

THE 10 RECOVERY PRINCIPLES ACORDING TO THE EXPERIENCE OF USERS, CAREGIVERS AND MENTAL HEALTH PROFESSIONALS



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PROJECT PARTNERS

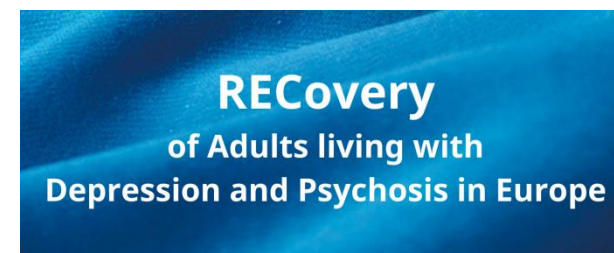
- Company of Psychosocial Research and Intervention (EPSEP),
<http://www.epsep.gr/>
- Greek Carers Network EPIONI,
<https://epioni.gr/en/>
- University Psychiatric Hospital Vrapče,
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- Local Health Unit Roma 2 (ASL Roma 2), <https://www.aslroma2.it/>
- Danish Committee for Health Education (DCHE),
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Klinika za psihijatriju Vrapče
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ASL ROMA 2

THE PROJECT

Mental illness affects around 27% (83m.) of Europeans annually (European Social Work, 2013). The European Mental Health Action Plan for 2010-2020 provides for inclusion policies at a national level encouraging policymakers to support the transition towards community-based mental health care. In mental health, recovery may not always refer to the process of complete recovery from a mental health problem such as depression or psychosis, in the way that we might recover from a physical health problem. Recovery can mean different things to different people, however, recovery is about the realization of goals, and the development of relationships and skills that support a positive life, with or without mental health problems. While there is no universally accepted definition of recovery, one definition, often referred to as the “recovery model” argues for the importance of building the resilience of people with mental health problems and supporting their identity and self-esteem.

The project REcovery of Adults living with Depression and psychosis in Europe (RECADE) brings together partners from 5 different countries (Greece, Italy, Denmark, and Croatia).

TARGET GROUPS

- People living with depression and psychosis
- Representatives of the organizations that advocate for people living with depression and psychosis and their carers
- Carers of people living with depression and psychosis (i.e. family members and professional carers)
- Social workers, psychiatrists, psychologists
- Researchers
- General public

AIMS

Partners try to bring society's attention to the issue of recovery of adults with depression or psychosis which are arguably pervasive disorders that affect tens of millions in Europe. This is an opportunity to encourage all member states to raise awareness about recovery and to promote early diagnosis and treatment. It is useful to emphasize that recovery is a capacity-based, not deficit-based, approach to rehabilitation.



INTELLECTUAL OUTPUTS

- **IO1:** Recovery Principles Report for adults with depression or psychosis.

The “Recovery Principles” collected the needs and experiences of professionals, patients, caregivers in Greece, Croatia, Italy, and Denmark – through consultations conducted by partners to patients living with depression and psychosis, their caregivers and professionals. The questions explored how Recovery Principles can have a different impact on patients, carers and professionals of different countries, the types of support available, the role of education in wellbeing and coping.

- **IO2:** Blended training material on recovery for adults with depression or psychosis.

All partners will participate and create interactive training material identifying what are the main topics covered which are derived from the outcomes of IO1.

- **IO3:** Lessons from the Recovery process of adults with depression or psychosis.

It will include short videos of people discussing their respective experience. Each video will feature one mental health user and one health-care professional or one family member and a researcher talking together and sharing their perspective.