

### Definition of Recovery

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Health: overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way

Home: a stable and safe place to live

Purpose: meaningful daily activity such as a job, school, volunteerism, family caretaking or creative endeavors, and the independence and resources to participate in society and

Community: relationships and social networks that provide support, friendship, love, and hope

### Guiding Principles of Recovery

Recovery emerges from hope

Recovery is person-centered

Recovery occurs via many pathways

Recovery is holistic

Recovery is supported by peers and allies

Recovery is supported through relationships and social networks

recovery is culturally based and influenced

recovery is supported by addressing trauma

recovery involves individuals, family, and community strengths and responsibilities

recovery is based on respect

(<http://www.samhas.gov/recovery/>)