

## **Community Recovery Group**

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### **Aim**

- To facilitate client exploration of recovery and promote relapse prevention
- To encourage meaningful examination of signs and symptoms as well as triggers of relapse for individuals with mental health problems
- Each individual will develop their own Wellness Recovery Action Plan (WRAP) within the group
- To promote client leadership

### **Structure**

- 8 week programme
- Closed group
- City North East & City North West Sectors
- Referrals from both sector teams
- Ideally 8 to 10 clients
- Input from Irish Advocacy Network for one session

### **Content**

- Identifying needs
- Identifying strengths
- Models of Recovery
- Explore Stresses and Vulnerabilities
- Wellness Recovery Action Plan
- Irish Advocacy Network

The Community Recovery Group (CRG) is an initiative that was developed out of an identified need for recovery-orientated community services for service users in the North Lee Mental Health Services (NLMHS). From its initial inception, the evolution of the group has been influenced by direct input from the Irish Advocacy Network.

### **Recovery**

In an attempt to formulate a greater understanding of recovery, Deegan (1995) suggests that hope, willingness and responsible action are the three cornerstones of recovery. Curtis (1999) describes how recovery 'is a process'. It is not about symptom elimination but about what a person wants, how to get there and how others can help and support them in getting there. Curtis (1999) explains how recovery involves one discovering symptoms and finding out how to manage them, exploring what works and what doesn't.

There are many writings that argue against the use of recovery models suggesting 'a model of recovery' can be quite prescriptive. The promotion and implementation of a recovery ethos and recovery principals can be more practical. Copeland (1997) claims the Wellness Recovery Action Plan (WRAP) incorporates the key components of self-determination, empowerment, choice and hope. Copeland (1997) suggests the WRAP is often an individual's first introduction to the fact that one has their own ideas and