

A Strengths/Recovery Practice Toolbox - Checklist

Q. What skills (micro and macro) will you choose to enhance your Strengths/Recovery Practice Toolbox?

A **critical approach** which includes:

- **anti-oppression**, anti-discrimination practice with application to mental health
- **critical awareness** of the medical model & mental health system
- **critique** for organizational change
- political **activism** (community development skills)
- **advocacy** skills
- understanding of **cultural diversity**
- awareness of **power** relationships & impact on c/s/x human rights
- **trauma-informed** approach and skills
- **strengths-based** perspective
- **self-reflection**

Mental health recovery education & resources including:

- **self-help info** on symptom management, relapse prevention, **WRAP** – Wellness Recovery Action Plan strategies
- knowledge of mental health recovery **competencies**, models, and resources
- **family** mental health recovery education
- understanding the challenges of **medication and misdiagnosis**
- sharing what the **recovery process** looks like:
 - turning points, readiness for change, models/stages of change
- knowledge of **Self-Determination**
- **c/s/x resources** for employment, peer support, education
- **c/s/x stories** of recovery and role models
- **hope-inspiring** strategies
- skills to tap innate **resilience**
- ways to work with the impact of **internalized discrimination** and **self-esteem** and **self-identity** issues

A **strengths-based practice** which includes:

- **collaborative partnership** with c/s/x – “equity” or “power with”
- self-reflection with respect to **power sharing**
- **high hope messages**
- providing **choices & opportunities** to grow, participate & contribute
- an understanding of the impact of **learned helplessness** on motivation
- the importance of **narrative** – c/s stories and telling own stories
- skills to **explore strengths**
- **reframing** negative illness language
- knowledge of **recovery-based resources**

Therapies compatible with Recovery principles:

- relational psychotherapy
 - solution-focussed therapy (SFT) narrative therapy
 - cognitive- behavioural techniques, especially for anxiety, fears,
& cognitive reframing
 - psychology of mind & health realization POM/HR
 - mindfulness-based cognitive therapy MBCT
 - family systems
 - mindfulness-based stress reduction MBSR
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- Transtheoretical Model of Change (TMC)
 - Ethical problem-solving

 - Conflict resolution

 - Sensitivity training

 - Goal setting skills

 - Suicide prevention

 - Crisis intervention & relapse prevention, along with crisis planning

 - Mindfulness, meditation, yoga

 - Wellness, exercise, nutrition knowledge

 - Peer Support – recovery-oriented

 - Spirituality

 - Relaxation and stress management techniques

 - Willingness to explore meaning in psychosis, voices