

# Recovery model in Eastern Europe

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# Recovery

Recovery has been defined as “a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and/or roles” and “a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness”

Anthony (1993)

“This definition underpins mental health policy in the Anglophone world”

Slade (2016)



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# Recovery

*“..I have a disability, but that does not make me a disabled person. I have a psychiatric disability and lead a full and healthy life. I succeed in this because I am working on my recovery. I believe that I will recover.*

*Recovery isn't the same as being cured. After having lived with my illness for 21 years, it hasn't gone away. I don't suppose that I will ever be cured, but I am recovering.*

*Recovery is a process, not an end or goal. Recovery is an attitude, a way of getting through the day and tackling the challenges that come my way. Knowing what I can't do lets me see the numerous possibilities still open to me.”*

[\(Patricia Deegan, 1996\)](#)



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# Anglophone?

- Is recovery a valid model only in Anglophone countries?

# Preconditions

- Liberal democracy
- Strong emphasis on individual rights
  - Relevant user movement
  - Certain level of wealth

Personal recovery is a subjective experience

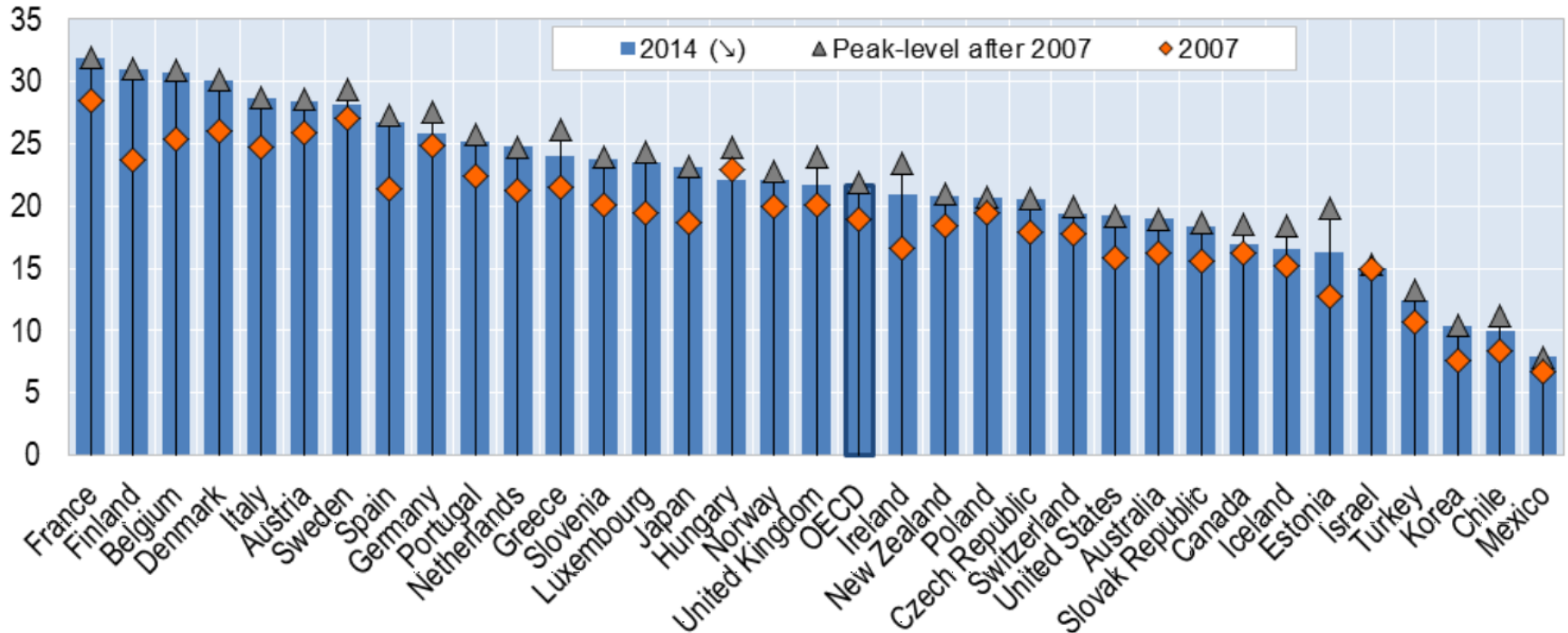
A recovery oriented mental health system gives primacy to the individual's understanding.

# Eastern-European context

- Soviet, Post-Soviet Heritage
- Punitive, institutional based system
  - Lack of communities
    - Poverty
- Low level of social expenditures

# Social expenditures

*Public social expenditure as a percent of GDP, 2007, peak-level after 2007, and 2014*





# mis-uses of recovery

- Recovery is the latest model
- Does not apply to my patients
- Services make people to recover
- Recovery orientation = closing services
- Recovery is about making people independent and normal
- Contribution arrives only after recovery

# Promising tendencies

- Advantage of the disadvantaged



# Promising tendencies

- No need to create the past of the West
- Back to creative solutions
- Raise of user movement
- Technology and communication supports recovery
- New language – new context
- <http://www.bbc.com/news/blogs-ouch-23423541>