

# ***California Institute for Mental Health (CIMH) Recovery Project Focus Groups: Alameda, Contra Costa, Stanislaus and Solano Counties***

## **RECOVERY PRINCIPLES**

(As presented to the Four-County focus groups in the spring of 2000)

County Mental Health Department directors are thinking about how to include the “recovery philosophy” in their adult service delivery systems. There are many approaches to recovery. The principles of recovery found below include some ideas common to most approaches. Please share what comes to mind as you read this language:

1. The recovery process embraces an empowering spiritual journey (defined uniquely by each individual) that is hallmarked by hope and expansion into a better life, independent living and community integration as its goals, and peer support as its anchor.
2. Recovery may occur with or without complete relief from symptoms; recovery can occur even though the illness has not been “cured.”
3. Recovery embraces an empowering personal and spiritual journey. It helps people grow and change, including steps forward and backward along the way.
4. Consumers have the best potential to thrive when viewed as partners in control of their own recovery. Providers, in particular, must believe and share with their clients that recovery is possible
5. Mental Health Departments provide rehabilitation services that relieve crisis, manage symptoms, assist an individual to adapt to their disability and provide skills/supports to acquire a sense of balance and stability. Recovery is something that a person generates for themselves. Recovery only happens between people who have had a “shared experience” as mental health clients.
6. Recovery can occur independently of professional intervention.
7. In a “System of Care” that embraces recovery, consumers have access to employment services, housing, education, self-help/peer support and other programs that provide opportunities for independence and integration into the community.