

SECTION

Introduction

SUBJECT

Recovery

RECOVERY STATEMENT

This waiver is centered on Recovery for individuals living within their community utilizing the supports offered by waiver. Individuals on the waiver should be working toward recovery and striving to reach their fullest potential. Recovery should be the common, recognized outcome of the service supports offered by the waiver.

Recovery does not necessarily mean “clinical recovery” rather it is the idea of building a life beyond illness and social isolation. Social inclusion involves the 10 fundamental components of Recovery, an emphasis on social participation, attention to the rights of people with mental illness, and equality. The goal is to integrate individuals into the community in which they live, wherein they become a valued member of their community. The waiver will assist with access to opportunities that exist that allow individuals to contribute at the level which they are capable.

Recovery is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by mental illness.

There is no health without mental health. Mental Health should be an integral part of an individual’s Person-Centered Recovery Plan. In order to meet this need for individuals on the waiver, they have a Case Management Team that consists of both a Social Worker and a Nurse.

The Case Management Team will work with individuals in a partnership manner, be respectful of diversity, challenge the individuals, promote safety and ensure there is responsible risk-taking if necessary. The Person-Centered Recovery Plan is based on needs and strengths of each individual.

Recovery is the intended consequence of the use of the full range of services provided by the waiver.

THE TEN FUNDAMENTAL COMPONENTS OF MENTAL HEALTH RECOVERY INCLUDE THE FOLLOWING PRINCIPLES:

- **Self-Direction.** Individuals determine their own path of recovery with autonomy, independence, and control of resources.

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- **Individualized and Person-Centered.** There are multiple pathways to recovery based on an individual's unique strengths as well as his or her needs, preferences, experiences, and cultural background.
- **Empowerment.** Individuals have the authority to participate in all decisions that will affect their lives, and they are educated and supported in this process.
- **Holistic.** Recovery encompasses an individual's whole life, including mind, body, spirit. Recovery embraces all aspects of life, including housing, social networks, employment, education, mental health, health care treatment, and family supports.
- **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. The process of recovery moves forward through interaction with others in supportive, trust-based relationships.
- **Peer Support.** Mutual support plays an invaluable role in recovery. Individuals with lived experience encourage and engage others in recovery and provide each other with a sense of belonging.
- **Respect.** Eliminating discrimination and stigma are crucial in achieving recovery. Self-acceptance and regaining belief in oneself are particularly vital.
- **Responsibility.** Individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals identify coping strategies and healing processes to promote their own wellness.
- **Hope.** Hope is the catalyst of the recovery process and provides the essential and motivating message of a positive future. Peers, families, friends, providers, and others can help foster hope.

