



# Behavioral Health is Essential To Health

Prevention Works



Treatment is Effective



People Recover





# SAMHSA's Recovery Definition

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# 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



health, mind, prosperity. *He recovered from his stroke.* ◦ *recover from strain, etc* ◦ *Trade soon recovered from the war.*

▷ **re·cov·er·able** /-rəbl/ *ad*  
(RECOVER 1): *recoverable damage*

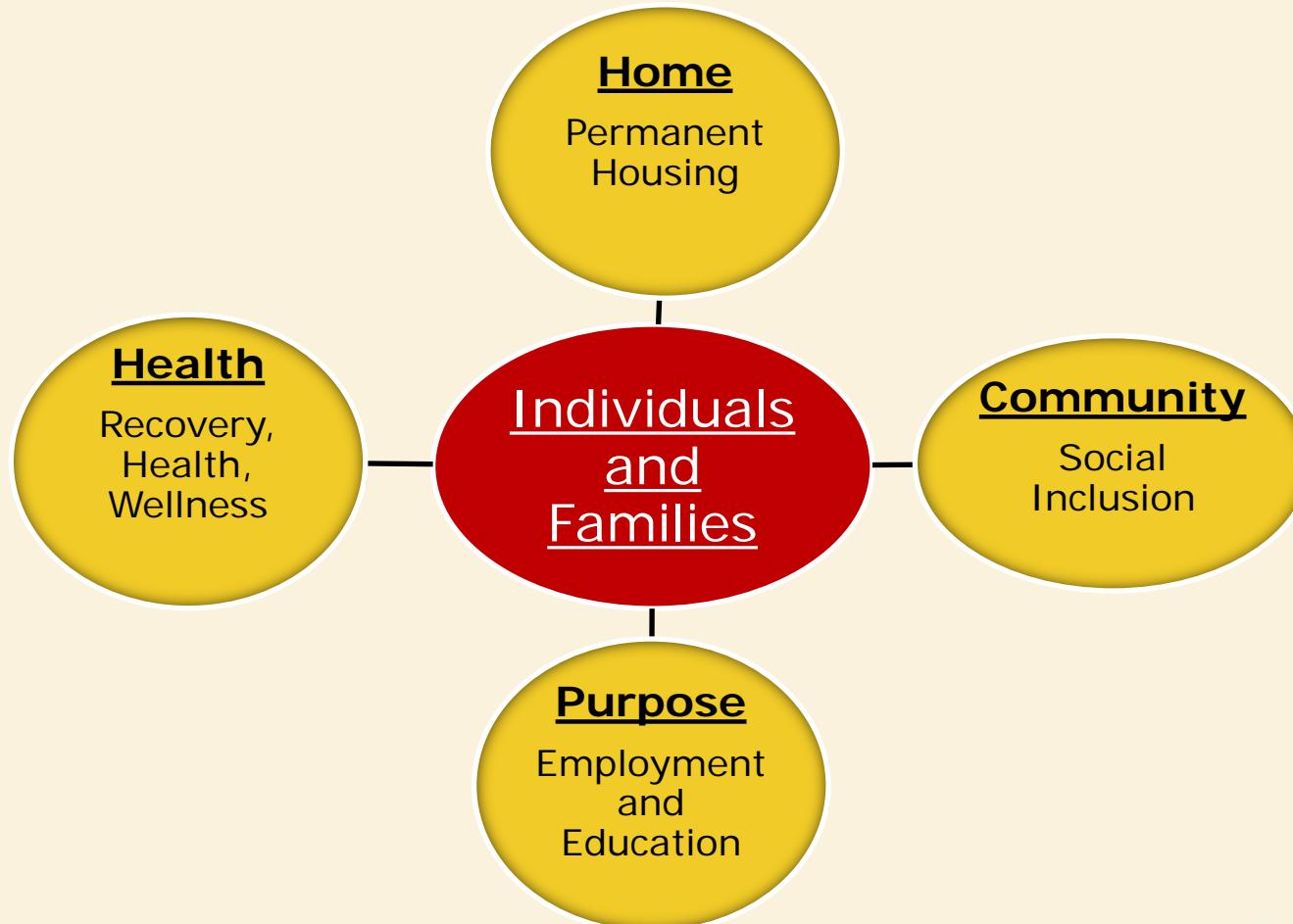
**re·cov·er** /,ri:'kʌvə(r)/ *v* [T] *(of sth) put a new cover on (sth) with velvet)*

**re·cov·ery**  
*recovering (RECOVER 1), recovery of the missing persons, recovery vehicle, ie one*

**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