

A close-up portrait of a woman with dark, curly hair, wearing black-rimmed glasses, a white button-down shirt, and a light pink blazer. She is smiling warmly at the camera. The background is a whiteboard with some faint, handwritten notes in red and black ink. A teal-colored banner is overlaid on the left side of the image, containing the title text.

Sharing Recovery Stories

The Power of a Recovery Story

A recovery story enables us to share the experiences of real people who have used IPS services. Recovery stories can include how people have rebuilt their lives despite facing problems, what has helped them in their return to work journey or following their vocational goals.

Sharing these stories is a great way to promote the recovery of others. Whether someone is right at the beginning of their journey, or possibly experiencing a set back, hearing a recovery story from someone in a similar situation can provide the extra hope and encouragement they need.

Similarly, recovery stories can have a real impact to those in the public including potential employers, staff within community mental health teams and friends and family.

Sharing recovery stories can:

- help the person telling their story reflect on what has happened - it gives an opportunity to celebrate achievements and development and find meaning in their experiences by helping others
- give added hope to those facing similar challenges
- provide staff with a vision of what people who have used IPS services can and have achieved
- highlight the benefits of IPS
- help people from partner agencies and the community in general to reduce stigma and misconceptions that support a mental health condition

When collecting a recovery story from a service, it's recommended to include a quote or comments from:

- Clinician
- Care Coordinator
- Partner/Friend
- Employment Specialist
- Employer

We recommend that when collecting recovery stories, that you'd ask clinicians or the Employment Specialist and other key people involved in the recovery journey to provide an overview of the role they played. This will also be a useful way of sharing best practice e.g. around disclosure, employer engagement, in work support, time unlimited support.

We recommend that if a person would like to share a recovery story, that their Employment Specialist helps them write it.

We will make sure that:

- the person views the final version of the recovery story and confirms they are happy with it and it is an accurate reflection of their experience
- they have given consent for the use of the recovery story (see [here](#)). The person will need to sign two copies of the Recovery Story Sharing - Consent Form. One copy for the trust/organisation and the second copy will be given to the person sharing their story, together with the copy of the final version of the story.

Resources



We have a template for the suggested format for Recovery Stories.
Click **here** to download this.



You can download the Recovery Story Sharing - Consent Form **here**.

.

