

# What Does Recovery Mean?

## The Recovery Concepts:

**Self-Direction:** People lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life.

**Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations.

**Empowerment:** People have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing.

**Holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

**Non-Linear:** Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.

**Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

**Peer Support:** People encourage and engage others in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

**Respect:** Self-acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation in all aspects of life.

**Responsibility:** People have a personal responsibility for their own self-care and journeys of recovery.

**Hope:** Recovery provides the essential and motivating message of a better future— that people can and do overcome the barriers and obstacles that confront them.