



Recovery Model Mission Statement

Strategic Goal:

The five counties of ABHA will support the development of a continuum of community-based services that empower persons with mental illness to recover.

In order to accomplish this goal:

The five counties of ABHA will adopt a “Recovery Model” of service delivery. One of the primary tenets of the Recovery Model is self-direction. Consistent with this tenet, ABHA recommends initial focus on the following goals as expected outcomes of mental health service delivery:

1. The individual and family’s ability to attend school, work or other community or leisure activities
2. The individual and family’s ability to seek and maintain positive relationships
3. The individual and family’s ability and means to support and secure a self-determined quality of life
4. The individual and family’s ability to obtain and secure safe and stable housing
5. The individual and family’s ability to self assesses and use tools learned in treatment for their own health and emotional issues

ABHA will measure its success in achieving these five outcomes using appropriate outcome measurement instruments to constantly monitor the effectiveness of service delivery.

The roadmap that will guide the five counties of ABHA toward these goals are consistent with the principles of the Recovery Model. These include:

- Hope: Recovery provides the essential and motivating message of a better future. Hope recognizes that individuals and families can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process.
- Empowerment: Individuals and families 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.
- Self-Direction: Individuals and families lead, control, exercise choice over, and determine their own path of recovery and control of resources to achieve a self-determined life.
- Responsibility: Individuals and families have a personal responsibility for their own self-care.
- Individualized and Person-Centered: Health care services are tailored to respond to the unique needs of individuals and families.
- Holistic View of The Person and Family: Recovery encompasses an individual and/or families’ whole life and embraces all aspects of that life, including housing,

employment, education, healthcare, spirituality, creativity, social networks, community participation, and supports as determined by the individual and family.

- Wellness: Wellness integrates a holistic view of behavioral healthcare with a holistic view of physical health care. Wellness embraces and addresses the mind, the heart, and the body. Nutrition, exercise, self-care, and lifestyle choices are key components of Wellness.
- Services are Strengths-Based: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals and families. The process of recovery moves forward through interaction with others in supportive, trust-based relationships.
- Respect: This includes the protection of individual and family rights, and the elimination of discrimination and stigma. Respect ensures the inclusion and full participation of individuals and families in all aspects of their lives.
- Services are Evidence-based: Services to individuals and families are based in sound and proven scientific research.
- Recovery is not step-by-step: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.
- Peer Support: Individuals and families encourage and engage others in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community. They share experiential knowledge and skills.

The content of this document resulted from a number of sources including: the ABHA Consumer Satisfaction Survey (2005); the ABHA Consumer Outcome Project (2006); the ABHA sponsored “Consumers and Mental Health Recovery” training by Dr. Dan Fisher (2006); and the National Consensus Statement on Mental Health Recovery, which is available at SAMHSA's National Mental Health Information Center at www.mentalhealth.samhsa.gov.

This mission statement was created by the various stakeholders including the ABHA Consumer Advisory Committee and ABHA Utilization and Quality Management Committee. It was approved as the mission statement for the ABHA Recovery Project by the Administrative Council on April 14, 2006.