



Enriching Lives

### Recovery Principles

At a 2004 National Consensus Conference on Mental Health Recovery and Mental Health Systems Transformation convened by SAMHSA, patients, health-care professionals, researchers and others agreed on **10 core principles** undergirding a recovery orientation:

- **Self-direction:** Consumers determine their own path to recovery
- **Individualized and person-centered:** There are multiple pathways to recovery based on individuals' unique strengths, needs, preferences, experiences and cultural backgrounds
- **Empowerment:** Consumers can choose among options and participate in all directions that affect them
- **Holistic:** Recovery focuses on people's entire lives, including mind, body, spirit and community
- **Nonlinear:** Recovery isn't a step-by-step process but one based on continual growth, occasional setbacks and learning from experience
- **Strengths-based:** Mutual support plays an invaluable role in recovery
- **Peer support:** Mutual support plays an invaluable role in recovery
- **Respect:** Acceptance and appreciation by society, communities, systems of care and consumers themselves are crucial to recovery
- **Responsibility:** Consumers are responsible for their own self-care and journeys of recovery
- **Hope:** Recovery's central, motivating message is a better future—that people can and do overcome obstacles

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