



## Personal Recovery and Mental Illness: A Guide for Mental Health Professionals (Values-Based Practice)

*By Mike Slade*

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### Personal Recovery and Mental Illness: A Guide for Mental Health Professionals (Values-Based Practice) By Mike Slade

Recovery is a concept which has emerged from the experiences of people with mental illness. It involves a shift away from traditional clinical preoccupations such as managing risk and avoiding relapse, towards new priorities of supporting the person in working towards their own goals and taking responsibility for their own life. This book sets an agenda for mental health services internationally, by converting these ideas of recovery into an action plan for professionals. The underlying principles are explored, and five reasons identified for why supporting recovery should be the primary goal. A new conceptual basis for mental health services is described - the Personal Recovery Framework - which gives primacy to the person over the illness, and identifies the contribution of personal and social identity to recovery. These are brought to life through twenty-six case studies from around the world.

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### **Editorial Review**

#### **Review**

'This is probably the best single author overview of the field of recovery ...' *Mental Health and Social Inclusion*

'This volume's modest title belies its importance for therapists and, indeed, for helpseekers themselves. ... [Slade's] enthusiasm and dedication are evident.' *The Journal of Nervous and Mental Disease*

'... a key text ...' [www.drinkanddrugsnews.com](http://www.drinkanddrugsnews.com)

'This book fills a vacuum for a broad publication on how recovery values can be translated into working services and concrete actions. ... Perhaps Mike Slade should be awarded a ... prize for his attempt to provide a rationale and path for mental health services in the 21st century.' *The British Journal of Psychiatry*

'... not only accurate and up to date in its description and analysis of the current Mental Health Services, but also a refreshing critical and constructive appraisal of their function and their intended goal. ... uplifting, stimulating and thought provoking ... offers a refreshing return to a humane and humanistic way of thinking about and approaching the problems faced by those who experience mental health problems and by those who are trying to help ... Excellent.' *BMA Medical Book Awards reviewer*

#### **About the Author**

Mike Slade is a Reader in Health Services Research, Health Service and Population Research Department, Institute of Psychiatry, King's College London.

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