

Recovery-Oriented, Person-Centered Behavioral Treatment

Recovery-oriented, person-centered behavioral treatment is a change through which individuals improve their health and wellness, and strive to reach their full potential. To be effective, mental health and substance use services must be based on recovery-oriented and person-centered practices that have demonstrated to improve individuals' [quality of life](#), [health outcomes](#), and [social support](#) as well as decrease [stigma](#). Here are tools and approaches that can be used in all healthcare and community settings.

Information

A recovery-oriented, person-centered approach includes the role of the individual and the provider in the process.

Person-Centered Planning

Person-centered planning is a set of collaborative processes that help individuals identify their goals, discover and act on what is important to their values, interests, and other factors that respect their chosen pathways to recovery. It is a process that is driven by the individual and supported by family, friends, or others to develop a plan based on community living and

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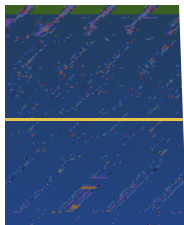
can be used in all healthcare and community settings. This includes disclosure of all risks and benefits of treatments, options and approaches, the patient's right to refuse treatment and understanding by the patient of the implications, and informed consent.

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Person-Centered Approaches

- Informed Consent
- Person-Centered Planning
- Shared Decision Making
- Relationship Building
- Respectful Communication
- Trauma-Informed
- Least Restrictive
- Engagement
- Resilience and Strengths-Based
- Culturally Centered
- Wellness Focused and Whole Person Care
- Harm Reduction
- Peer and Family Support
- Recovery-Oriented System of Care





Shared Decision Making

Shared decision-making builds on informed consent, whereby the person and provider are acknowledged for their expertise with both contributing to the medical decision-making process. In this approach, providers explain treatment options and alternatives and help the patient choose the option that best aligns with the person’s preferences as well as their unique cultural and personal beliefs. Choices are then included in the person-centered plan. Shared decision-making aids can assist the patient to work with the provider to choose the best treatment option.

Relationship Building

Effective recovery-oriented and trauma-informed services and treatment are based on respectful and trusted relationships that meaningfully establish a therapeutic alliance that can lead to healing and problem solving. Developing effective relationships requires engaging with the person to understand the “story” of their journey, their strengths, values, preferences, family, and social factors.

Respectful Communication

The foundation of effective working relationships is honest and trust-based communication. By their communications and actions, providers should demonstrate that they value and respect the individual being served. Jargon should be avoided as well as judgmental and authoritative approaches.

Trauma-Informed

Effective care seeks to recognize and respond to trauma experienced by those being served. Trauma is often a common precursor to mental health and substance use conditions. Interventions such as seclusion and restraint can break trust, are often unsafe and, in fact, can re-traumatize individuals seeking help. Trauma-informed care seeks to provide a care environment that focuses on safety and trust.

Least Restrictive

The *L.C. vs. Olmstead* U.S. Supreme Court decision stipulated that people with disabilities – including those with behavioral health conditions – have a right to a life in the community. Recovery-oriented care promotes individuals to pursue independence and community integration. Institutional and coercive care are to be avoided whenever possible and individuals and families are provided with the services needed to live in home and community-based settings.

Engagement

Engaging the person and their chosen supporters, or family into care and recovery are key for people starting and maintaining their journeys of healing. Peer and family support can assist recovery by providing hope and role models who demonstrate that recovery is possible. Peer support includes being consistently and compassionately present with and for the person and believing in their capacity for recovery. Developing respectful, trust-based relationships is critical to creating an environment in which the person can talk openly and honestly to activate recovery. Other approaches such as [motivational interviewing](#) can be helpful.

Resilience and Strengths-Based

Care providers must identify and build on the strengths, skills, resources, and knowledge of the person being served and their families. This includes recognizing and valuing the resilience of people to manage and persevere in the face of major life challenges.



Culturally Centered

Understanding culture is critical in promoting effective healing practices for individuals, families, and communities. Providers must practice cultural humility and learn about the history, beliefs, language, practices, and values of those they serve. Care delivery should be congruent with and build on the person's cultural preferences.

prevent substance misuse, and provide treatments and supports to foster recovery while ensuring