

**Partners In Wellness & Recovery: II. Role of Personal Support System (PSS) (family, friends, significant others, etc.)**

<b>Task Area</b>	<b>Knowledge</b>	<b>Attitudes/Values</b>	<b>Skills</b>	<b>Behaviors</b>
<b>Recovery</b>	<ul style="list-style-type: none"> <li>• Learns (gets information) about recovery</li> <li>• Learns that recovery is an effective model of treatment</li> <li>• Learns about the family recovery process (49)</li> <li>• Learns about psychiatric disabilities (48)</li> <li>• Has knowledge of own culture and values</li> <li>• Understands need to know about other cultures and healing</li> </ul>	<ul style="list-style-type: none"> <li>• Believes in recovery (48) and that anyone can recover (49)</li> <li>• Believes that partnerships are important to recovery</li> <li>• Accepts differences between own agenda and that of the person in recovery</li> <li>• Is willing to take risks</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies different cultural values</li> <li>• Appreciates different cultural values and therapeutic approaches</li> <li>• Acknowledges the contributions of person</li> <li>• Separates own agenda from those of the person in recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Supports the person's recovery process (48)</li> <li>• Takes risks (49)</li> <li>• "Lets go" (49)</li> <li>• Grieves (4)</li> <li>• Acknowledges and supports different cultural values and the need for appropriate therapeutic approaches</li> </ul>

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<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Acknowledges the limits of one’s knowledge about psychiatric disabilities</li> <li>• Knows how to respond with sensitivity</li> <li>• Acknowledges the impact of one’s own culture on others as being important</li> </ul>	<ul style="list-style-type: none"> <li>• Believes the person is able to recover</li> <li>• Believes that partnerships are important to recovery</li> <li>• Maintains an open and respectful attitude toward other cultures and their values</li> <li>• Doesn’t minimize the experiences of the person in recovery, e.g., medication side effects</li> </ul> <p>Imparts the value of families and their cultures to provider</p>	<ul style="list-style-type: none"> <li>• Give and receive love</li> <li>• Listen</li> <li>• Be non-judgmental</li> <li>• Develops relationship and collaborates with providers</li> <li>• Teaches and educates providers</li> <li>• Provides support to other PSS members</li> <li>• Supports the person in recovery</li> <li>• Educates mental health providers about own cultures and the impact of own cultures on mental health and recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Honors and respects the choices of the person in recovery even if they feel that the person has made/is making what seems to be a “bad” or wrong choice.</li> <li>• Acknowledges the learning associated with making choices.</li> <li>• Participates in person’s planning and services (48) when requested by person</li> <li>• Says “I don’t know”, when he/she doesn’t know the answer</li> <li>• Doesn’t give up (18)</li> </ul>

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<b><i>Internal Systems</i></b>	<ul style="list-style-type: none"> <li>• Knows/learns basic knowledge of available mental health services and system. Knows where to turn to find help (4)</li> <li>• Learns about available service modalities</li> </ul>	<ul style="list-style-type: none"> <li>• Believes that the system should support recovery</li> <li>• Believes system should make necessary changes to support recovery</li> <li>• Is aware of importance of own cultural background and ethnicity and it's impact on the person in recovery and their PSS</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies and articulates systemic barriers to recovery in order to help system improve it's services</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes positive change within the system to support recovery</li> <li>• Participates on mental health boards and planning groups</li> <li>• Advocates for PSS groups to support each other and assure that PSS people receive support</li> <li>• Advocates for culturally appropriate services</li> <li>• Teaches and educates providers (47)</li> </ul>
<b><i>External Systems</i></b>	<ul style="list-style-type: none"> <li>• Knows/learns basic knowledge of community resources and supports, including consumer and family self-help, support and advocacy groups - knows where to turn to find help</li> <li>• Understands the role of prejudice and discrimination in perpetuating disability</li> </ul>	<ul style="list-style-type: none"> <li>• Believes in and acknowledges the entire community as a resource and support to aid people in recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Effectively lobbies with the political and other forces that might not understand or might oppose recovery practices and principles</li> <li>• Develops more community based supports</li> </ul>	<ul style="list-style-type: none"> <li>• Fights to eliminate discrimination</li> <li>• Teaches about discrimination</li> <li>• Participates in advocacy/lobbyist groups</li> <li>• Helps to build more community based supports</li> </ul>