

THE CAPILANO REVIEW

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the 1990s, the number of people with a diagnosis of schizophrenia has increased by 20% (Meltzer 1996). The prevalence of schizophrenia is estimated to be 1% of the population (Meltzer 1996).

There is a growing awareness of the need to improve the lives of people with mental health problems. The Department of Health (1999) has set out a vision for the future of mental health care, which includes a commitment to 'improving the lives of people with mental health problems'. The vision is based on the principles of recovery, which is a process of personal growth and development, and the goal of living a meaningful life. Recovery is a process that is unique to each individual, and it is supported by a range of services and interventions.

One of the key principles of recovery is the importance of the individual's own views and experiences. The Department of Health (1999) states that 'the views and experiences of people with mental health problems are central to the development of services'. This is reflected in the National Service Framework for Mental Health (1999), which sets out the standards for the care of people with mental health problems. The framework is based on the principles of recovery, and it aims to ensure that the care of people with mental health problems is based on their own views and experiences.

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