

## Top 10 Fundamental Components of Recovery

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### Respect

Community, systems and societal acceptance and appreciation of individuals -- 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

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

### Hope

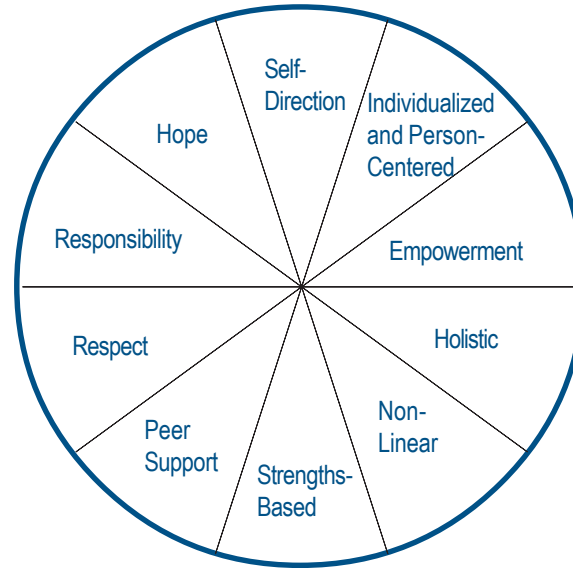
Recovery provides the essential and motivating message of a better future -- that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers and others. Hope is the catalyst of the recovery process.

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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.

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## Fundamental Components of Recovery



Lee Mental Health Center, Inc. has been your community behavioral health care provider since 1969. The Center is a private, non-profit organization governed by a volunteer Board of Directors. We are also a United Way Partner Agency funded, in part, through contracts with the State of Florida's Department of Children and Families, the Lee County Board of Commissioners, private donations and grants received from the Southwest Florida Community Foundation, Cape Coral Community Foundation, The Able Trust, the Gannett Foundation and the City of Fort Myers.

Lee Mental Health

## AGENCY STATEMENT

on

# MENTAL HEALTH RECOVERY

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## 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 (SAMHSA) 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 in December, 2004.

More than 110 expert panelists participated, including mental health consumers, family members, providers, advocates, researchers, academicians, managed care representatives, accreditation organization representatives, state and local 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 and also serves as Lee Mental Health’s *Agency Statement on Mental Health Recovery*.

Mental health recovery is an individual 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 reach his or her full potential.



## Top 10 Fundamental Components of Recovery

### Self-Direction

Individuals 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 toward 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

Individuals 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 individuals 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 state 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 worth of individuals. By building on these strengths, individuals leave stymied life roles behind and engage in new life roles (ex. 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. Individuals encourage and engage other individuals in recovery and provide each other with a sense of belonging, supportive relationships, valued roles and community.

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