



**Service Priorities and Programmes**  
**Electronic Presentations**

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**My Recovery handbook: Promoting strengths in recovery for mental health service users**

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**Introduction**

Promotion of recovery is important for encouraging the service users to look forward rather than ruminating on the past. We found that most service users are in the initial phase of the “Stage of Recovery” . Some recovery initiatives are required to support the education/learning needs for them to gain more understanding or awareness on their recovery journey. The team would like to prepare a recovery handbook named as "Recovery Driver-復元駕駛手冊” to facilitate our service users to have more understanding on recovery concepts and ways to achieve their goals or realize their own dreams. The tool book serves as better preparation for the service users to have self-exploration on own strengths positively and feel hopeful towards their recovery journeys.

**Objectives**

1)To promote self-exploration and self-awareness in recovery; 2)To facilitate the service users to take control of their lives; 3)To improve service outcomes in relation to both personal and clinical recovery; 4)To improve people’s experience of mental health services.

**Methodology**

The completion of publish before end of 2016 - Formation of the recovery learning group for the service users- "Finding meaning in recovery-探索復元路小組" and ready of teaching materials by special task group nurses will be ready in January, 2017 - Then pilot run of group with use of the "Recovery Driver" will be conducted from February to May, 2017. By using the tool book, a new recovery education program of “Finding Meaning in Recovery” will be established to promote strengths-based recovery in January, 2017. Around 500 numbers of handbooks will be available in early February, 2017 for the service users of in-day-out settings of psy.rehab team - A

new program of “Finding Meaning in recovery” will be ready in March 2017. A report of evaluation from service users will be collected upon completion of the pilot study. Feedback from rehab team service users will be collected after the completion of the program.

### **Result**

Two identical workshops were held with total 17 service users included. Each workshop had 3 sessions including the topics “復元概念，導向啟航”，“認識自我，尋找優勢” & “鎖定目標，達成想望” respectively. The workshop intensified the recovery concepts and self, i.e. What is recovery? What is hope? Knowing of self “別人/自己眼中的自己”. Besides, service users were encouraged to identify their own strengths through games and simple assignment in the handbook. Service users were invited to complete the assessment tool SWEMWBS before and after the workshop so as to evaluate difference of service users’ state of mental well-being. Fifteen completed forms received (two service users discharged before last session of workshop). They entirely got higher scores as before the workshop. Despite the mean score differences of SWEMWBS was 1.67 which did not give significant implication, service users reflected they were more able to make up their own mind about things and dealing with problems well better. On the other hand, service users were invited to complete the satisfaction survey which was a tool to collect their qualitative feedback about the workshop and recovery handbook. They gave precious opinion and data was included as below: (1) help her to identify / know her/him own strengths; (2) identify their own goals; (3) users could express their dreams or future in the workshop; (4) user could have sense of self control and understand her emotional problems behind; (5) users could know how to react in the resilience.