

# Quality Improvement

## QuickTip

#5

### Why All This Talk About Recovery? Levels of Care: All

For several years, the mental health treatment world has been talking about incorporating the Recovery principles. The Recovery principles are second nature to providers of substance abuse treatment because they have used the principles in practice for many years. How do the Recovery principles affect what you do as a mental health provider? This tip is part “B” of Quick Tip #4.

In order to be successful in incorporating Recovery into practice, we need to advocate in the community to promote Recovery.

- **Overcoming stigma and discrimination:**  
Work as an advocate in your community to promote, create and sustain community involvement as partners to accept individuals experiencing mental illness in all aspects of community life.
- **Choices:**  
Work as an advocate in your community to promote diverse options for education, housing, employment, and social activities for individuals experiencing mental illness.
- **Good health care:**  
Connect the individual to a primary care physician, and coordinate both physical and mental health care.
- **Wellness and prevention:**  
Connect the individual to community activities such as, recreation, education, community information, and support groups.
- **Supportive relationships:**  
Encourage activities that are in their community such as, community coffee houses, spiritual group activities, volunteering for community services programs, and sustaining friendships.
- **Flexible services:**  
Meet the individual at a time and location of their choosing.
- **Personal control and power over decisions:**  
Encourage the use of problem solving, goal planning, partnerships with community friends, and interdependence as methods to ensure personal responsibility.

