

IT'S ALL ABOUT RECOVERY!

Self-Direction
Consumers lead their own path of recovery.



Hope
There can be a better future. People can and do overcome the barriers and obstacles that confront them.



Individualized and Person-Centered
There are multiple pathways to recovery based on an individual's unique strengths and resiliencies.

Responsibility
Consumers have a personal responsibility for their own self-care and journeys of recovery.

Empowerment
Consumers have the authority to participate in all decisions that will affect their lives and are educated and supported in so doing.

Respect
Acceptance and appreciation of consumers, including protecting their rights and eliminating discrimination and stigma are crucial in achieving recovery.

Holistic Recovery
Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

Non-Linear
Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.

Strengths-Based
Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

Peer Support
Mutual support, including the sharing of experiential knowledge, skills and social learning, plays an invaluable role in recovery.