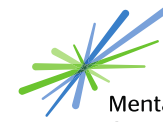


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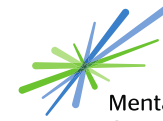
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# Food for thought: A youth perspective on recovery-oriented practice

February 1<sup>st</sup>, 2018

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# Housekeeping Notes

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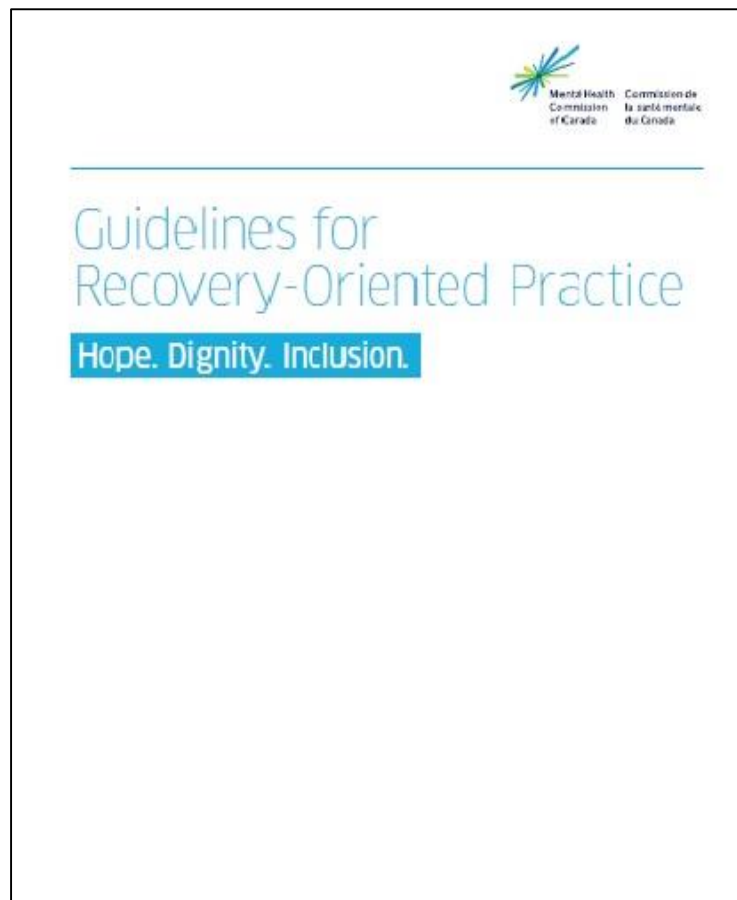
PUBLIC Chat with everyone

Everyone

PRIVATE Q & A

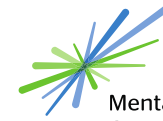
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# The Guidelines



Download the Guidelines here:

<https://www.mentalhealthcommission.ca/English/initiatives/11869/guidelines-recovery-oriented-practice>



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1

Creating a culture  
and language of  
hope

2

Recovery is  
personal

3

Recovery occurs  
in the context of  
one's life

4

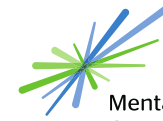
Responding  
to the diverse  
needs

5

Working with  
First Nations,  
Inuit and Métis

6

Transforming  
services and  
systems



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## GUIDELINE 4B

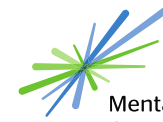
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# Responsive to Needs across the Lifespan

### CORE PRINCIPLES

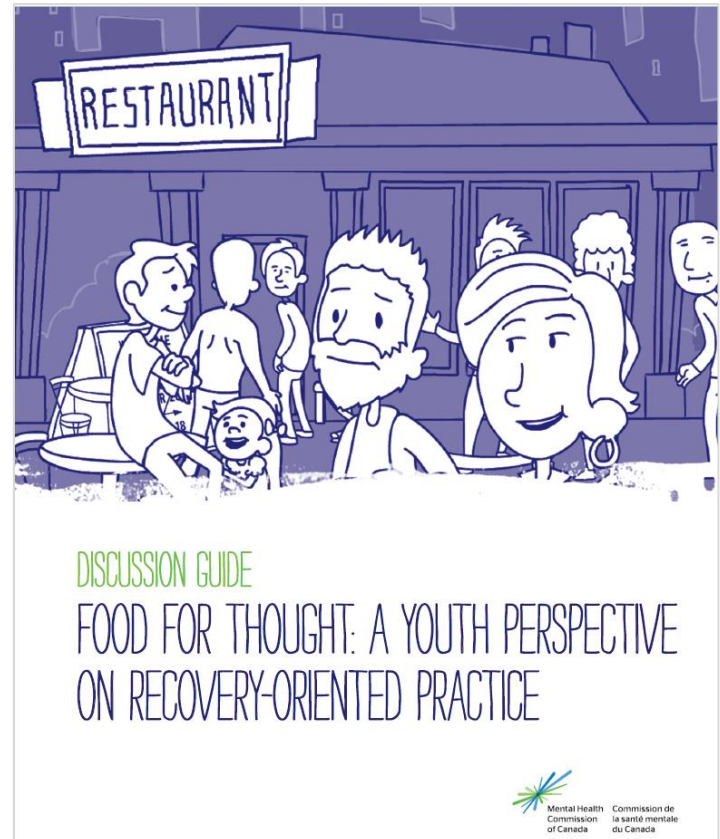
- » Recovery-oriented mental health services are responsive and adapted to a person's age and phase of development.
  - » Recovery-oriented practice and person-centred philosophies are complementary, strength-based approaches central to supporting people at every stage of life.
  - » Recovery-oriented practice works to give purpose to life and enhance quality of life, fostering hope and strengthening resilience for people of all ages.
  - » The involvement of family members is adapted to the age and development of the person receiving services.
-

# The Result?



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# The Video:

Click to watch:

In ENGLISH:

<https://www.mentalhealthcommission.ca/English/media/3975>

In FRENCH:

<https://www.mentalhealthcommission.ca/Francais/media/3975>

*Meet us back here in 5 minutes!*

# Panelists:



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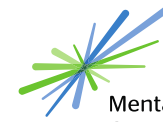
**Elyse Trudell**  
Youth Council Member  
Occupational Therapist



**Don Mahleka**  
Youth Council Member



**Marta Sadkowski**  
Registered Nurse –  
Mental Health & Addictions



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# YOUTH SAY

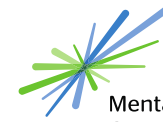
TALK WITH US  
NOT AT US

AND PLEASE  
DON'T JUDGE US

TRY TO UNDERSTAND  
WHERE WE'RE  
COMING FROM

AND THE IMPACT  
YOUR OPINION  
MIGHT HAVE ON US





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YOUTH SAY

DON'T MAKE ASSUMPTIONS

MEET US WHERE WE ARE  
PHYSICALLY

PSYCHOLOGICALLY

CULTURALLY AND SPIRITUALLY





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# · YOUTH SAY ·

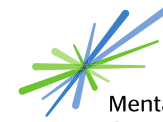
RECOVERY  
IS AN ONGOING PROCESS  
NOT AN ENDGAME

IT'S A JOURNEY

AND EVEN RELAPSES  
MIGHT BE PART  
OF THAT JOURNEY

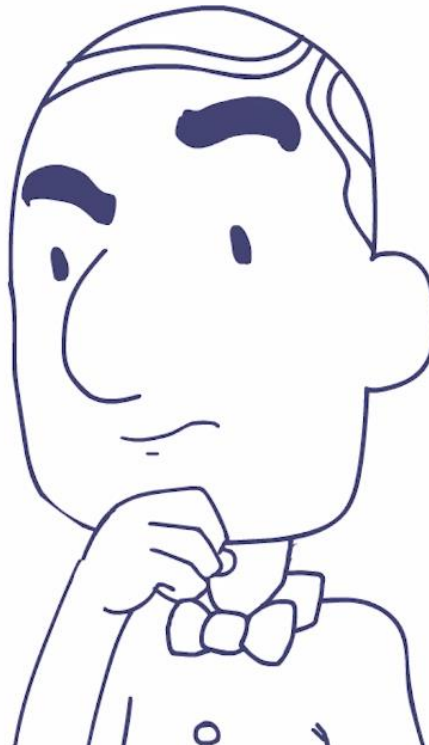


# Q & A



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# Please watch and share

**In ENGLISH:**

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**In FRENCH:**

<https://www.mentalhealthcommission.ca/Francais/media/3975>

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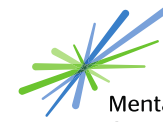


# How did we do?



<https://www.surveygizmo.com/s3/4086510/February-1-Webinar-Evaluation>

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# Thank you!

[webinar@mentalhealthcommission.ca](mailto:webinar@mentalhealthcommission.ca)

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