Recovery Principles

- Self-Direction: Consumers lead, control, exercise choice over, and determine their own path

- Individualized and Person-Centered: multiple pathways to recovery based on an individual's unique strengths and resiliencies, needs, preferences, experiences, and cultural background

- Empowerment: Consumers have the authority to choose from a range of options and to participate in all decisions

- Holistic: encompasses an individual's whole life, including mind, body, spirit, and community.

- Non-Linear: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience

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