



# 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](http://hogg.utexas.edu/subscribe.php) and sign up for our daily email of mental health news.