

Dichotomies in Recovery Practice

The following is a Scaling Tool for evaluating how services can be positioned when viewed from a maintenance or a recovery perspective. Services can be monitored by those delivering the service, they can be monitored by people who use the service, and the tool can also be used to position the how the service impacts on individual people who use services. To use the tool simply mark rate the service on the 1 to 10 scale for each of the factors set out below.



- ◆ 1. Monitoring/Treating Illness to Supporting Mental Distress ◆
- ◆ 2. Low Expectations to High Expectations ◆
- ◆ 3. Managed care to Self Care ◆
- ◆ 4. Social Isolation to Social Inclusion ◆
- ◆ 5. User Involvement to User Partnerships/Alliances ◆
- ◆ 6. Travel Agent to Fellow Traveller ◆
- ◆ 7. Dependence to Interdependence ◆
- ◆ 8. Service Led to Aims Led ◆
- ◆ 9. Safety/security to Extending Boundaries ◆
- ◆ 10. Entrapment to Exiting ◆

