

# Montgomery County Recovery Vision Statement

“To promote wellness and recovery by creating an environment where all people are empowered to have freedom to make choices about their lives, to pursue their personal goals, and to do so with dignity, and the respect of others.”

## Key Concepts of Recovery

- Hope is an essential component.
- “Staff must role model hope and continue to offer options and choices even if they are rejected over and over again.”<sup>1</sup>
- The work of Recovery can start at any time, a person does not need to have achieved a particular level of symptom stability. It starts “where the person is”.
- Recovery is a process; it is not linear.
- Recovery is not focused on illness, but rather the person.
- Recovery refers not only to the process of moving forward in dealing with illness, but also dealing with the stigma and catastrophic events that often occur as a byproduct of having a mental illness.
- Peer support is a key component in a recovery-oriented system.
- A recovery oriented system must have outcome measures that are oriented to persons achievement, functioning, choice and quality of life, not just relief of symptoms or reduction of use of intense services (though they may not be mutually exclusive).
- There is an emphasis on personal responsibility, accountability, advocacy and control.
- Supportive persons/services who believe in and promote recovery are important across all settings.
- Access to resources, services and supports is important.
- Cultural competency is also important in a recovery-oriented system.
- “Recovery does not mean cure. Rather recovery is an attitude, a stance, and a way of approaching the day’s challenges. It is not a perfectly linear journey. There are times of rapid gains and disappointing relapses. There are times of just living, just staying quiet, resting and regrouping. Each person’s journey of recovery is unique. Each person must find what works for them. This means that we must have the opportunity to try and to fail and to try again. In order to support the recovery process mental health professionals must not rob us of the opportunity to fail. Professionals must embrace the concept of the dignity of risk and the right to failure if they are to be supportive of us.”<sup>1</sup>

1. Deegan, P. (1996). Recovery as a journey of the Heart. *Psychiatric Rehabilitation Journal*, 19(3), 91-97.

## Principles for Montgomery County's Partnership for Recovery

These guiding principles have been developed as the basis for Montgomery County's Partnership for Recovery. These principles were created by individuals that receive service, Family Members and Providers with the belief that an environment promoting recovery requires successful partnerships among the participants.

### Hope

Hope is the foundation for recovery—the belief in an individual's potential to experience a full and satisfying life and the belief that change is possible.

### Individuality

Recovery is a unique and personal journey. It embraces the individual rather than dwelling on the illness. Recovery respects individuals' cultural and spiritual differences as well as their special needs.

### Choice

Individuals are encouraged to make their own informed choices about their lives and their support systems. These choices are respected.

### Peer Support

Peer support is a highly valued resource, which offers hope through the unique empathy and understanding that come from peer relationships.

### Community Focus/Integration

A recovery supportive environment provides the opportunity to live in, be connected to and flourish within the community of one's choosing, with access to those community supports and resources that will best promote one's own recovery.

### Personal Responsibility

Everyone is responsible for his or her life decisions and membership in the community at large. Recovery is directed by the individual, with support from contributing partners.

### Meaningful Life

Everyone is entitled to an individually determined life that allows for the pursuit of roles, interests and activities that add richness and meaning to his or her life.

### Advocacy

Everyone is offered opportunities and support to be his or her own advocate and a voice for recovery

### Resources

Access to a variety of community resources, including behavioral health services, is necessary in promoting wellness and recovery. Resources can also include self-help, education, advocacy groups, peer support and information