

“Ohio Has a New Definition of Recovery”

Ohio has a new working definition for recovery from Mental Health and Substance Use disorders. The Department of Mental Health and Department of Alcohol and Drug Addiction Services worked in partnership with stakeholders, advocacy groups and peers to develop the Ohio definition of recovery. This process involved a half day facilitated discussion with the statewide departments, stakeholders, advocacy groups and peers. The group developed a draft definition which was posted on both departmental websites, as well as disseminated by both mental health and AoD advocacy groups for public review. The public comments were reviewed and the final Ohio definition was determined. The Ohio definition of recovery is not to be taken in isolation. It is intended to be accompanied by SAMHSA’s 10 Guiding Principles of recovery.

Ohio Definition

Recovery is the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.

Guiding Principles of Recovery

Recovery emerges from hope: The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.

Recovery is person-driven: Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s).

Recovery occurs via many pathways: Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds? including trauma experiences? that affect and determine their pathway(s) to recovery. Abstinence is the safest approach for those with substance use disorders.

Recovery is holistic: Recovery encompasses an individual’s whole life, including mind, body, spirit, and community. The array of services and supports available should be integrated and coordinated.

Recovery is supported by peers and allies: Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery

Recovery is supported through relationship and social networks: An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

Recovery is culturally-based and influenced: Culture and cultural background in all of its diverse representations? including values, traditions, and beliefs? are keys in determining a person's journey and unique pathway to recovery?

Recovery is supported by addressing trauma: Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

Recovery involves individual, family, and community strengths and responsibility: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery.

Recovery is based on respect: Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems – including protecting their rights and eliminating discrimination – are crucial in achieving recovery.

For further detailed information about the guiding principles of recovery please visit: <http://www.samhsa.gov/recovery/>
