

- **Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, employee). 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.
- **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 internalized; 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 our society, but also enriches the texture of American community life. America reaps the benefits of the contributions individuals with mental disabilities can make, ultimately becoming a stronger and healthier Nation.

Components of Recovery



Resources

www.samhsa.gov
 National Mental Health Information Center
 1-800-789-2647, 1-866-889-2647 (TDD)

NATIONAL CONSENSUS STATEMENT

ON MENTAL HEALTH RECOVERY



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Substance Abuse and Mental Health Services Administration
 Center for Mental Health Services
www.samhsa.gov

Background

Recovery is cited, within *Transforming Mental Health Care in America, Federal Action Agenda: First Steps*, as the “single most important goal” for the mental health service delivery system.

To clearly define recovery, the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services and the Inter-agency Committee on Disability Research in partnership with six other Federal agencies convened the National Consensus Conference on Mental Health Recovery and Mental Health Systems Transformation on December 16-17, 2004.

Over 110 expert panelists participated, including mental health consumers, family members, providers, advocates, researchers, academicians, managed care representatives, accreditation organization representatives, State and local public officials, and others. A series of technical papers and reports were commissioned that examined topics such as recovery across the lifespan, definitions of recovery, recovery in cultural contexts, the intersection of mental health and addictions recovery, and the application of recovery at individual, family, community, provider, organizational, and systems levels. The following consensus statement was derived from expert panelist deliberations on the findings.

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.

The 10 Fundamental Components of Recovery

- **Self-Direction:** Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be 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 multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm 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 resources—that will affect their lives, and are educated and supported in so

doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

- **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. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.
- **Non-Linear:** Recovery is not a step-by-step process 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.

Stigma-Free
Peer-Support Safe
Person-Centered Teaching
Empower-Mental Responsibility
Struggles
Holistic
Strengths-Based
Self-Direction
Non-Linear
Self-Advocate
Developing Respect
Relationships
Balance
Hope
Empowerment

Role Playing

Making Requests

1. A good friend of yours has borrowed money from you on several occasions in the past. You believe that the amount they have borrowed has become too much. This person owes you \$50.00, and it is becoming difficult for you to keep lending money to them.

You decide to ask for re-payment of the amount owed to you.

2. At the end of a church service you see another person who you would like to meet. It is around lunch time and all services are done for the day.

You decide to go over to this person and ask them if they would join you for lunch at a nearby café.

3. Every Saturday morning you spend time reading outside on your patio. One of your neighbors is shifting a stepladder around. They have bumped into a ceramic pot-plant and damaged it. You recently decorated this pot.

You decide to speak to your neighbor about this.

Beginning and Continuing Conversations

4. You have been taking part in a group which goes bowling and swimming. Two weeks ago a new person joined the group, but you have not spoken to them yet. This morning you think you would like to talk with them.

You sit next to them on the bus on the way to the bowling alley. You say...

5. You are talking to a friend at a lunch time BBQ. While you are talking to them, you see an old friend you have not seen for a while.

You would like to catch up with them and you see that they are about to leave, so you say...

6. At your last appointment with your psychiatrist, you were told that you will have a new case manager from now on. An appointment for this person to come over and see you at your house was set up. It is now two days later. You are at home and expect the new case manager to arrive soon.

You hear a knock on your door. You...

Ending a Conversation

7. At the local McDonald's, you are having lunch with a friend. The conversation with this friend is going well. Suddenly you remember that you are going on an outing with a group from church. You realize that you are running late and must leave straight away to get there in time.

You say to your friend...

8. You are having a conversation with the neighbor who lives next door to you. You think they are a nice person, but you know from past experiences, that they like to talk for a long time.

You decide that you have other things to do, so you say...

Talk-Time Clean-up

9. You are talking with someone you live with. You have been talking for a few minutes about a movie they have just seen. You find it interesting since you have been wondering what movie to go see for quite some time. In the middle of the conversation, they begin talking about the weather.

They seem to have gone "off track", so you say...

10. You are listening to someone tell you how they have "figured out" how to get to the newest COSTCO's. Recently, you have tried to find it, but haven't been able to.

You are not sure you have understood their directions. You say...

SOCIAL SKILLS COMFORT

Name: _____

Date: _____

These are social skills we will be working on together. Please look at the following skills and decide how comfortable you are in using them **now**. Please use the following scale for describing how comfortable you are in using the social skills:

1	2	3	4	5	6	7	8	9	10
Not at all comfortable		little comfortable		somewhat comfortable			quite comfortable		very comfortable

Making Requests _____

Listening to Others _____

Beginning and Continuing a Conversation _____

Understanding a Conversation _____

Ending a Conversation _____

Getting Your Positive Feelings Across to Others _____

Getting Your Unpleasant Feelings Across to Others _____

Reaching a Solution Together _____

Turning Down Unwanted Requests or Actions _____