

Pro- Recovery Service System Questions

There are many pathways to recovery. Individuals are unique with specific needs, strengths, goals, health attitudes, behaviors and expectations for recovery. Pathways to recovery generally involve a redefinition of identity in the face of crisis or a process of progressive change. Furthermore, pathways are often social, grounded in cultural beliefs or traditions and involve formal and informal community resources, which provide support for recovery. The pathway to recovery may include one or more episodes of service system involvement, and clinically appropriate services for proper lengths of time often must be utilized for the individual and families who need them. Recovery is a process of change that permits and assists an individual to make healthy choices and improve the quality of his or her life.

- How does the service system allow for the specific needs of the individual and consider multiple pathways of recovery in service development and implementation?
 - Are persons served at the proper level and intensity of clinically identified services identified above?
 - How are peer support services woven into the service system to assist in supporting appropriate levels and durations of services are delivered to the individual?
 - What occurs when the proper level or duration of services are not available to the person seeking help?
 - When a person seeking help is striving to redefine their identity in the face of crisis, how does the service system assist them in doing so?
- How does the service system provide opportunities for healthy choice making and provide the person services that fit their needs?
- How is the system strength based and works to identify inherent strengths within the individual, family, community and cultural strengths and assets to assist in the recovery process?
 - Assist the individual in differentiating between positive, strength based assets and addiction related P, P&T?

Recovery is empowering. While the pathway to recovery may involve one or more periods of time when activities are directed or guided to a substantial degree by others, recovery is fundamentally an individualized process over the life span. Through self-empowerment and self discovery, individuals become optimistic about life goals.

- How does the service system co-manage the pathway early on in the recovery process to assist the individual while they are exploring or redefining their identity in recovery?
 - Do clinical and peer supports do so in a way that moves from a directed or guided process that is managed in a substantial degree by others, towards a process that over time is fundamentally a self-directed process? How so?
- How does the service system assist the process of recovery and lead the individual toward the highest level of autonomy they are capable of? Who defines what the person is capable of?

Recovery involves a personal recognition of the need for change and transformation. Individuals must accept that a problem exists and be willing to take steps to address it; these steps usually involve seeking help for a substance use disorder, at times services are prescribed by others and do not start out as voluntary. The process of change can involve physical, emotional, intellectual and spiritual aspects of the person's life. How does the service system assist the process of recovery and support the individual towards accepting that a problem exists and to become willing to taking the proper steps to address the problem in a respectful manner?



- How does the service system work with a person who is not at the point where they are able / willing to accept that a problem exists or deal with it?

Recovery is holistic. Recovery is a process through which one achieves greater balance of mind, body and spirit in relation to other aspects of one's life, including family, work and community.

- Caution needs to be taken when seeing recovery as a process that includes relapse. Addiction is a fatal disease far too often resulting in death when untreated or undertreated. We should never forget this. Do we treat each engagement as the last opportunity to help save a life?
- How does the service system assist the individual in the process by which they achieve greater balance of mind, body and spirit in relation to other aspects of their life, including family, work and community?
- How are Recovery Supports used as part of this holistic process?

Recovery has cultural dimensions. Each person's recovery process is unique and impacted by their own experience, cultural beliefs and traditions. A person's cultural experience shapes the recovery path for many of us.

- How does the service system assist the individual as they define their recovery identity in relation to their own cultural beliefs and traditions?
- How are Recovery Supports used as part of this process?

Recovery exists on a continuum of improved health and wellness. Recovery is not a linear process. It is based on growth and improved functioning. It may involve relapse and other setbacks, but relapse is not an inevitable outcome. Wellness is the result of improved care and balance of mind, body and spirit. It is a product of the recovery process and often involves the support of others.

- Great caution needs to be taken when seeing recovery in the context of relapses or setbacks as natural. Some only get one shot and do not get what they need. Addiction is a fatal disease often resulting in death when untreated or undertreated.
- How does the service system assist the individual as they strive to improve their mind, body and spirit?
- When lapses occur, how does the service system respond in ways to reengage and to provide the additional resources and supports to increase the efficacy of the recovery process?
- How are Recovery Supports used as part of this process?

Recovery emerges from hope and gratitude. Individuals in or seeking recovery often gain hope from those who share their search for or experience of recovery. They see that people can and do overcome the obstacles that confront them and they cultivate gratitude for the opportunities that each day of recovery offers.

- How are Recovery Supports used as part of this process?
- Is there an emphasis on the development of a support system that meets the needs of the individual in recovery? Do service providers conduct an inventory of recovery assets that include traditional and nontraditional opportunities for support and shared experience?
- Are Recovery Supports used during pretreatment engagement, during and post treatment as part of the service process?
- Are service providers working towards assisting the individual towards the point where they are not dependent on the service system for care and support?



Recovery involves a process of healing and self-redefinition. Recovery is a holistic healing process in which one develops a positive and meaningful sense of identity.

- How does the service system seek to engage the individual in ways that assist the recovery process in developing holistically?

Recovery involves addressing discrimination and transcending shame and stigma. Recovery is a process by which people confront and strive to overcome stigma.

- Are there processes and strategies used to identify discrimination and access barriers that occur within the service system?
- How are Persons in Recovery engaged across the service system as well as how to inform the process?

Recovery is supported by peers and allies. A common denominator in the recovery process is the presence and involvement of people who contribute hope and support and suggest strategies and resources for change. Peers, as well as family members and other allies, form vital support networks for people in recovery. Providing service to others and experiencing mutual healing help create a community of support among those in recovery.

- How does the service system assist the individual in determining which elements of their peer and family systems are supportive allies in the recovery process?
- How are these vital support networks engaged across the service delivery system?

Recovery involves (re)joining and (re)building a life in the community. Recovery involves a process of building or rebuilding what a person has lost or never had due to his or her condition and its consequences. Recovery involves creating a life of citizenship and value. Recovery is building or rebuilding healthy family, social and personal relationships. Those in recovery often achieve improvements in the quality of their life, such as obtaining education, employment and housing. They also increasingly become involved in constructive roles in the community through helping others, productive acts and other contributions.

- How are persons in long term recovery encouraged to engage in the community in ways that they can assist others, reduce discrimination and to instill hope in those who are still suffering?
- Would you consider your service delivery system to be one that is Recovery Oriented?
If so, how so? If not why not?
- What changes, have you seen as a result of the system changes you are making?
- Has it been challenging to engage the recovery community within your system? How does this work with in collaboration with more traditional treatment services? Are there efforts being made to increase collaboration between the recovery community and the rest of the service system?
- How would you define the culture of your service system?
- Do you strive to continue to improve your system? How do you identify opportunities for improvement and collaborate to improve practice and outcomes?
- Have there been insights or recommendations from your recovery community that were a surprise to you?
- What lessons learned can you offer?