RECOVERY

Is defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

4 MAJOR DIMENSIONS

- HEALTH
- HOME
- PURPOSE
- COMMUNITY

1 in 4 ADULTS experience a mental illness in any given year - Benjamin G. Druss

50% of AMERICANS will experience a mental illness in their lifetime - PsychCentral

2 million children, adults and seniors in California are affected by a potentially disabling mental illness every year. - MHSA

10 GUIDING PRINCIPLES

01 HOPE
02 PERSON–DRIVEN
03 MANY PATHWAYS
04 HOLISTIC
05 PEER SUPPORT
06 RELATIONAL
07 CULTURE
08 ADDRESSES TRAUMA
09 STRENGTHS/ RESPONSIBILITY
10 RESPECT

LANGUAGE

Language has the power to stigmatize and demean or respect and uplift. Some people who receive mental health or substance abuse services use the term "consumer" to refer to themselves and others, while others prefer to be called "survivors." Some people now prefer the term "peer," while others simply prefer to be referred to as a "person" or a "person who receives services."

Words that stigmatize, demean and pathologize and invite discrimination:	Words that uplift us; that recognize and respect our shared humanity and strength:
Manipulation	Survival Mode: Overwhelmed and Trying to Get Needs Met
Low Functioning	Coping
Case, Patient	Person Receiving Services; Person
Decompensating	Becoming Ill; Things Are Breaking Down
Non-Compliant (or Compliant)	Independent, Autonomous, Taking Personal Responsibility
Frequent Flyer; Orbiter	Trying to Get It Right; Giving Lots of Opportunities to Help
Unmotivated	Not Ready; Not Hopeful
"A _____." (Fill in the blank with any diagnosis)	"A person who has been given the diagnosis of _____."
Depressed	Sad
Symptomatic	Experience Big Feelings; Intense Feelings
Grandiose	Thinking Big; Expressing Hopes and Dreams; Ambitious
Cutter	Expressing Pain Through Self-Harm

PEER SUPPORT

WHAT IS A PEER?

A peer is a peer when they self-identify as a peer and is willing to share their lived experiences with others. - SAMHSA

WHAT IS PEER SUPPORT?

The process of giving and receiving encouragement and assistance to achieve long-term recovery. Peers offer emotional support, share knowledge, teach skills, provide practical assistance, and connect with people with resources, opportunities, communities of support, and other people. - SAMHSA

The federal **Centers for Medicare and Medicaid Services (CMS)** recognizes peer support services as an evidence-based model of care and notes it is an important component in a state's delivery of effective mental health and substance use disorder treatment. - SB614

PEER PROVIDERS IN CALIFORNIA WHO PROVIDE INDIVIDUALIZED SUPPORT, COACHING, FACILITATION, AND EDUCATION TO CLIENTS WITH MENTAL HEALTH CARE NEEDS AND SUBSTANCE USE DISORDER. - SB614

Peer Support Services are described as being non-clinical and recovery-focused (White, 2006). "Non-Clinical" refers to the fact that peers do not offer professional services, make assessments, or dispense expert opinions. There is not a power differential in the relationship-or, if there is one, it is diminshed compared to the customary professional-client relationship. "Recovery-focused" means that peer support services target recovery outcomes such as improved health and wellness, an increased success and satisfaction in a range of community settings such as work, home, and school, instead of merely focusing on symptom reduction. Peers/coaches are strengths-based and focus on the relationship that they have with the person striving to achieve recovery (Mead, 2003; White, 2006).

NorCal MHA · WISE Workforce Integration Support and Education · Mental Health Services Act Proposition 63 California · WELLNESS · RECOVERY · RESILIENCE · OSHPD Office of Statewide Health Planning and Development