



Hogg Foundation for Mental Health

ADVANCING RECOVERY AND WELLNESS IN TEXAS



TEXAS RECOVERY MOVEMENT

WHAT IS RECOVERY?

Although recovery is a personal experience, which is always self-defined, a good consensus definition comes from the federal government's Substance Abuse and Mental Health Services Administration (SAMHSA). It describes recovery as a "process of **CHANGE** through which individuals improve their **HEALTH** and **WELLNESS**, live a self-directed life, and strive to reach their **FULL POTENTIAL**."

WHAT IS TEXAS RECOVERY?

There's been **MOMENTUM** in Texas in the last decade, as state support for recovery-oriented services has converged with a grassroots movement of consumers who have pushed for change.

The goal of the Texas recovery movement is keep building on that momentum to **TRANSFORM** systems in ways that matter to the people who participate in them. This means **EMPOWERING** consumers and their families, changing the way providers are trained, shifting values, spending money in new ways, reforming laws, and altering services and supports.

WHO IS TEXAS RECOVERY?

We're people with lived mental health experience who have made the decision to see **OUR OWN RECOVERY** in the context of a larger movement and vision. We're peer specialists, who've gotten certified to provide **SUPPORT** to other consumers. We're state officials working to **INTEGRATE RECOVERY PRINCIPLES** into systems throughout Texas. We're local mental health centers **PROVIDING** recovery-oriented services. We're people whose lives encompass many of these roles at the same time.

WHAT IS THE HOGG FOUNDATION'S ROLE IN THE MOVEMENT?

Our motto is "**ADVANCING WELLNESS AND RECOVERY** in Texas," and those aren't just words to us. Our staff and advisory board include people with lived mental health experience. Our giving is designed to promote the integration of recovery-oriented services and supports at all levels throughout the state of Texas. **We're constantly working to bring people together in support of recovery. And WE STRIVE TO EDUCATE.**

RECOVERY



WELLNESS



TRANSFORMATION



10 GUIDING PRINCIPLES OF RECOVERY*

- ✓ *Recovery* emerges from hope: The belief that recovery is real provides the essential and motivating message of a better future.
- ✓ *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) towards those goals.
- ✓ *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.
- ✓ *Recovery* is holistic: Recovery encompasses an individual's whole life, including mind, body, spirit, and community.
- ✓ *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.
- ✓ *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 each have strengths and resources that serve as a foundation for recovery.
- ✓ *Recovery* is based on respect: Acceptance and appreciation for people affected by mental health and substance use problems are crucial in achieving recovery.

**Substance Abuse and Mental Health Services Administration*

To stay informed about what's going on in the world of mental health, including in the area of recovery-oriented services, visit hogg.utexas.edu/subscribe.php and sign up for our daily email of mental health news.