





## Recovery Focused and Non-directive

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**A** recovery focused and non-directive approach to mental health care is one that is centered on the individual's goals and needs. It is a process of living a meaningful life, despite the presence of a mental health condition. Recovery is a process of living a life that is meaningful and fulfilling, despite the presence of a mental health condition.

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## Strengths-based

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## Inclusive

Inclusive approaches ensure that all individuals and communities are represented and have a voice in the decision-making process.

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