

Guiding Principles of Recovery

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- There are many pathways to recovery.
 - Recovery is self-directed and empowering.
 - Recovery involves a personal recognition of the need for change and transformation.
 - Recovery is holistic.
 - Recovery has cultural dimensions.
 - Recovery exists on a continuum of improved health and wellness.
 - Recovery is supported by peers and allies.
 - Recovery emerges from hope and gratitude.
 - Recovery involves a process of healing and self-redefinition.
 - Recovery involves addressing discrimination and transcending shame and stigma.
 - Recovery involves (re)joining and (re)building a life in the community.
 - Recovery is a reality. It can, will, and does happen.

Source: CSAT White Paper: *Guiding Principles and Elements of Recovery-Oriented Systems of Care.*