



WEEKLY DIGEST N°5

ATL Trainer curriculum
Mental Health and Recovery

The Recovery Approach

Did you know that, compared to the general population, homeless and vulnerably housed people have shown to suffer more commonly of mental health problems?

In fact, the incidence of common mental disorders is over twice as high in socially marginalized individuals, while psychosis have been found to be 4-15 times more frequent in homeless people. More than two third of the clients of the homeless services in England are suffering mental dis, many of them undiagnosed. (Mental Ill Health in the Adult Single Homeless Population 2009)



Learn more

- [Mental Ill Health in the Adult Single Homeless Population 2009](#)
- [The unhealthy state of homelessness](#)

Dealing with mental health problems is difficult due to the large number of individual variables involved in their development. The Recovery Approach takes a holistic view of a person's life. Recovery from mental disorders and/or substance use disorders is "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." (Lyon S., 2020)

The Recovery Model and The Medical Model

The recovery model for people with mental illness is opposite to the medical model.

The medical model posits that mental disorders have physiological causes and, until the mid-seventies, many practitioners believed that patients with mental health conditions were doomed to live with their illness forever. This belief particularly affected people with schizophrenia, schizoaffective disorder and bipolar disorder and the focus was strictly on the use of medications for treatment.

The hallmark principle of the recovery approach is instead the belief that people can recover from mental illness to lead full, satisfying lives

Four dimensions are considered to support recovery: Health: In order to manage or recover from mental illness, people must make choices that support both their physical and mental well-being. Home: People need a safe and stable place to live. Purpose: Meaningful daily routines such as school, work, family, and community participation are important during the recovery process and for maintaining wellness. Community: Supportive social relationships provide people with the love, emotional availability, and respect that they need to survive and thrive. (Lyon S., 2020)

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