



MY RECOVERY PLAN

The CCCMHB has adopted the following Vision Statement and Guiding Principles in support of your recovery.

VISION STATEMENT

A partnership built on trust and hope, supporting choices for the achievement of individual recovery.

GUIDING PRINCIPLES

1. **Recovery** is a partnership among the consumers, their community providers, and the system of care, to promote dignity, respect and excellent care at all levels.
2. The consumer defines his/her community, including his/her family of choice.
3. **Recovery** is a process unique to each individual.
4. Spirituality can be an important component of an individual's **recovery** process.
5. Citizens with mental health needs are the driving force and reason for the system.



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GUIDING PRINCIPLES Continued

6. Consumer leadership and advocacy are essential and must be supported.
7. The mental health system shall continually strive to inspire hope and encourage the *right to dream*.
8. The mental health system shall continually strive to seek the elimination of stigma.
9. The mental health system shall be proactive in creating barrier-free, flexible service delivery.
10. Resources should be prioritized, consistent with evidence-based best practices.
11. System-wide education and training regarding recovery and evidence-based best practices shall be provided and required.



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GUIDING PRINCIPLES Continued

12. The recognition that the community in which the consumers live stretches beyond the mental health system means that promotion of recovery principles must be extended to include the larger community.



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Now that you have reviewed the *TOOLS FOR RECOVERY* handbook, it is time to do something with the information.

INSTRUCTIONS

- Write a clear statement of what you want to accomplish to advance your recovery. For ideas, refer to the sections in the handbook.
- If you have more than one goal, make sure you identify which goal is #1, #2, and so on.
- Discuss this information with your community support worker if possible. He/she may be a helpful support in identifying the best resources to help you meet your goals.
- Remember, once you meet one goal, it is time to move on to create and achieve another goal. Recovery is based on a series of small and continuous successes.
- *You* are responsible for your recovery. Your community support worker, the community, and others are facilitators in your recovery.

MY RECOVERY NOTES



TOOLS FOR RECOVERY