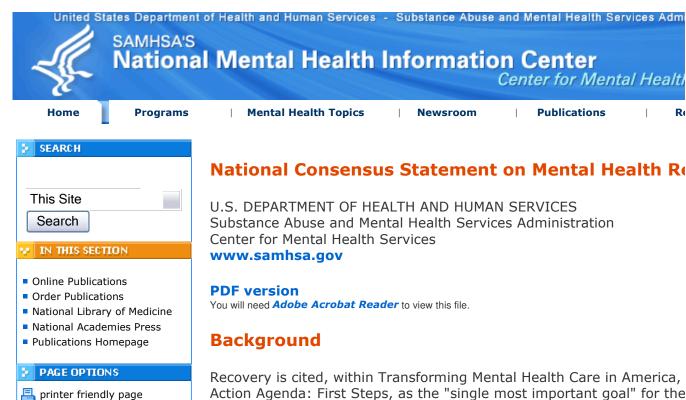
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National Consensus Statement on Mental Health Re

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration

Recovery is cited, within Transforming Mental Health Care in America, Action Agenda: First Steps, as the "single most important goal" for the health service delivery system.

To clearly define recovery, the Substance Abuse and Mental Health Ser Administration within the U.S. Department of Health and Human Service Interagency Committee on Disability Research in partnership with six c Federal agencies convened the National Consensus Conference on Men Recovery and Mental Health Systems Transformation on December 16-

Over 110 expert panelists participated, including mental health consun members, providers, advocates, researchers, academicians, managed representatives, accreditation organization representatives, State and officials, and others. A series of technical papers and reports were com that examined topics such as recovery across the lifespan, definitions (recovery in cultural contexts, the intersection of mental health and add recovery, and the application of recovery at individual, family, commun provider, organizational, and systems levels. The following consensus: was derived from expert panelist deliberations on the findings.

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or choice while striving to achieve his or her full potential.

The 10 Fundamental Components of Recovery

Self-Direction: Consumers lead, control, exercise choice over, and de their own path of recovery by optimizing autonomy, independence, and resources to achieve a self-determined life. By definition, the recovery must be self-directed by the individual, who defines his or her own life designs a unique path towards those goals.

Individualized and Person-Centered: There are multiple pathways based on an individual's unique strengths and resiliencies as well as his needs, preferences, experiences (including past trauma), and cultural in all of its diverse representations. Individuals also identify recovery a ongoing journey and an end result as well as an overall paradigm for a wellness and optimal mental health.

Empowerment: Consumers have the authority to choose from a rang and to participate in all decisions—including the allocation of resources affect their lives, and are educated and supported in so doing. They ha ability to join with other consumers to collectively and effectively speal themselves about their needs, wants, desires, and aspirations. Througl empowerment, an individual gains control of his or her own destiny an influences the organizational and societal structures in his or her life.

Holistic: Recovery encompasses an individual's whole life, including m spirit, and community. Recovery embraces all aspects of life, including employment, education, mental health and healthcare treatment and s complementary and naturalistic services, addictions treatment, spiritus creativity, social networks, community participation, and family suppor determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.

Non-Linear: Recovery is not a step-bystep process but one based on growth, occasional setbacks, and learning from experience. Recovery t an initial stage of awareness in which a person recognizes that positive possible. This awareness enables the consumer to move on to fully enq work of recovery.

Strengths-Based: Recovery focuses on valuing and building on the m capacities, resiliencies, talents, coping abilities, and inherent worth of i By building on these strengths, consumers leave stymied life roles beh engage in new life roles (e.g., partner, caregiver, friend, student, emploress of recovery moves forward through interaction with others in strust-based relationships.

Peer Support: Mutual support—including the sharing of experiential k and skills and social learning—plays an invaluable role in recovery. Cor encourage and engage other consumers in recovery and provide each a sense of belonging, supportive relationships, valued roles, and comm

Respect: Community, systems, and societal acceptance and appreciat consumers —including protecting their rights and eliminating discrimin stigma—are crucial in achieving recovery. Self-acceptance and regainir one's self are particularly vital. Respect ensures the inclusion and full prof consumers in all aspects of their lives.

Responsibility: Consumers have a personal responsibility for their ow and journeys of recovery. Taking steps towards their goals may require courage. Consumers must strive to understand and give meaning to the experiences and identify coping strategies and healing processes to precown wellness.

Hope: Recovery provides the essential and motivating message of a b future— that people can and do overcome the barriers and obstacles them. Hope is internalized; but can be fostered by peers, families, frie providers, and others. Hope is the catalyst of the recovery process. Me recovery not only benefit is individuals with mental health disabilities be on their abilities to live, work, learn, and fully participate in our society enriches the texture of American community life. America reaps the be the contributions individuals with mental disabilities can make, ultimate becoming a stronger and healthier Nation.

Resources

www.samhsa.gov

National Mental Health Information Center 1-800-789-2647, 1-866-889-2647 (TDD)

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