

Partners in Wellness and Recovery: I. Role of Person in Recovery

Task Area	Knowledge	Attitudes/Values	Skills	Behaviors
Recovery	<ul style="list-style-type: none"> • Knows recovery is possible and likely for everyone (48, 49) • Learns/knows recovery principles and practices • Learns/knows about psychiatric disabilities (52) • Learns about mental health system (52) • Learns to think differently about medications (18) • Learns that there are “effective treatments” that facilitate recovery • Knows own culture’s approaches to healing (49) • Knows professionals/healers in own cultural community (49) • Recognizes role of trauma & stress in development of disability • Understands the power of prejudice in perpetuating disability 	<ul style="list-style-type: none"> • Believes they can recover (20, 48) • Is willing to take risks; to try, fail & try again (18, 49) • Recognizes [and embraces] one’s own spirituality (49, 55) • Believes in self-empowerment and recovery (20) • Believes in taking responsibility for personal recovery (18) • Recognizes self-judgment is detrimental to recovery • Is open to consider variety of treatment modalities, e.g., herbal, acupuncture, psychotropic medications, psychosocial & peer (49) • Embraces and celebrates own culture (49) • Respects values of cultures other than their own (49) • Knows the source of recovery comes from within • Recognizes self as a unique individual who will need to follow own path; does not pigeonhole self. 	<ul style="list-style-type: none"> • Advocates for self (15) and others • Suspends self-judgment on relapse • Recognizes need for assistance and seeks such assistance • Recognizes that recovery could be defined differently depending on a consumer’s experience • Recognizes interface between own cultural healing practices and dominant culture’s practices (49) • Person learns to identify and advocate for their own needs • Person practices self-healing as opposed to self-infliction • Person knows how to “pick” their battles; when to fight and when not to fight • Can identify and reject pejorative labels of discriminatory practices 	<ul style="list-style-type: none"> • Makes a decision to take responsibility one’s own recovery (18, 48) • Develops a recovery plan (15) • Takes risks (48) • Learns recovery skills (1) • Exercises right to choose • Re/establishes major social role for self; gets a meaningful life (20, 41, 48) • Celebrates successes and learns from mistakes (52) • Monitors and prevents relapse (48), using chosen relapse prevention modalities/strategies (15) • Practices stress reduction • Attends to physical wellness (15) • Uses cultural healers/ professionals as appropriate (49) • Contributes to political activism to combat discrimination against people having psychiatric concerns

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<p align="center"><i>Relationships</i></p>	<ul style="list-style-type: none"> *Learns from peers about recovery (15, 49) •Learns to think differently about oneself and one’s mental health staff/provider team (17) •Learns to recognize value of PSS, community, and natural and cultural support systems 	<ul style="list-style-type: none"> *Trusts one’s self in relationship with person providing services and doesn’t just accept the recommendations/judgments of service providers •Believes trusting, collaborative partnership is beneficial in the recovery process (48) •Believes in taking responsibility for communication of one’s needs and status to providers •Believes one’s cultural identity should be respected, honored and understood by providers 	<ul style="list-style-type: none"> *Shares, communicates personal experience with others •Listens to other people’s experiences •Is aware of one’s contributions to a relationship (34a) •Negotiates service plan •Communicates needs and status to provider •Ability to teach providers about one’s culture & its relationships to mental health services and treatment (49) •Teaches peers about recovery •Acknowledges staff when they are being helpful (13) 	<ul style="list-style-type: none"> *Takes charge of own service plan & is a partner in service planning and process (48) •Acts as role model to others in recovery (12, 55) •Uses self-help groups and peers for support (32, 52, 55) •Transfers hope to others (13) •Asserts right to make choices •Develops personal supports (13, 15, 52) •Provides support to others (52) •Acknowledges staff [and others] when they are helpful (13) •Teaches providers about what is it like to have a psychiatric disability (13) •Teaches providers about his/her cultural self and its relationship to mental health services and treatment

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<i>Internal Systems (Mental Health systems)</i>	<ul style="list-style-type: none"> • Learns what the system has to offer and where to get it • Recognizes discrimination in the mental health system as it relates to own recovery and the recovery of others • Recognizes system barriers to accessing services • Knows/learns the impact of own culture in relationship with mental health services 	<ul style="list-style-type: none"> • Believes he/she has something to offer the mental health system • Believes he/she has the right to access system • Believes he/she has something to gain from the MH system • Has option to become a direct service or management employee of mental health system 	<ul style="list-style-type: none"> • Develops self-help and advocacy groups • Addresses issues of discrimination in the mental health system (49) • Accesses culturally appropriate services, if available (49) 	<ul style="list-style-type: none"> • Asserts right to choice and recovery • Has option to participate in system planning groups and Boards • Advocates for culturally/linguistically appropriate services (49)
<i>External Systems (Community and broader health & human service system)</i>	<ul style="list-style-type: none"> • Recognizes discrimination in the community at large as it relates to own recovery and the recovery of others • Recognizes lack of coordination among services and its impact on recovery • Recognizes barriers in community to access to services • Knowledge of key players in community who can advocate for people in recovery • Recognizes natural support systems in the community 	<ul style="list-style-type: none"> • Views larger community as a resource for support • Views larger community as interdependent partner in recovery process • Believes people have the right not to be discriminated against • Has sense of connectedness to one's place on earth (34a) 	<ul style="list-style-type: none"> • Advocates for recovery-related services • Advocates for culturally/linguistically appropriate services (49) • Articulates the impact of discrimination in the community at large • Advocates for services in community • Educates the community about the negative impact of discrimination (52) • Establishes own natural support system in community (31) 	<ul style="list-style-type: none"> • Collaborates as equal partner with community systems • Assists other consumers to set up their own natural support systems (49) • Teaches providers how to assist persons in recovery to set up natural support systems (49) • Uses community resources, e.g., schools, employment, leisure time and spiritual activities (52)