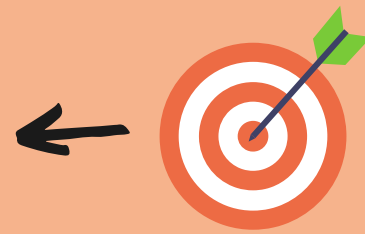


Fact Sheet #1

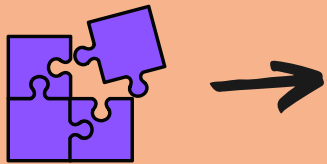
Implementing Recovery: A Research Project

THE GOAL



Services that are recovery-oriented support people living with mental health challenges to define their own needs, goals and dreams. The Mental Health Commission of Canada released Guidelines for Recovery-Oriented Practice in 2015.

THE ISSUE



The process for implementing them however was missing. Our objective in this study (2017-2021) was to develop a collaborative process to implement Chapter 6 of the guidelines. We worked with 7 organizations across 5 provinces.

Instead of telling organizations what they should implement, we established Implementation Teams in each organization and facilitated a participatory process for choosing a sub-guideline to focus on, and a recovery-oriented innovation to implement.

WHAT WE DID



HOW WE DID IT



Implementation Teams learned the essentials of mental health recovery and what's involved in implementing a new recovery innovation into their organizations (implementation science) and applied these to the planning process.

All sites implemented one of 4 innovations: peer workers, staff training in recovery, Wellness Recovery Action Planning, and a family support group. Implementation Teams received online coaching for 18 months. Qualitative and quantitative data were collected at 5 points in time.

WHAT'S HAPPENED



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