

# 13 Factors

## to keep in mind when implementing mental health recovery innovations



### Our Research

### What are recovery oriented services?

Services that are **recovery-oriented** uphold the **principles** of

**Connectedness, hope, optimism about the future, identity, meaning in life and empowerment** of people living with mental health challenges.

Implementing recovery into services is a now a **policy priority** for many organizations.

This shift in priorities has created **new questions**: what can organizations do to **transform** their services, and what **factors** do they need to consider?

To address this knowledge gap, we reviewed all the published research that studied the process, factors and experience of implementing recovery-oriented innovations into organizations.



**70** scientific articles were synthesized.

We found that innovations aimed at transforming services towards a recovery-orientation could be grouped into 7 types: **peer workers, e-innovations, recovery colleges, service navigation and coordination, personal recovery planning, staff training, and family- focused innovations.**

**13** important implementation factors were identified.

Below are **13** recommendations for addressing each of the implementation factors identified in the evidence synthesis.



Build flexibility into innovation design & content

Remember: relationship-building can be complex but is key to many recovery innovations

Think about other resources needed for supporting personal recovery

Develop clear resources about new roles and procedures

Know what recovery-oriented characteristics to look for in staff

Involve people with lived experience in designing and providing the new service

Embed the innovation within a wider commitment to transforming services

Reflect on the importance of interpersonal relationships

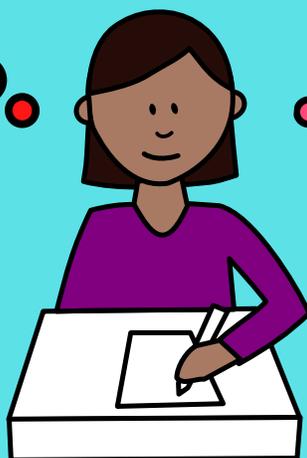
Engage stakeholders as early as possible, & engage them throughout

Consider the challenges posed by biomedical culture

Plan to address varying levels of understanding about recovery

Do not underestimate the importance of planning

Plan for staff turnover



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