

Recovery-Oriented Systems



“Systems of health and human services that affirm hope for recovery, exemplify a strength-based orientation, and offer a wide spectrum of services and supports aimed at engaging people with mental health and substance use conditions into care and promoting their resilience and long-term recovery from which they and their families may choose.”

Source: *Glossary of Recovery Terms*: Retrieved 2015, May 18 from <http://media.samhsa.gov/recoverytopractice/glossaryofterms.aspx>

Guiding Principles of Recovery-Oriented Systems

- ▶ **There are many pathways to recovery.**
- ▶ **Recovery is self-directed and empowering.**
- ▶ **Recovery involves a personal recognition of the need for change and transformation.**
- ▶ **Recovery is holistic.**
- ▶ **Recovery has cultural dimensions.**
- ▶ **Recovery exists on a continuum of improved health and wellness.**
- ▶ **Recovery emerges from hope and gratitude.**
- ▶ **Recovery involves a process of healing and self-redefinition.**
- ▶ **Recovery involves addressing discrimination and transcending shame and stigma.**
- ▶ **Recovery is supported by peers and allies.**
- ▶ **Recovery involves (re)joining and (re)building a life in the community.**
- ▶ **Recovery is a reality.**

Source: Sheedy C.K., and Whitter M., *Guiding Principles and Elements of Recovery-Oriented Systems of Care: What do We Know from the Research?* HHS Publication No. (SMA) 09-4439. Rockville, MD: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, 2009, pages 1 & 2. Retrieved 2015, May 1 from http://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Guiding_Principles_Whitepaper.pdf.