

NSLHD Mental Health Drug & Alcohol Declaration & Statement of Intention

MHDA Declaration

Each person's unique journey of recovery will be supported by mental health drug and alcohol services in a way that fosters hope, purpose and resilience.

MHDA Statement of Intention

The intention of the NSLHD MHDA is to provide recovery-oriented, trauma informed services that are guided by evidence based practices and collaboration.

We will achieve this through implementing the key elements of recovery across specialist clinical and support services:

- Fostering hope and building resilience within individuals, their families and carers and the service.
- Advocating for social inclusion and upholding the importance of citizenship.
- Supporting the development of connection through relationships.
- Creating meaning and purpose for an individual's life and experience.
- Addressing all aspects of wellbeing, encompassing physical, mental, emotional, cultural and spiritual health.
- Facilitating self-determination, self-responsibility and self-management.
- Supporting personal choice and ownership over one's life.
- Supporting the opportunity to take positive risks, acknowledging the learning and growth that comes from successes and setbacks.



Recognition will be given to the expertise of the individual, their families and carers and staff, within a culture of celebrating growth and achievement.

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