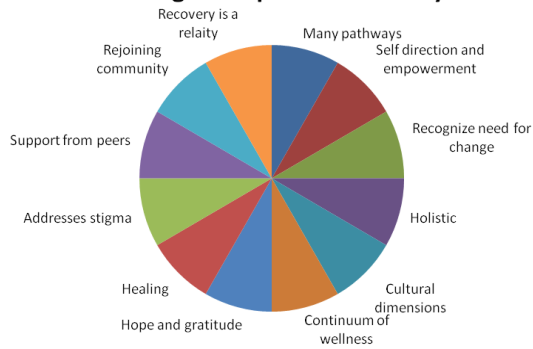


RECOVERY

Definition

In 2005 The Substance Abuse and Mental Health Services Administration (SAMHSA) convened a national summit on recovery. The following definition was decided on by summit participants. "Recovery from alcohol, drug and [gambling] problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life."

Guiding Principles of Recovery



Forms of Recovery

Natural-using one's own resources to overcome addiction, most common form of recovery, most viable for those who have less severe substance use or gambling problems

Treatment-individuals with chronic dependence who achieve sustained recovery participate in treatment programs (behavioral therapy or receive medications)

Self help/mutual aid groups-long term recovery, 12 step programs, recovery coaches, social and community support



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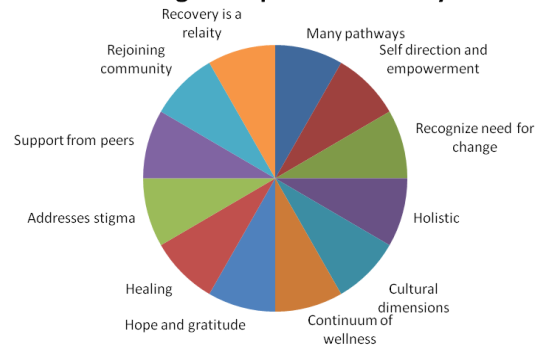
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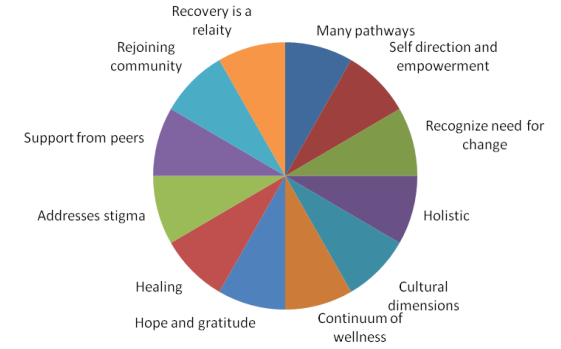
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Principles and Elements of Recovery Oriented Systems of Care (ROSC)

ROSC is defined as “Networks of organizations, agencies, and community members that coordinate a wide spectrum of services to prevent, intervene in, and treat substance use problems and disorders.”

ROSC is for people working in

- Treatment
- Prevention
- Clinical Care
- Social Work
- Counseling
- Family and Support Systems

Reasons for ROSC

- Vital for recovery from alcohol, drug, and gambling addictions
- Supports individuals across life span
- Helps implement systems of measurement for recovery
- Supports research that can provide evidence based practices for working with people in recovery

Elements of ROSC

1. Person Centered
2. Inclusive of Family and Other Allies
3. Comprehensive Services Across Lifespan
4. Anchored in the Community
5. Partnership-consultant Relationships
6. Culturally Responsive
7. Responsive to Personal Belief System
8. Commitment to Peer Recovery Support Services
9. Continuity of Care
10. Inclusion of Personal Testimonies of Recovering Individuals and Their Families
11. Commitment to Peer Recovery Support Services
12. Integrated Services
13. System-wide Education and Training
14. Ongoing Monitoring and Outreach
15. Outcome Driven
16. Research Based
17. Adequately and Flexibly Financed

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