



**NORTHWEST AREA MENTAL HEALTH SERVICE  
REHABILITATION PROGRAM  
BCCU - MST**

**INTEGRATING THE BASIS 32  
Into THE RECOVERY ACTION PLAN**

# Background-

- 2008 CCU participation in DHS Basis 32 pilot (new form)
- Low completion rate
- Basis 32 consumer identified areas of difficulty not directly linked to treatment plans or goals
- No Outcome measures link to clinical review
- Resistance to the frequency of completion requirements ie 3 monthly
- Lack of sense of consumer driving their recovery
- Need to make the basis 32 a "living" document – more meaningful to the consumer.

# Supporting documents -

- Needs for Service – defines goals utilised in the Recovery Action Plan
- Recovery Action Plan (RAP) based on 9 recovery components
- Designed to encourage the consumer to manage own illness through increasing awareness and strengthening of supports
- Provides structure to work in partnership during all phases of recovery
- Promotes consumer oriented treatment
- Records goals and actions required to achieve goals

# Recovery Action Plan - Template

SURNAME:	FIRST NAME:	LOCAL UR No:	MH UR No:
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**PROMPTS    COLLABORATIVELY IDENTIFY & PRIORITISE A MAXIMUM OF THREE AREAS OF NEED TO WORK TOGETHER OVER THE NEXT THREE MONTHS**

<b>1. Renewing Hope &amp; Commitment</b> (Instilling confidence and rebuilding a rewarding and fulfilling life)	<b>2. Redefining Self</b> (Acknowledging responsibility for self and enhancing personal growth)	<b>3. Assuming Control</b> (Being increasingly involved in all decision-making relating to self)	<b>4. Managing Symptoms</b> (Having an understanding of illness effects and symptom control)	<b>5. Incorporating Illness</b> (Focusing on strengths and incorporating the limitations the illness can bring)
<b>6. Supportive Relationships</b> (Promoting and valuing the importance of maintaining & supporting relationships with others)	<b>7. Overcoming Stigma</b> (Learning ways to overcome the negative attitudes of others)	<b>8. Becoming An Empowered Citizen</b> (Encouraging the consumer to be value assertiveness and independence as growth)	<b>9. Finding Your Niche in the Community</b> (Supporting the consumer to identify their role within their community)	

<b>Choice of Component</b>	<b>CURRENT SITUATION</b> (What is happening now?) Include level of reliance and awareness	<b>GOALS &amp; HOPES</b> (What do we want?)	<b>ACTIONS</b> (What are we going to do)	<b>SHARING RESPONSIBILITY</b> (Who is Involved?)	<b>PROGRESS</b> (How are we going)
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Consumer Signature	Date
Case Manager Signature	Date

A sunset scene with a bright sun low on the horizon, casting a golden glow over a body of water. Silhouetted trees are visible in the foreground and middle ground.

# LINKING THE RAP WITH THE BASIS 32

# Selected Recovery components for RAP

- Renewing Hope and Commitment – may include
  - instilling confidence
  - increasing motivation
  - rebuilding a fulfilling life
  - developing trusting relationships / having hope for the future
- Managing Symptoms – may include
  - managing stress
  - developing skills to assist with ADL's
  - developing relapse prevention strategies
  - maintaining effective coping skills
- Assuming Control – may include
  - willingly taking positive risks
  - offering options from which to choose
  - taking responsibility for self

# Recovery Action Plan -

Clinicians in collaboration with Consumer & Carer (if applicable) are to complete the RAP –the three areas of need prioritized from the Needs for Service Report should be incorporated in this document.

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<p>Renewing Hope and Commitment</p> <p><b>Basis 32 areas –</b></p> <p><b>7 R/ships with family members</b></p> <p><b>8 Getting along with people outside family</b></p> <p><b>9 Isolation or feelings of loneliness</b></p> <p><b>15 –Lack of self confidence</b></p>	<p>Kate is vulnerable to poor social situations. Due to difficulty in gaining employment along with poor concentration and memory Kate finds it difficult to value herself and her abilities. Kate does not have a past experience of success</p> <p>Kate has poor family relationships and few friends</p>	<p>“ I want to be happier”</p> <p>“ I feel bored at times”</p> <p>“ I want to do something each day”</p>	<p>Develop an understanding of self esteem and meaningful activity Identify strengths to work on Link with services to increase meaningful activity ie “I’m OK Your’e OK group</p> <p>BFST – Building Family Skills Together to promote reconnection</p>	<p>Kate Case manager Crisp program Hanover worker</p> <p>Family members Carer consultant</p>	
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# Recovery Action Plan -

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Assuming Control  <b>Basis 32 areas –</b>  <b>13 – Developing independence/autonomy</b>  <b>14 – Goals or direction in life</b>	Kate lacks confidence in taking safe risks related to self development  Kate wants to know what her realistic choices and options are related to work and getting her driver's license	“I want support in making decisions”  “ I want a number of work choices so I am not forced to take one that I may not like”	Psycho –education re the benefits of risk taking to increase confidence  Identify personal strengths to support work choices Explore work opportunities through assessment of interest, skill and ability	Kate Case manager  Job Co Employment agency  Completion of Interest checklist	
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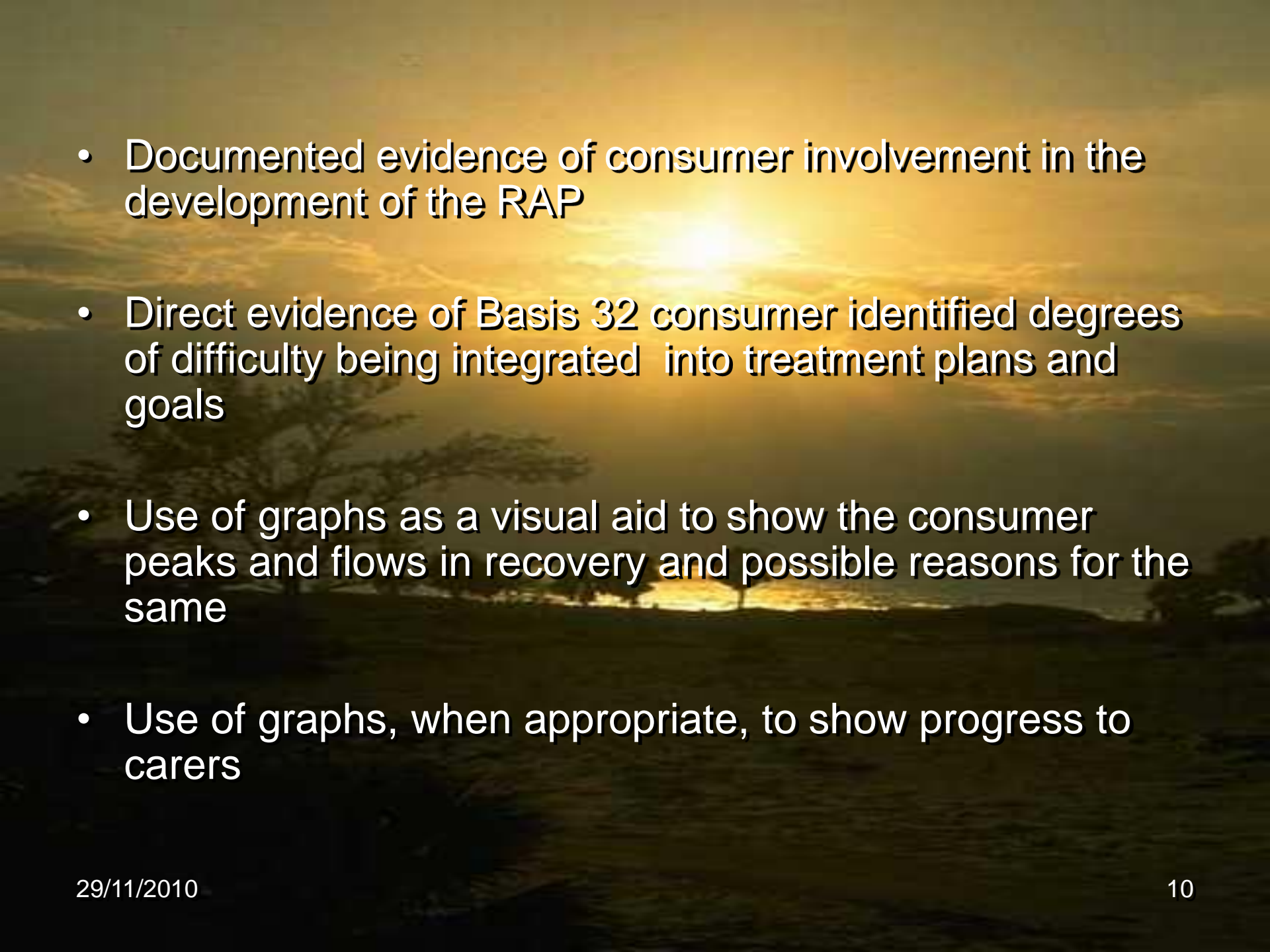
Managing Symptoms <b>Basis areas –</b>  <b>6 - Adjusting to major life stressors</b>  <b>12 - Recognising and expressing emotions appropriately</b>  <b>25 – Mood swings / unstable moods</b>	Kate gets easily stressed and finds it difficult to cope Kate has frequent verbal outbursts that affect her interactions with others Kate wants to work	That Kate will gain insight into what situations cause her stress  That Kate will learn to better control her emotions  That Kate will develop a plan of the steps she needs to achieve in order to gain employment	Psycho education in coping strategies and the benefits of meaningful activity Discussion re attendance at the LEAP program which prepares consumers for work.	Kate Case manager LEAP co-ordinator	
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Consumer Signature	Date	Case Manager Signature	Date
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# Outcomes-

- Increase in compliance

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|------------------|----------------|
| • 2008 CCU       | 2008 MST       |
| • Admission 0%   | Admission 66%  |
| • Review 75%     | Review 56%     |
| • Discharge 0%   | Discharge 0%   |
| • 2010 CCU       | 2010 MSTs      |
| • Admission 100% | Admission 100% |
| • Review 100%    | Review 83%     |
| • Discharge 100% | Discharge 100% |

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- Documented evidence of consumer involvement in the development of the RAP
  - Direct evidence of Basis 32 consumer identified degrees of difficulty being integrated into treatment plans and goals
  - Use of graphs as a visual aid to show the consumer peaks and flows in recovery and possible reasons for the same
  - Use of graphs, when appropriate, to show progress to carers

# Benefits to completing BASIS 32

To consumers –

- Ensures the consumer is receiving a needs based treatment approach
- Provides a means for consumer/clinician to work collaboratively.
- Can facilitate carer involvement in care planning.



For the clinician it –

- Enables comparative studies over time.
- Highlights progress towards recovery that might not be noticed at the time.
- It promotes reflective practice.

A sunset scene with a bright sun low on the horizon, casting a golden glow over a body of water. The sky is filled with soft, wispy clouds, and the water in the foreground is dark with some ripples. The overall mood is serene and warm.

For the service it-

- Demonstrates a quality needs based service is being delivered.
- Demonstrates that the consumer is appropriately placed in the service.

## GROWTH GROUP (CCU) – utilising the basis 32 ( pilot – 10 sessions)

- Actively works with the basis 32 to specifically work with areas of difficulty identified by each participating consumer
- Builds with each client, an analysis of areas of difficulty to form a list of small realistic steps to recover improved function
- Basis 32 seen as a valuable tool for therapy because it normalises problem areas and promotes closer more open discussion
- Individual identification – consumer describes what is difficult for them ie thoughts, emotions, behaviours
- Group members collaboratively offer thoughts, experiences and support of ideas for problem solving and resolution