

What recovery means

Recovery means something different to everyone, and while our approach is individualized for each person, there are some basic beliefs and guidelines we follow:

Relationships are important. We make efforts to meet people where they are at, and understand that symptoms, stigma, trauma, low motivation, and negative treatment experiences can all be obstacles to getting help.

People can recover. They may not be able to eliminate all their symptoms, but they can regain *control* of their lives, *rebuild* their lives, grow, heal, and achieve *meaningful* lives. We try to provide encouragement, support, opportunities, and skills. We have an expectation that people will learn and grow from their experiences, eventually even moving beyond us.

Recovery is a collaborative process and requires ongoing effort and commitment from the person who is recovering. Recovery is built upon the strengths inside a person that enable them to overcome, not upon the strengths of our staff's caretaking or even treatment. Recovery is most clearly seen from the individual's point of view. We emphasize individual inclusion and active participation.

Recovery includes a process of healing from the symptoms of the illness itself, and also from trauma, destruction, and rejection. Our program environments are a place of listening and empathy, acceptance and safety—a sanctuary to grow beyond.

Quality of life is important. Recovery isn't achieved when an illness is successfully treated. Recovery is achieved when a life is rebuilt, even if the illness persists. People may need a great deal of direct support, guidance, opportunity creation, and learning skills to rebuild their lives.

Life occurs out in the community, not inside a program, even a pleasant one. Recovery is a return to a web of relationships—personal, familial, intimate, neighborly, even spiritual. Many other parts of our community need to contribute to recovery. It's not a process isolated to a professional's office or mental health clinic. It is an embracing of life.

