



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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Recovery

What is recovery?

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in an individual's recovery.

How does recovery happen?

Research shows that the greatest recovery and often full remission happens when people with mental illnesses (consumers) combine healthy lifestyle changes with therapists, counselors, psychologists, psychiatrists, nurses, social workers, or support groups. For many people combining these with medications leads to the most full recovery.

Your psychiatrist will prescribe medication for you, while your therapist or counselor is someone you can talk to on a regular basis for professional support and guidance. Your support system may include your family, friends, spirituality and a support group. Education means learning about your illness and empowering yourself to get the help you need from those around you. Finding and making lifestyle choices that are right for you, like relaxing, eating healthy, and exercising will also help your recovery. We believe the best treatment for any illness exists when all of these components are in place.

Recovery Principles as developed by the Ohio Department of Mental Health in conjunction with consumers, family members, clinicians, etc.

Principle I: The consumer directs the recovery process; therefore, consumer input is essential throughout the process.

Principle II: The Mental Health System must be aware of its tendency to enable and encourage consumer dependency.

Principle III: Consumers are able to recover more quickly when their;

- Hope is encouraged, enhanced, and/or maintained
- Life roles with respect to work and meaningful activities are defined
- Spirituality is considered
- Culture is understood

- Educational needs as well as those of their family/significant others are identified
- Socialization needs are identified

Principle IV: Individual differences are considered and valued across their life span.

Principle V: Recovery from mental illness is most effective when a holistic approach is considered.

Principle VI: In order to reflect current “best practices,” there is a need to merge all intervention models, including Medical, Psychological, Social, and Recovery.

Principle VII: Clinician’s initial emphasis on “hope” and the ability to develop trusting relationships influences the consumers’ recovery.

Principle VIII: Clinicians operate from a strength/assets model.

Principle IX: Clinicians and consumers collaboratively develop a recovery management plan. This plan focuses on the interventions that will facilitate recovery and the resource that will support the recovery process.

Principle X: Family involvement may enhance the recovery process. The consumer defines his/her family unit.

Principle XI: Mental Health services are most effective when delivery is within the context of the consumer’s community.

Principle XII: Community involvement as defined by the consumer is important to the recovery process.