

# A Comparison of Recovery & Wellness and Traditional Approaches

## *Recovery / Wellness*

- Multi-dimensional, holistic focus (physical, mental-emotional, intellectual, social, environmental, and spiritual dimensions)
- (Re)-establish valued roles and pursuit of recovery goals
- The individual is empowered to assume personal responsibility for health and lifestyle
- Staff offer education, guidance and support
- Motivation for change is health and personal control
- The individual is guided to assume the responsibility to self-monitor health behaviors and increase activity in the dimension where the individual perceives an imbalance
- Medication based on informed choice
- Emphasis on personal responsibility, personal strengths, and natural resources
- Systems integration assists persons with co-occurring disorders and multiple issues
- Emphasis on use of natural community resources

## *Traditional*

- Narrowly focused on illness, symptoms, deficiencies and incapacity
- Primary patient/client role and pursuit of treatment goals
- The individual is expected to adhere to the advice of professionals
- Staff acts as experts and prescribe what they feel is in the best interest of the person
- Motivation for change is fear and pressure from others
- The individual is expected to comply or adhere to the professional advice
- Medication compliance is emphasized
- Responsibility for treatment and progress rests on providers
- Service system may exclude persons, require duplication of efforts or have separate access for persons with multiple issues
- Services are embedded within mental health system whenever possible

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