Recovery Principles (cont.)

- Strengths-Based: focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

- Peer Support: Mutual support plays an invaluable role in recovery

- Respect: Community, systems, and societal acceptance and appreciation of consumers are crucial in achieving recovery

- Responsibility: Consumers have a personal responsibility for their own self-care and journeys of recovery.

- Hope: Recovery - the essential and motivating message of a better future

BHR
Behavioral Health Resources