responsible staff and review dates to include in your RIP.

There are examples of actions you can include in your RIP included in the RIP template. Other examples of what activities your organisation can undertake are available in the National Framework implementation guide.

Your organisation does not have to aim to develop all the capabilities in your first Recovery Integration Plan.

Your RIP Working Group can determine priorities to implement in your first RIP and then continue to set new goals in your future RIPs

7. Link your activities to the social determinants of health (Domain 5)

Social determinants of health encompass the social, economic, political and cultural and environmental factors that can impact health. The activities you include in your RIP can impact on the social determinants of health.

Further information on the social determinants of health is available from the **Australian Institute of Health and Welfare** <http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737422169>

and in the

- **National framework for recovery-oriented mental health services: guide for practitioners and providers** <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-n-recovgde>

Recovery Resources

The following websites all have great ideas to consider as activities to include in your RIP to help implement Recovery in your organisation.

- **National framework for recovery-oriented mental health services: guide for practitioners and providers** <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-n-recovgde>
- **100 ways to support recovery – Rethink** https://www.slhd.nsw.gov.au/MHealth/cms/files/Consumer_Info/Recovery_Resources/100_Ways_to_Support_Recovery.pdf
- **Principles of Recovery – National Mental Health Standards** [https://www.health.gov.au/internet/main/publishing.nsf/Content/CFA833CB8C1AA178CA257BF0001E7520/\\$File/servpri.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/CFA833CB8C1AA178CA257BF0001E7520/$File/servpri.pdf)
- **What Consumers and Carers Want – National Mental Health Consumer Carer Forum (NMHCCF)** <http://www.nmhccf.org.au/documents/What%20C%20&%20C%20want%20brochure%20-%20web%20version.pdf>
- **Publications – National Mental Health Consumer Carer Forum** <http://www.nmhccf.org.au/Publications-info>
- **Recovery College – Mind Australia** <http://www.mindaustralia.org.au/about-mind/community-education/mind-recovery-college.html>
- **Model of Recovery Oriented Practice – Mind Australia** <https://www.mindaustralia.org.au/assets/docs/Model-of-Recovery-Oriented-Practice-2012.pdf>
- **Outcome/Recovery STAR – Anicha consulting** <http://www.anichaconsulting.com.au/index.php>
- **Recovery Language Guide – MHCC** <http://mob.mhcc.org.au/media/5902/mhcc-recovery-oriented-language-guide-final-web.pdf>