

OUR PRINCIPLES OF CARE

The Canadian Mental Health Association (CMHA) embraces the principles of **Psychosocial Rehabilitation**. Here we explain what that means for the way we deliver our programs and services.



RECOVERING

- Recovery is the ultimate goal. Interventions must facilitate that process.
- We help people to re-establish normal roles and get back into community life.
- We encourage and support people to get involved in normal community activities, such as school and work, throughout the rehabilitation process.
- We work to make our services coordinated, accessible, and available as long as needed.

STRENGTHENING

- We help people to develop personal support networks.
- We help to enhance quality of life.
- We build on the strengths of each person.
- The involvement and partnership of both the person receiving services and their family members is pursued when possible.

SUPPORTING

- We believe that all people have the capacity to learn and grow.
- People who get services from us have the right to direct their own affairs. That includes matters related to their mental illness.
- We constantly strive to improve the services we provide.

INCLUDING

- We treat all people with respect and dignity.
- We are always working to get rid of labeling and discrimination of all kinds. We have a special focus on fighting discrimination based on a disability such as mental illness.
- A person's culture and background play an important role in recovery. They can be a source of strength and enrichment for both the person and the services we offer.
- We design our services to address the unique needs of each person, their culture, and their values.

Adapted from PSR/RPS Canada: www.psrrpscanada.ca

**Please see Welcome Package for further details on Rights and Responsibilities, PHIPA (Personal Health Information Protection Act) and a lot of other great information!*