

101 Ways to Grow Recovery



Use person first language • Raise awareness of internalized stigma • Address stigma inside & outside the program • Personalize treatment goals and plans • Help people explore their strengths • Challenge “us-them” mentality • Treat no one like a diagnosis • Support recovery role models • Share positive information on prognosis • Radiate enthusiasm and hope • Educate on long-term outcome research • Provide recovery autobiographies • Share recovery stories • People in recovery train staff • People in recovery work at all levels of the agency •

Share hope • Help people learn positive self-talk • Assist people to set meaningful goals • Honor individual preferences • Offer real choices and options • Help people understand their differences • Opportunities for people to “give back” • Help people define personal and spiritual values • Encourage people to set short term goals • Encourage people to risk and grow • Help people visualize long-term goals • Appreciate each person’s potential • Model healthy lifestyles • Encourage people to self-direct their recovery • Work in partnership with people in recovery • Promote and nurture mutual self-help • Fund consumer-run programs • Hire recovery support specialists • Help shape programs and systems • Train, hire and support recovery support specialists • Support advocacy and rights • Provide many opportunities for support • Develop a library of recovery resources • Empowerment pervades the program • Teach self-soothing • Assist people to develop a wellness plan • Educate on diet, supplements and nutrition • Link to primary health and dental care • Adopt holistic mind/body perspective • Educate people on risk behavior • Help people heal from sexual, physical/abuse • Help to devise a positive lifestyle • Provide support for people with complex challenges • Help people find joyous exercise • Teach people to self-monitor stress • Assist people to develop wellness tools • Teach people to self-manage medications • Teach relaxation and stress reduction • Teach people to self-monitor • Help identify early warning signs/triggers • Help people to learn self-control strategies • Teach cognitive strategies • Enlist informational social support • Help individuals create advance directives • Offer crisis alternatives • Be there when people are struggling • Support and respect everyone • Help people learn from setbacks • Facilitate recovery groups • Celebrate diversity in recovery • Assist people to acquire affordable housing • Help people personalize their home • Encourage community exploration/integration • Encourage informal community resources and supports • Identify options for transportation • Link people to community events • Heighten community access/challenge discrimination • Help people to become involved citizens (e.g. voting) • Offer supported volunteering • Create empowering niches • Emphasize social integration in work/housing • Offer supported education • Offer supported parenting • Encourage membership in community groups • Support success in intimate relationships • Address sexuality/family planning • Encourage people to balance solitude and relationships • Help people deepen family support • Encourage people to enlist a recovery support team • Help people to have pets • Support people to develop new friendships • Be fully present, authentic and caring • Reach out, support those who are discouraged • Inspire creativity • Showcase individual talents • Offer supported employment, including high level jobs • Help people request reasonable accommodations • Assist people to build upon interests/accomplishments • Encourage recovery readiness • Dismantle boring programs • Support spirituality/spiritual community • Help people increase assets (barter, self-employ) • Tailor activities to unique individuals • Celebrate small successes