

This group is held from 2pm to 4pm on Thursday afternoons in the Activity Room and other additional rooms as assigned. Other work may be done in relation to recovery that will be linked to this group. This may involve one-to-one work related to barriers and next steps in your recovery.

The **Transitional Recovery Peer Support Group** is also available on Saturday afternoons from 2pm to 4pm. The group is scheduled at this time particularly to enable those attending college, university or work during the week to be able to come. Some clients may attend both groups.

People who have graduated to the Transitional Recovery category may also attend these groups on Thursday and Saturday, and may indeed help others in their quest to graduate.

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# Recovery and Transitional Recovery



**At  
The Haven**

## WHAT IS RECOVERY?

When we define recovery for people with a personality disorder diagnosis we are talking about recovering the life many of us never had a chance to have. We would also like to separate the idea of recovery from cure because it may not be about getting rid of all symptoms but about learning to understand our difficulties better and to be more in control of those symptoms and learning to live well. This involves steady progress to achieve realistic goals. It is about achieving our potential and developing a different life. Recovery is an on-going journey of healing and transformation. It is about reclaiming a sense of meaning, hope and a positive sense of self.

## HOW IS TRANSITIONAL RECOVERY AT THE HAVEN DEFINED?

Transitional Recovery at The Haven is about defining a category of achievement. When someone has reached a certain stage in their **Journey of Recovery** we hope they will feel proud to graduate to the Transitional Recovery category. Haven clients who graduate to this category will be able to remain registered at The Haven. A Haven client who has graduated to the Transitional Recovery Category will:-

- o Not use crisis/respice beds
- o Not use crisis services
- o Not have short-term care plans
- o May have very occasional one-to-ones
- o May attend short-term counselling
- o May still attend a certain group such as DBT or Creative Writing
- o Will probably be studying, and/or working voluntarily or paid
- o May help to run groups or do research at the Haven

If someone who has graduated to the Transitional Recovery category has a relapse they will come out of this category for a period of time and all Haven services will be available to them.

## HOW CAN SOMEONE GRADUATE TO THE TRANSITIONAL RECOVERY CATEGORY?

People who are progressing well in their recovery are beginning to learn self-management. Although these skills can be built up in one-to-one work, in socialising at Friendship Groups and generally being part of the community, there are specific groups which teach self management skills. These groups are **Life Skills** and **DBT**. Clients wishing to graduate to the Transitional Recovery category are urged to join and attend these groups.

Progress Planning and long-term care plans are also aimed to help you explore future goals in your Journey of Recovery, whilst ensuring the support you need from different parts of Haven services stays in place.

The weekly **Transitional Recovery Group**, on Thursday afternoons, is aimed at helping those who wish to work towards joining the Transitional Recovery category. It will help you in learning how to use recovery programmes developed by the service user movement and to develop a life plan. This group will support you to look at the many small steps needed to achieve larger goals and could include the following:

- o Exploring barriers to recovery e.g. emotional barriers/negative strategies/mobility
- o Literacy and numeracy work
- o Use of recovery and life plan programmes
- o Exploring educational opportunities
- o Pre-access and Access Planning
- o Voluntary work opportunities
- o Planning paid employment
- o Benefits advice in relation to voluntary and paid work and therapeutic earnings/permitted work-
- o Applying for jobs and interview skills
- o Exploring your unique aspirations and what your next step might be