

GUIDING PRINCIPLES OF RECOVERY

- There are many pathways to recovery
- Recovery is self-directed and empowering
- Recovery involves a personal recognition of the need for change and transformation
- Recovery is holistic
- Recovery has cultural dimensions
- Recovery exists on a continuum of improved health and wellbeing
- Recovery is supported by peers and allies
- Recovery emerges from hope and gratitude
- Recovery involves healing and self-redefinition
- Recovery involves addressing discrimination and transcending stigma and shame
- Recovery involves (re)joining and (re)building a life in the community
- Recovery is a reality, It can and will happen

Source: *CSAT White Paper: Guiding Principles and Elements of Recovery-Orientated systems of care.*