

	<h2 style="text-align: center;">Principles of Recovery</h2> <p>Daniel B. Fisher, M.D., Ph.D. Executive Director, National Empowerment Center www.power2u.org 800-POWER2U</p>

	<h2 style="text-align: center;">Principles of Recovery</h2>
	<ul style="list-style-type: none"> ❖ Hope: believing you'll recover ❖ Trust ❖ Believing in the person ❖ Self-determination ❖ People are always making meaning ❖ Having a voice of one's own ❖ All feelings are valid ❖ Relating with dignity and respect ❖ Important to follow dreams ❖ Connecting at a human level

	<h3>Comparison of Persons who have been Labeled with Mental Illness with Those Who have Recovered</h3>	
	Person Labeled with Mental Illness	Person who has Recovered from Mental Illness
Decision Making	Professionals need to make major decisions = Dependent	Capable of making decisions for oneself = Self-determining
Major Social Supports	Mental health system provides social supports	Network of friends provides major supports
Social Role/Identity	Consumer, a schizophrenic, a bipolar or mental	Person who is a worker, parent, student or other role

Comparison of Persons who have been Labeled with Mental Illness with Those Who have Recovered

	Person Labeled with Mental Illness	Person who has Recovered from Mental Illness
Emotional Intelligence	Strong emotions are symptoms to be treated by a professional	Person expresses and works through emotions by self or with friends
Global Assessment of Functioning*	GAF Score of 60 or below: untrained person would describe labeled person as sick	GAF Score of 61 or above: untrained person would describe the recovered person as not sick (normal)
Sense of Self	Weak, defined by people in authority	Strong, defined from within and by peer interactions <small>*Global Assessment of Functioning (GAF) is a 100-point tool rating overall psychological, social and occupational functioning of people 18 years of age and older.</small>

How a Recovery Culture can Improve Clinical Practice

- ❖ **Reduces Risk of Violence or Suicide**
- ❖ **Alliance Instead of Compliance**
- ❖ **Improves Motivation**
- ❖ **Improved Team Building**

How a Recovery Culture can Improve Clinical Practice

- ❖ **Decreases Burnout**
- ❖ **Improves Cultural Competence**
- ❖ **Better Integrated with the Community**
- ❖ **Better Suited to Substance Abuse**

	<h2>How to Create a VA Recovery Culture</h2>
	<ul style="list-style-type: none">❖ Involve recovering vets in planning services❖ Hire recovering vets to educate staff and consumers in a recovery model❖ Engage recovering vets in the evaluation of satisfaction and progress towards recovery❖ Ensure staff embody recovery principles in their work with each other as well as Vets

	<h2>How to Create a VA Recovery Culture</h2>
	<ul style="list-style-type: none">❖ Person centered planning❖ Develop peer-run services for supported employment, social support, warmlines etc.❖ Train, certify, and employ recovering vets to be peer coaches❖ Develop recovery budgets which vets can control to increase choice
