

Department of Human Services
Office of Mental Health and Addiction Services (OMHAS)
Resilience and Recovery Policy Statement
July 14, 2006

Policy Statement: OMHAS promotes resilience and recovery for people of all ages who experience or are at risk for psychiatric and/or substance use disorders. The principles of resilience and recovery guide services supported by OMHAS. Recovery must be the common outcome of services. OMHAS develops and supports policies consistent with the principles of resilience and recovery. Policies governing service delivery systems will be age and gender appropriate, culturally competent, evidence-based and trauma informed and attend to other factors known to impact individuals' resilience and recovery.

Outcomes:

- (1) Maximized quality of life for individuals and families
- (2) Success in work and/or school
- (3) Improved health status and functioning
- (4) Develop and maintain social relationships
- (5) Participation in the community of choice

Purpose: The Resilience and Recovery Policy Statement of the Office of Mental Health and Addiction Services (OMHAS) promotes the principles of resilience and recovery.

The principles are:

- Strength-based, not symptom or illness-based
- Self directed
- Individualized and person centered
- Empowering
- Holistic
- Peer supported
- Involves society's respect for the rights of the individual
- Involves individual courage, responsibility and hope in achieving and sustaining recovery
- Using the individual's natural supports will be the norm rather than the exception.

Definitions:

“Resilience” is a universal capacity that a person uses to prevent, minimize, or overcome the effects of adversity. Resilience reflects a person’s strengths as protective factors and assets for positive development.

(Adapted from International Resilience Project and *Focal Point*, Summer 2005, pg. 25)

“Recovery” is a process of healing and transformation for a person to achieve full human potential and personhood in leading a meaningful life in communities of his or her choice.

(Adapted from SAMHSA, 2005)

This policy statement is aligned with the OMHAS Mission: OMHAS assists Oregonians and their families to become independent, healthy, and safe by:

- 1) Preventing and reducing the negative effects of alcohol, other drugs, gambling addiction, and mental health problems and
- 2) Promoting recovery through culturally competent, integrated, evidence-based practice treatments of addiction, mental illnesses, and emotional disorders.

Resources:

SAMHSA Consensus Statement on Mental Health Recovery
www.SAMHSA.gov

State of Connecticut, Commissioner’s Policy Statement No. 83
Promoting a Recovery-Oriented Service System
<http://www.dmhas.state.ct.us/policies/policy83.htm>