

RECOVERY PILLAR

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Why this pillar?

- Because recovery is a basic human right. Everybody has the right to have a meaningful and fulfilling life.
- Furthermore, we agreed, that recovery should lead to autonomy.
- Recovery should be supported, not managed by the professional.

In the group we discussed if we should write a definition of what we mean by recovery?

Main Ideas:

One of the main ideas behind recovery is autonomy.

- Being a person instead of a patient/client/etc.
- Being able to support yourself and not being dependent on other people.

The road to recovery is never straight and there's no predetermined destination.

We also discussed that having a trustful and meaningful relationship between the homeless and the professional is key to recovery. One good and strong relationship can lead to another.

Job

We also discussed the importance of getting a job. Especially in the countries that lack social welfare and where there's no access to social benefits.

Another important aspect of having a job is having a purpose in life. We all agreed, that meaningful activities are a very important part of recovery. It doesn't necessarily have to be a job, but it can also be a hobby, social activities, etc. It's crucial having a sense of belonging and acceptance.

Furthermore, a job gives access to money and recognition – Which for some people can be a step towards recovery.

Difficulties:

- Lack of person-centered approach
- Another difficulty is that it can become a full-time job to be a service-user. You must go from service to service, to make it through the day. This can lead to institutionalization.
- We also discussed that there's a big difference between the social systems in the different countries. So, a difficulty for some countries is the lack of social welfare.

Good practices:

- Collaboration (Networking)
 - Having a professional network is crucial if you want to help vulnerable homeless people. The complexity of the problems that this group is having, demands help from different professionals in social services, health services, etc.

- A person-centered approach
 - It's very important to meet the person where they are and listen to their hopes and dreams. In other words, it must be a co-work between the homeless person and the professional.

- Continuity in care
- Harm reduction
- Low-threshold approach