

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# SAMHSA's Recovery Definition

Donna Hillman - CSAT

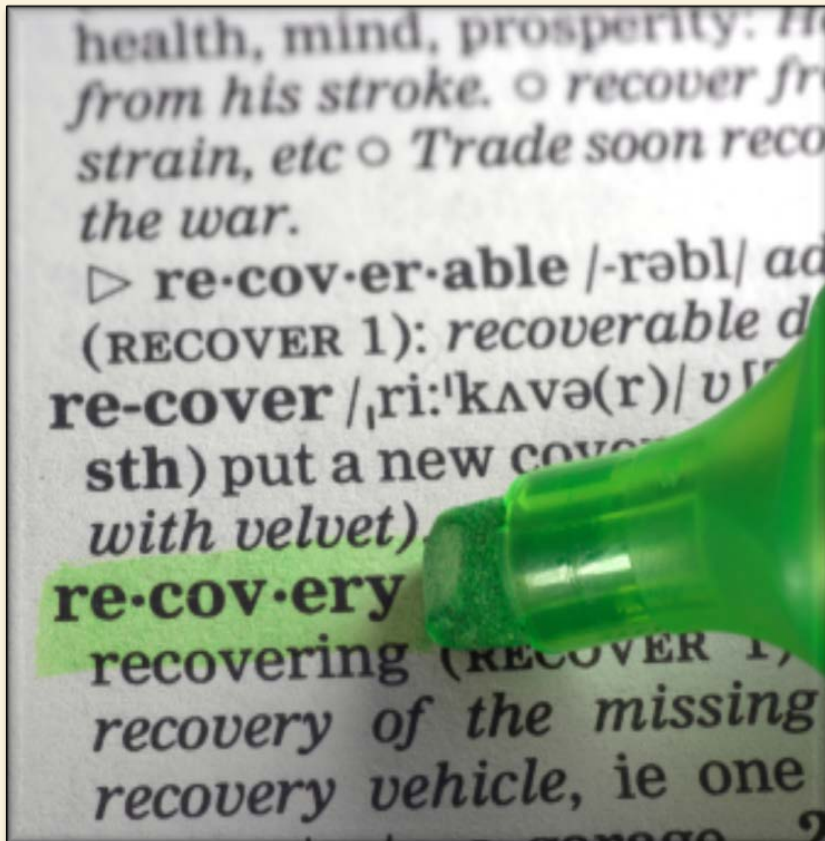
Steven Fry - CMHS



# Developing the Definition of Recovery

- 2009 SAMHSA commissioned an environmental scan of over 30 recovery measures and instruments to see how recovery was being defined in the field
- 2010 the SAMHSA's working definition of recovery was developed with a broad cross section of stakeholders
- Was subject to an "Open Forum" for public feedback

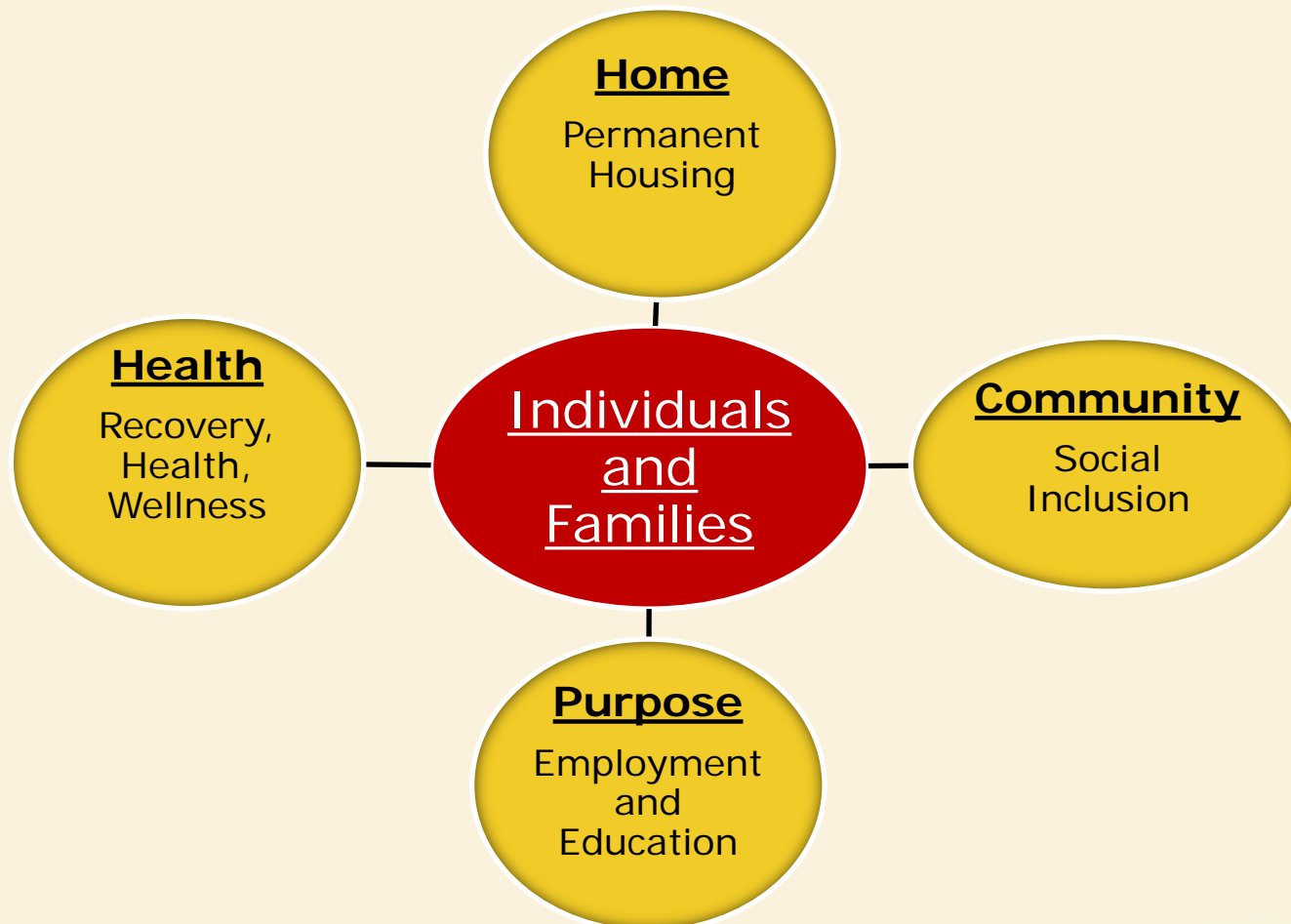
# Working Definition of Recovery



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

– SAMHSA, 2011

# Four Dimensions of Recovery



# Guiding Principles of Recovery

- Recovery:
  - Emerges from hope
  - Is person-driven
  - Occurs via many pathways
  - Is holistic
  - Is supported by peers and allies
  - Is supported through relationship and social networks
  - Is culturally-based and influenced
  - Is supported by addressing trauma
  - Involves individual, family, and community strengths and responsibility
  - Is based on respect

# Measuring Progress in Recovery

- Successful recovery can be measured in quality of life and public health frameworks
- Evidence of improvement in health, wellness, self-directed lives, and full potential
- Outcomes provide a longitudinal perspective that reflects progress toward self-defined goals
- Supported by peer recovery support services