



Ten Key Components of Recovery

To move toward wellness and recovery, we strive to practice and facilitate these among clients, families, and other community provider partners.

SELF-DIRECTION

Consumers lead, exercise choice, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to realize a self-determined life. By definition, the recovery process is self-directed by the individual who defines his or her own life goals and designs a unique path towards those goals.

INDIVIDUALIZED AND PERSON-CENTERED

There are many pathways to recovery based on a person's unique strengths and resiliencies as well as his or her needs, preferences, experiences, and cultural backgrounds. People also identify recovery as being an ongoing journey as well as an overall approach and philosophy for achieving wellness and optimal mental health.

EMPOWERMENT

Consumers have the authority to choose from a range of options and to participate in all decisions -- including the allocation of resource -- that will affect their lives, and are educated and supported along the way. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations.

HOLISTIC

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person.

NON-LINEAR

Recovery is not a step-by step process or a straight line, but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.

STRENGTHS-BASED

Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent gifts and worth of every person. By building on these strengths, consumers leave behind interrupted life roles and engage in new life roles. The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

PEER SUPPORT

Mutual support -- including the sharing of experiential knowledge and skills and social learning -- plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

DIGNITY AND RESPECT

Community, systems, and societal acceptance and appreciation of consumers -- including protecting their rights and eliminating discrimination and stigma -- are crucial in achieving recovery. Self-acceptance and regaining belief in one's self are

particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.

RESPONSIBILITY

Consumers have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness.

HOPE

Recovery provides the essential and motivating message of a better future -- that people can and *do* overcome the barriers and obstacles that confront them. Hope is an internal feeling but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process. Mental health recovery not only benefits individuals with mental health disabilities by focusing on their abilities to live, work, learn, and fully participate in society, but also enriches the texture of a society's community life.