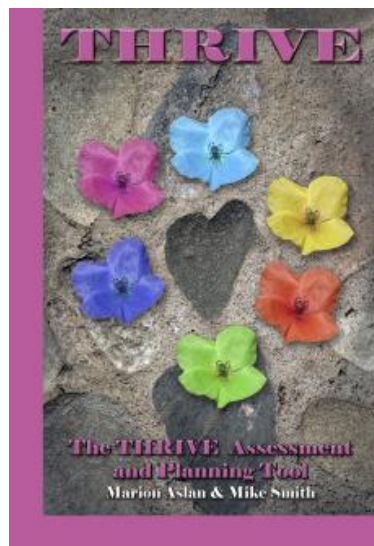


The THRIVE Assessment and Planning Tool

Marion Aslan & Mike Smith - crazydiamond

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This planning tool is for individuals who are currently receiving services or who need support for mental health difficulties or distress. It will assist recovery by helping the individual to organise and plan all relevant support needs in a way that is useful to the individual, their workers and families giving an overall direction of where the person wishes to be in their life.

The workbook is designed to help the individual direct their own recovery plan, in their own language and on their own terms, whilst acknowledging and taking responsibility for risks often posed to supporters. It will enable workers or supporters to get to know better what is required to facilitate recovery and understand how best to support that whilst minimizing the risk issues.

The THRIVE Approach focuses on the values of working with individuals in a person focussed, hopeful way towards recovery. It sometimes challenges traditional thinking and concepts of mental illness, focussing rather on working with the individual, their story, their hopes, their dreams, skills and strengths rather than symptoms.

Devised by Mike Smith, a nurse of 25 years experience, ExDirector of Nursing in North Birmingham and Marion Aslan, a mental health trainer, author and activist who has worked in the learning disabilities and mental health voluntary sector for the last 30 years, they have drawn on their personal and professional experiences of what keeps people maintained within the system and what works in the moving on process, whereby people thrive and find their future.

Taking the underpinning elements of Time, Healing, Resilience, Interdependence, Vivacity and Emancipation set out in their accompanying manual, "The THRIVE Approach to Mental Wellness" this workbook provides a practical starting point for the journey of recovery and thriving.

For details of training courses on the THRIVE Assessment & Planning Tool or to view our full range of Recovery training visit

www.crazydiamond.org.uk

or ring Mike on 07764 764587 or Marion on 07934 675237

To order a copy of the book (£12.00, plus P&P £2.00 in UK , £3.50 Europe, £7.50 USA and rest of world)

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