

What is Recovery?

REACHING OUT TO YOU

NBHCC and Community Care are working together to ensure services include a recovery-oriented model.

Recovery is a journey of healing and transformation for a person with a drug and alcohol and/or mental health disability to live a meaningful life in communities of his or her choice while striving to achieve full human potential or personhood. (U.S. Department of Health and Human Services).

Recovery refers to the process in which individuals are able to live, work, learn and participate fully in their communities. For some, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in an individual's recovery. (President's New Freedom Commission on Mental Health).

A recovery-oriented treatment system focuses on not what we can "do" to a person receiving treatment but how everyone involved in the person's treatment can work together for a more beneficial treatment outcome.

Recovery is a deeply personal, unique process of changing one's attitude, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness. (Dr. William Anthony).



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