

The 10 Fundamental Components Of Recovery

1. Self-Direction:	Individuals lead, control, exercise choice over, and determine their own path of recovery.
2. Individualized and Person-Centered:	There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background.
3. Empowerment:	Individuals have the authority to choose from a range of options and to participate in all decisions that will affect their lives.
4. Holistic:	Recovery encompasses an individual's whole life, including mind, body, spirit, and community.
5. Non-Linear:	Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.
6. Strengths Based:	Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals
7. Peer Support;	Mutual support-including sharing experiences as a recipient of mental health services-plays an invaluable role in recovery.
8. Respect:	Community, systems and societal acceptance-including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery.
9. Responsibility:	Consumers have a personal responsibility for their own self-care and journeys of recovery
10. Hope:	Recovery provides the essential and motivating message of a better future-that people can and do overcome obstacles that confront them.

Peer Recovery Services

Giving Back



What

Was

Freely Given

**At
Chesapeake Integrated
Behavioral Healthcare**

Chesapeake
VIRGINIA

THE LINK BETWEEN RECOVERY, RESILIENCY AND PEER SERVICES

WHAT IS RECOVERY AND RESILIENCY?

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines 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.” For millions of Americans who live with a serious mental illness and/or substance use disorder, as well as for their families, it means living life to its fullest, having relationships, being part of a community, holding down a job, or going to school.

Resiliency is an integral part of a person’s recovery journey. It is the ability to adapt in the face of adversity, trauma, tragedy, threats or significant sources of stress, such as family and relationship problems, health issues or workplace and financial stressors. It means bouncing back from difficult experiences.

WHAT ARE PEER RECOVERY SERVICES?

Peer Recovery Services are interactions conducted by self-identified, current or former service recipients of mental health and/or substance use services known as Certified Peer Recovery Specialists. Certified Peer Recovery Specialists work with others as *equals*. They utilize their own lived experiences to provide support, knowledge and understanding to help others on their journey of recovery and resiliency in order to achieve mind and body or “whole health” wellness.

WHO IS ELIGIBLE FOR SERVICES?

This is a voluntary program open to individuals 18 years of age or older who are receiving services through Chesapeake Integrated Behavioral Healthcare.

HOW CAN PEER RECOVERY SERVICES HELP YOU?

- ◆ Support you in speaking up, and through self-advocacy, to become an active partner in your treatment
- ◆ Encourage you to develop better community involvement that fosters a sense of inclusion
- ◆ Link you and your supporters to resources
- ◆ Introduce you, and/or your supporters, to services so you can better navigate the healthcare system
- ◆ Assist you to create a Recovery, Resiliency, and Wellness Plan to reduce or relieve stressful feelings and/or behaviors
- ◆ Identify recovery oriented support groups and advocacy organizations
- ◆ Explore new life roles that lead to a greater sense of meaning and purpose
- ◆ Gain a new perspective of self-determination and self-direction that builds on your strengths
- ◆ Promote person-centered language so your illness doesn’t define who you are—you are more than a diagnosis

HOW CAN I GET MORE INFORMATION?

You can access Peer Services talking with your Clinician or Case Manager, or you can be referred to Peer Services directly through Same Day Access.

or

You may call (757) 547-9334 and ask to speak with a Certified Peer Recovery Specialist