



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Declaring our commitment to recovery

**HOPE.
DIGNITY.
INCLUSION.**

Transform the Mental Health system with fully recovery-oriented services

Making mental health services fully recovery-oriented is a key pillar of a transformed mental health system laid out in the **Mental Health Strategy for Canada**. This vision means creating a mental health system that is holistic, person-centered and directed, and treats all people with dignity and respect.



In 2014 we invited people in Canada to expand this conversation by signing onto a **Recovery Declaration**. With over 1,000 signatories to date, and the release of Guidelines for Recovery-Oriented Practice in 2015, we are pleased to introduce a renewed declaration as a call to action to make recovery-oriented mental health systems a reality across Canada.

We invite you to continue with us on this journey
towards a transformed recovery-oriented mental
health system by reading and endorsing this
declaration as a commitment to action.

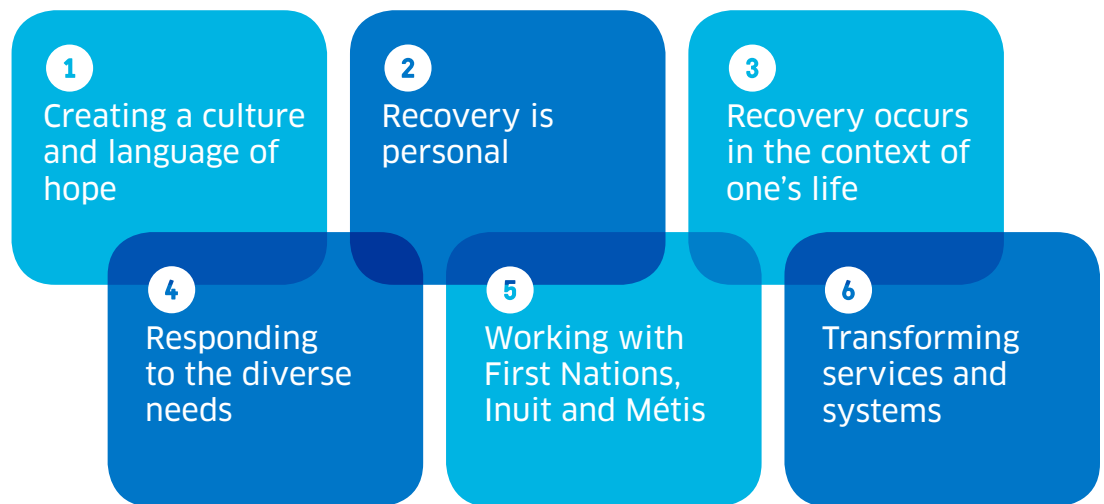
Whether you are a clinician, service-provider, policy-maker, caregiver, friend, family member, or a person living with a mental health problem or illness, **everybody has an important role to play** in creating an environment that supports people's recovery.

- ▶ Recovery is about hope, and believing in a person's strengths and capabilities to live a satisfying, hopeful life even while he or she may be living with symptoms of a mental health problem or illness.
- ▶ It is about treating people with respect and dignity and supporting his or her own journey of healing and growth.
- ▶ Recovery-oriented services must actively engage people in their own care and well-being, and support them in exercising all their rights as full citizens.

This means that a recovery-oriented service system should build on the strengths of individuals, their families and loved ones, their cultures and communities and provide a variety of services, supports and treatments. It should also be grounded in the belief that **not only is recovery possible, but it should be expected**.

The six key dimensions of recovery-oriented practice

The six key dimensions of recovery-oriented practice were determined through an iterative process that involved considerable research and consultation. These dimensions seek to provide a conceptual framework that underlie recovery-oriented services and supports:



The MHCC supports recovery-oriented practices

The MHCC is committed to working with all stakeholders to make recovery-oriented services and practice a reality across the country. To do this, MHCC believes that a commitment to action is crucial. With the Guidelines for Recovery-Oriented Practice and a Canadian Inventory of Recovery-Oriented Resources available, MHCC is working to highlight tools and promising practices to support organizational and practical change. Achieving a fully integrated recovery-oriented mental health system is an ongoing process that will take time. But in order to make it a reality, we must all take the first step together.

This revised declaration is a call to action for individuals and organizations to not only learn about and promote an understanding of recovery, but to work towards a fully recovery-oriented mental health system across Canada. MHCC will support this process by sharing best, leading and promising practices and by continuing to develop and promote practical tools and resources.

Every endorsement, by individuals or by organizations, is important and will contribute to broadening awareness and strengthening the momentum behind recovery.

Commitments

By signing this declaration I/We recognize that recovery-oriented care is a right and responsibility that requires commitment and action, and I/we commit to:

- ▶ Learn from people with lived experience by acknowledging and valuing their experiential knowledge and engage them in all aspects of service planning, delivery, research, and evaluation
- ▶ Promote recovery as primary work, not as an optional or supplementary goal.
- ▶ Promote full citizenship by building service partnerships that support recovery both within and outside the mental health sector.
- ▶ Learn and continuously improve by embracing new work practices and keeping up to date on emerging best practices.

Sign the Declaration at:

<http://www.mentalhealthcommission.ca/English/declaration/sign>

Read and sign the Declaration at:

<http://www.mentalhealthcommission.ca/English/declaration>



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