

## Hope



Every recovery journey starts with hope.  
I hold those I work with in unconditional regard.

1. Psychosocial rehabilitation practitioners convey hope and respect, and believe that all individuals have the capacity for learning and growth.

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## Intercultural Sensitivity



I am aware of my worldview and  
any possible biases I might hold.

2. Psychosocial rehabilitation practitioners recognize that culture and diversity are central to recovery and strive to ensure that all services and supports are culturally relevant to individuals receiving services and supports.

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## Shared Decision-Making



People we serve are at the center of their life.  
They direct their choices.

3. Psychosocial rehabilitation practitioners engage in the processes of informed and shared decision-making and facilitate partnerships with other persons identified by the individual receiving services and supports.

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## Build on Strengths



Our role is to shine a light on people's strengths,  
gifts, and abilities.

4. Psychosocial rehabilitation practices build on the strengths and capacities of individuals receiving services and supports.

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## Person-Centered

The people we serve are experts on themselves.  
They are at the center of their care.

5. Psychosocial rehabilitation practices are person-centered; they are designed to address the distinct needs of individuals, consistent with their values, hopes, and aspirations.

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## Belonging

All human beings are wired with a need to belong.  
Social inclusion is a priority.

6. Psychosocial rehabilitation practices support full integration of people in recovery into their communities, where they can exercise their rights of citizenship, and accept the responsibilities and explore the opportunities that come with being a member of a community and a larger society.

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## Self-Determination

Awareness of my biases supports me in facilitating others' self-determination.

My role is to support and walk beside - not lead.

7. Psychosocial rehabilitation practices promote self-determination and empowerment. All individuals have the right to make their own decisions, including decisions about the types of services and supports they receive.

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## Natural Supports

Building trusting, mutual relationships is foundational to recovery and well-being.

8. Psychosocial rehabilitation practices facilitate the development of personal support networks by utilizing natural supports within communities, family members as defined by the individual, peer support initiatives, and self- and mutual-help groups.

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## Holistic Approach



Feeling a sense of wholeness is the goal.  
The holistic services we offer support a sense of wellness.

9. Psychosocial rehabilitation practices strive to help individuals improve the quality of all aspects of their lives, including social, occupational, educational, residential, intellectual, spiritual, and financial.

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## Individualized



There is no cookie-cutter approach.  
Each person has their own path and, therefore,  
their own wellness plan.

10. Psychosocial rehabilitation practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans.

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## Challenge the Status Quo



We actively pursue high quality growth and  
improvement.

11. Psychosocial rehabilitation services and supports emphasize evidence-based, promising, and emerging best practices that produce outcomes congruent with personal recovery. Psychosocial rehabilitation programs include program evaluation and continuous quality improvement that actively involve persons receiving services and supports.

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## Accessible



Open and available to everyone!

12. Psychosocial rehabilitation services and supports must be readily accessible to all individuals whenever they need them; these services and supports should be well-coordinated and integrated as needed with other psychiatric, medical, and holistic treatments and practices.

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