

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