

New England Partners in Recovery Recovery Integration Plans

About Recovery Integration Plans (RIP)s

Recovery Integration Plans have been developed by New England Partners in Recovery (PIR) program as a tool to support organisations to implement the National Framework for Recovery-oriented Mental Health Services. Recovery Integration Plans are very similar to a Disability Action Plan (DAP) or Reconciliation Action Plan (RAP). The DAP and RAP tools help organisations to improve the way they support and work with people living with a Disability or Aboriginal and Torres Strait Islander peoples. The Recovery Integration Plan helps organisations review and improve on how they provide support to and work with people with a lived experience of mental health issues.

Why use RIPs?

New England PIR believes the RIP program:

- **builds a shared understanding** and consistent approach to what recovery-oriented mental health services and supports look like across the New England Medicare Local Region.
- **supports organisations** wherever they are up to with implementing recovery-oriented approaches across their organisation.
- is **flexible and can be tailored** to support organisations priorities and plans.
- **builds capacity** for delivering recovery-oriented mental health services and supports across sectors.

RIPs are not only for mental health services, other services such as employment services, housing services, other health and community organisations that provide support to people living with mental health issues can build their own RIP.

Getting Started

If you are interested in developing a RIP template to improve the way your organisation supports people with a lived experience of mental health issues you can get started using the RIP template by following these steps:

- Read the Summary of the National Recovery Framework below.
- Read the How to Develop a RIP guide on the NEPIR website.
- Download and complete the RIP Template from the NEPIR website.
- Share the RIP you have developed with your organisation.
- Contact the NEPIR team for support with using the RIP template. Email – nepir.richmondpra.org.au

The National Framework for Recovery-oriented Mental Health Services

The National Framework was endorsed by the Australian Health Ministers Advisory Council (AHMAC), and published by Australian Government, Department of Health in 2013. It was compiled with significant input from carers, families and mental health service providers with a focus on furthering the recovery practice in mental health services and improving outcomes for people living with mental illness. One of the key messages of the Frameworks is that *“All Australian jurisdictions and all mental health services have a responsibility to promote and implement the framework.”* New England Partners in Recovery has developed the RIP template to assist organisations to do just that.

Summary of the National Framework

The table below outlines the 5 practice domains and key capabilities organisations are required to develop in the Framework. By developing a RIP your organisation can plan and implement the key capabilities in each of the 5 Practice Domains in the National Framework and have a measure of your progress and success in implementing recovery-oriented services and supports.

Domains	Domain 1: Promoting a culture and language of hope and optimism (overarching domain) The culture and language of a recovery-oriented mental health service communicates positive expectations, promotes hope and optimism and results in a person feeling valued, important, welcome and safe.			
	Domain 2: Person 1st and holistic	Domain 3: Supporting personal recovery	Domain 4: Organisational commitment and workforce development	Domain 5: Action on social inclusion and the social determinants of health, mental health and wellbeing
Capabilities	Holistic and person-centred service	Promoting autonomy and self-determination	Recovery vision, commitment and culture	Supporting social inclusion and advocacy on social determinants
	Responsive to Aboriginal and Torres Strait Islander people	Focusing on strengths and personal responsibility	Acknowledging, valuing and learning from lived experience	Challenging stigmatising attitudes and discrimination
	Responsive to people from immigrant and refugee backgrounds	Collaborative relationships and reflective practice	Recovery-promoting service partnerships	Partnerships with communities
	Responsive to gender, age, culture, spirituality and other diversity		Workforce development and planning	
	Responsive to lesbian, gay, bisexual, transgender and intersex people			
	Responsive to families, carers and support people			

The National Framework is described in two key documents:

1) The **Policy and Theory** document provides background information on recovery practice and the definitions of key terms, the domains and capabilities included in the framework. It also provides research and information on the policy context of the framework. This document is available on the AHMAC website

http://www.ahmac.gov.au/cms_documents/National%20Mental%20Health%20Recovery%20Framework%202013-Policy&theory.PDF

2) The **Guide for Practitioners and Services** contains supporting information on practical application of recovery-oriented services and practice. It also contains helpful definitions of each Domain and Capability and examples of activities that support the development of these capabilities. You can use these examples to help you develop the activities your organisation will commit to in your RIP. This document is available on the AHMAC website:

http://www.ahmac.gov.au/cms_documents/National%20Mental%20Health%20Recovery%20Framework%202013-Guide-practitioners&providers.PDF