



# Using OCAN to support Recovery

Do we have the same thoughts about  
Recovery??

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# Definition of MENTAL HEALTH Recovery

- The concept of "recovery" in mental health refers to living a satisfying, hopeful, and contributing life, even when a person may be experiencing ongoing symptoms of a mental health problem or illness. ... It is recognized as key to achieving better mental health outcomes and improving mental health systems.
- [Recovery | Mental Health Commission of Canada](#)
- [www.mentalhealthcommission.ca/English/focus-areas/recovery](http://www.mentalhealthcommission.ca/English/focus-areas/recovery)



It's all in the introduction





# Introducing OCAN

- Supports a consumer driven approach with the inclusion of a self-assessment
- Supports conversation with consumers about needs, strengths and actions
- Tracks progress and change over time as it is completed every six months
- Provides aggregate data to inform planning and decision making that is consistent with a recovery approach

# Discuss the challenges or concerns

- Length of time it takes to complete
- Language
- The framing of the questions
- The questions itself
- Confidentiality
- One's apprehension to assessments
- mental status





# Discuss the advantages

- There will be a full conversation about needs and strengths
- There are opportunities to discuss deeper issues that impact on one's mental health
- If there are other agencies involved, the information can be shared through IAR decreasing one having to repeat their story.
- There is clarity around next steps.



# OCCAN and Health Equity

- Recording of accurate information can identify gaps in service.
- Help identify potential impacts both positive and negative of a plan or program within your organization on vulnerable populations
- Help develop recommendations & develop plans to mitigate negative impacts
- Serve as a catalyst for change within your organization
- Brings awareness to Health Equity by asking are we effective as we can be?



# In Conclusion

## **O CAN as a Recovery tool**

- Promotes a consumer driven approach.
- Supports a conversation
- Tracks progress and changes in need over time
- Develops goals

## **O CAN as a Health equity tool**

- Provides aggregate data to inform planning
- Serve as catalyst for organizational change
- Implement a equity framework within the sector and organization.





# Contact

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