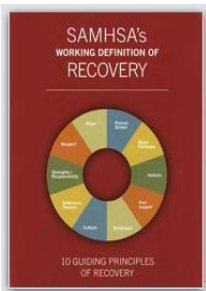


Recovery

National and Regional Resources

Substance Abuse and Mental Health Services Administration



SAMHSA: Recovery is a primary goal for behavioral health care

Recovery has been identified as a primary goal for behavioral health care. In consultation with many stakeholders, SAMHSA has developed a working definition and set of principles for recovery. 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."

Health

Home

Purpose

Community

- Recovery Month - Recovery month promotes the societal benefits of prevention, treatment, and recovery for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.
- Recovery to Practice – A 5-year project to incorporate the vision of recovery into the concrete and everyday practice of mental health professionals.
- Bringing Recovery Supports to Scale (BRSS TACS) - Funding to support policy guidance, technical assistance, and training to help states and providers, including peer providers, adopt and implement best and emerging practices in recovery supports, services, & systems
- Access to Recovery - Funds states, tribes and tribal organizations to carry-out voucher programs for substance abuse clinical treatment and recovery support services. Goal is to ensure that clients have a genuine, free, and independent choice among a network of eligible providers.
- Partners for Recovery – The goal of this project is to improve services, systems of care and supports. Provides technical resources to prevent & treat substance use and mental health conditions.
- Wellness Initiative - Promotes the importance of addressing all parts of a person's life in hopes of increasing life expectancy for persons with behavioral health problems.
- Homelessness Resource Center - An interactive community of providers, consumers, policymakers, researchers, and public agencies at federal, state, and local levels.
- Services in Supportive Housing (SSH) – Funding to support mental health and supportive services, through evidence-based practices, to individuals and families who live in permanent housing and who have M/SUDs and histories of chronic homelessness.
- Shared Decision Support Toolkit - Gives an overview of shared decision-making (SDM), an intervention that enables people to actively manage their own health. Examines research on the effects of SDM in general and mental health care and includes recommendations for advancing SDM in practice.
- Mental Health Transformation Grant (MHTG) Program - *Transforming Lives through Supported Employment*. The purpose of this program is to enhance state and community capacity to provide and expand evidence-based supported employment programs to adults with serious mental illnesses including persons with co-occurring mental and substance use disorders.
- Resource Center to Promote Acceptance, Dignity, and Social Inclusion - Enhances acceptance and social inclusion by ensuring that people with mental health problems can live full, productive lives within communities without fear of prejudice and discrimination.



Other Resources

- Working definition of Recovery - <http://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF>

Health: *Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing*

Home: *A stable and safe place to live*

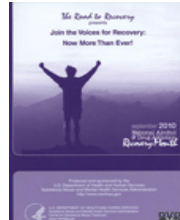
Purpose: *Meaningful daily activities, such as a job, school, volunteerism, family caretaking, creative endeavors, etc., and the resources to participate in society*

Community: *Relationships and social networks that provide support, friendship, love and hope*

- Resources from Faces and Voices of Recovery: <http://www.facesandvoicesofrecovery.org/resources>
- Resources from Via Hope of Texas (Mental Health Recovery): <http://www.viahope.org/resources/category/organizations>

SAMHSA: Publications

www.samhsa.gov



- SAMHSA News: Recovery - A Philosophy of Hope and Resilience. Sept./Oct. 2009, Vol. 17, No. 5
- Guiding Principles and Elements of Recovery-Oriented Systems of Care. What do we know from the research?
- The Road to Recovery. Join the Voices for Recovery Now More than Ever!
- The Road to Recovery. Language Matters. Talking about Addiction and Recovery
- Getting Started with Evidence-based Practices: Supported Employment
- Getting Started with Evidence-based Practices: Illness Management and Recovery
- Join the Voices of Recovery: It's Worth It.

SAMHSA Regional Contacts

<http://beta.samhsa.gov/about-us/who-we-are/regional-administrators>