

Recovery Definition: Values and Principles

This description of *recovery* will serve as the SCDMH definition and is to be used as a guide to the State Plan for implementation of the Recovery philosophy throughout the South Carolina Department of Mental Health system.

Recovery is a process by which a person overcomes the challenges presented by a mental illness to live a life of meaning and purpose.

To support this definition of recovery and to support its mission, the SCRSC asks that the SCDMH establish within and throughout its organization an environment where the process of recovery can be experienced by people who have mental illnesses by the setting of agency-wide goals that create, support and maintain the following principles/values:

1. Recovery happens when people take responsibility for their mental health and begin to direct the course of their lives.
2. All people have strengths and talents that they can use to establish a life in recovery.
3. People in recovery and services providers must focus on health holistically, being aware of mind, body, spirit, and environment.
4. Meaningful work, safe housing, and pleasurable leisure are necessary components of recovery.
5. People with mental illnesses must be given choices about all aspects of their lives, and they must be supported in these choices even when there exist a likelihood of failure.
6. People in recovery need valuable roles in the community.
7. People in recovery may still experience symptoms.
8. Having adequate finances to meet basic needs is vital to recovery.
9. People recover in partnership with family, friends, and professional mental health workers and in communities where public and private service providers and advocacy groups work in partnership to provide support.
10. Hope is a vital component of recovery.

Prepared by: South Carolina Recovery Steering Committee