MORE INFORMATION
Neami would be very happy to hear your views about the Collaborative Recovery Model or to answer any queries you may have. If you would like any additional information or a hard copy of any literature about the Model please send an email to admin@neami.org.au or call the Service Development Team at Neami Head Office on 03 9481 3277.
WHAT IS RECOVERY?
The concept of recovery was developed by consumers as a way of describing the personal journey that takes place for people with mental health problems as they work toward a renewed sense of identity, meaning and purpose. Embedded in this concept is the belief that this is a unique, irreversible process for each person and therefore it needs to be a self-directed process.

"Recovery is not cure, stabilisation or maintenance – it is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness." (Anthony, 1993).

Collaboration and Autonomy Support
Research consistently shows there is a correlation between the strength of the working relationship between a person who is recovering and people who are assisting this process and mental health outcomes (e.g. Martin, et al., 2000).

Components of CRM
The model has four key components.

1. Change Enhancement
   - Involves exploring and supporting the individual to further express their strengths and values in day to day lives.

2. Goal Striving
   - Involves identifying the strengths and values based principles of Collaborative Recovery.