

Recovery Oriented Systems of Care - Services Guide

12 Guiding Principles:

- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery emerges from hope and gratitude.
- Recovery involves a process of healing and self-redefinition.
- Recovery involves addressing discrimination and transcending shame and stigma.
- Recovery is supported by peers and allies.
- Recovery involves (re)joining and (re)building a life in the community.
- Recovery is a reality.

17 Elements of Recovery-Oriented Systems of care and services:

- Person-centered;
- Inclusive of family and other ally involvement;
- Individualized and comprehensive services across the lifespan;
- Systems anchored in the community;
- Continuity of care;
- Partnership-consultant relationships;
- Strength-based;
- Culturally responsive;
- Responsiveness to personal belief systems;
- Commitment to peer recovery support services;
- Inclusion of the voices and experiences of recovering individuals and their families;
- Integrated services;
- System-wide education and training;
- Ongoing monitoring and outreach;
- Outcomes driven;
- Research based;
- Adequately and flexibly financed.

10 aspects of ROSC that cultivate a Culture for Recovery:

- Encourages individuality;
- Promotes accurate and positive portrayals of psychiatric disability while fighting discrimination;
- Focuses on strengths;
- Uses a language of hope and possibility;
- Offers a variety of options for treatment, rehabilitation, and support;
- Supports risk-taking, even when failure is a possibility;
- Actively involves service users, family members, and other natural supports in the development and implementation of programs and services;
- Encourages user participation in advocacy activities;
- Helps develop connections with communities;
- Helps people develop valued social roles, interests and hobbies, and other meaningful activities.