



State of Illinois  
Department of Human Services

## MISSION

As professionals, our mission is to collaborate with staff, families and individuals to promote recovery-focused, wellness-based, trauma-informed services that will enhance personal recovery. Through sharing our individual journeys, we hope to improve, impact and change lives for the better.

### In our work, we serve to:

- Be living examples of recovery and wellness
- Promote recovery-oriented systems
- Provide current recovery-based training and education
- Develop and provide supportive services
- Ensure involvement and empowerment of individuals
- Identify and disseminate current, recovery-based resources and information . . . for consumers and providers of mental health services



## IDHS DIVISION OF MENTAL HEALTH VISION

It is the Vision of the Division of Mental Health that all persons with mental illnesses recover, and are able to participate fully in life in the community.

### Deputy Director/Ambassador

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# RECOVERY SERVICES DEVELOPMENT



Developing Recovery-Oriented  
Systems of Care through  
the Strength of Lived Experience



## ● RECOVERY DEFINITION

The DMH Recovery Services Development Group (RSDG) endorses the definition of recovery provided by the New Freedom Commission, 2003:

“Recovery refers to the process in which people are able to live, work, learn and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling life despite a disability. For others, recovery implies the reduction or complete remission of symptoms.”

## ● GUIDING PRINCIPLES OF RECOVERY

DMH RSDG endorses the ten guiding principles of recovery outlined by the Substance Abuse and Mental Health Services Administration (SAMHSA, 2012):

- Hope
- Person-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses Trauma
- Strengths/Responsibility
- Respect

## ● VALUES

As members of the DMH RSDG, serving as Recovery Support Specialists within the public mental health system, we value:

### ● Personal Wellness

The specific intention of each professional to prioritize his/her own whole health wellness by utilizing proactive life planning, including identifying and responding to personal stressors and indicators.

### ● Education

The active and ongoing pursuit of current knowledge, skills and abilities. Application and dissemination of this knowledge in order to further the development of recovery-oriented systems of care.

### ● Collaboration

The deliberate process of communication and cooperation among individuals and organizations, in an atmosphere of support and respect, to work together to solve common problems.

## ● RECOVERY QUOTES

*“To me, recovery is a life-long process . . . A journey of discovering one’s true colors and letting them shine on through in spite of the fog that sometimes clouds the rainbow.”*

-Suzette Mack

*“I have schizophrenia, but that’s not who I am. I have schizophrenia, but the disease doesn’t have me.”*

-Brandon Hahn

*“Family members can’t believe how well I’ve recovered from schizophrenia, and I get chided for seeing the glass as half empty instead of half full. The past is half empty. The future promises to be half full.”*

- Unknown

# Common Roots, Diverse Branches

