



## 101 Ways to Grow Recovery

Use person first language ♦ Raise awareness of internalized stigma ♦ Address stigma inside & outside the program ♦ Personalize treatment goals and plans ♦ Help people explore their strengths ♦ Challenge “us-them” mentality ♦ Treat no one like a diagnosis ♦ Support recovery role models ♦ Share positive information on prognosis ♦ Radiate enthusiasm and hope ♦ Educate on long-term outcome research ♦ Provide recovery autobiographies ♦ Peer providers share recovery stories ♦ Recovering consumers train staff ♦ Consumers work at all levels of the agency ♦ Consumers Speakers

Bureau shares hope ♦ Help people learn positive self-talk ♦ Assist people to set meaningful goals ♦ Honor consumer preferences ♦ Offer real choices and options ♦ Help people understand their differences ♦ Opportunities for people to “give back” to peers ♦ Help people define personal and spiritual values ♦ Encourage people to set short term goals ♦ Encourage people to risk and grow ♦ Help people visualize long-term goals ♦ Appreciate each person’s potential ♦ Encourage “survivor’s pride” ♦ Encourage people to self-direct their recovery ♦ Work in Partnership with consumers ♦ Promote and nurture mutual self-help ♦ Fund consumer-run programs ♦ Hire consumer affairs officer ♦ Consumer voice shapes programs and systems ♦ Train, hire and support consumer providers ♦ Support consumer advocacy and consumer rights ♦ Provide many opportunities for peer support ♦ Develop a library of recovery resources ♦ Empowerment pervades the program ♦ Teach self-soothing ♦ Assist people to develop wellness plan ♦ Educate on diet, supplements and nutrition ♦ Link to primary health dental care ♦ Adopt holistic mind/body perspective ♦ Educate people on risk behavior ♦ Help people heal from sexual, physical/abuse ♦ Help to devise a positive lifestyle ♦ Provide dual diagnosis supports ♦ Help people find joyous exercise ♦ Teach people to self-monitor stress ♦ Assist people to develop personal coping skills/tools ♦ Teach people to self-manage medications ♦ Teach relaxation and stress reduction ♦ Teach people to self-monitor symptoms ♦ Help identify early warning signs/triggers ♦ Help teach people to self-control symptoms ♦ Teach cognitive strategies ♦ Enlist informational social support ♦ Help consumers create advance directives ♦ Offer consumer-run crisis alternatives ♦ Be there when people are struggling ♦ Support and respect those not yet in recovery ♦ Help people learn from setbacks ♦ Run recovery psych-education groups ♦ Celebrate diversity in recovery ♦ Assist people to acquire affordable housing ♦ Help people personalize their home ♦ Encourage community exploration/integration ♦ Encourage informal community resources and supports ♦ Identify options for transportation ♦ Link people to community events ♦ Heighten community access/challenge discrimination ♦ Help people to become involved citizens (e.g. voting) ♦ Offer supported volunteering ♦ Create empowering niches – Consumer-run centers ♦ Emphasize social integration in work/housing ♦ Offer supported education ♦ Offer supported parenting ♦ Encourage membership in community groups ♦ Support success in intimate relationships ♦ Address sexuality/family planning ♦ Encourage people to balance solitude and relationships ♦ Help people deepen family support ♦ Encourage people to enlist a recovery support team ♦ Help people to have pets ♦ Support people to develop new friendships ♦ Be fully present, authentic, and caring ♦ Reach out, support those who are discouraged ♦ Inspire creativity ♦ Showcase consumer’s talents ♦ Offer supported employment, including high level jobs ♦ Help people request reasonable accommodations ♦ Assist people to build upon interests/accomplishments ♦ Encourage recovery readiness ♦ Dismantle boring programs ♦ Support spirituality/spiritual community ♦ Help People increase assets (barter, self-employ) ♦ Tailor activities to unique individuals ♦ Celebrate small successes ♦