

## The 12 Principles for Children's Behavioral Health Care

1. Collaboration with the child and family
2. Functional outcomes
3. Collaboration with others
4. Accessible services
5. Best practices
6. Most appropriate setting
7. Timeliness
8. Services tailored to the child and family
9. Stability
10. Respect for the child and family's unique cultural heritage
11. Independence
12. Connection to natural supports

### For children and adolescents, Discovery is:

- The understanding of one's self
- Getting to know one's strengths
- Identifying a belief system

## Culture Transformation through Recovery & Discovery

A culture where services treat an individual, not an illness; where programs are designed to assist individuals in obtaining a life outside of an illness; and where success is measured by quality of life outcomes.

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Recovery is real and possible for everyone! This must be believed and celebrated at every level of the behavioral health system for culture transformation to occur.

**A recovery culture is where individuals are not defined by an illness, staff members believe that there are no limits to an individual's recovery, and program participants and staff members are seen as equal partners.**

**Recovery must be infused in the following perspectives:**

#### ***Relationships***

- No patient-client roles, just EQUAL partners
- Staff members are not caretakers and should not hold power over the individuals they serve or make decisions for them
- Staff members encourage individuals to take steps toward becoming independent
- Staff members do NOT fear the people they work with
- Feeling and expressing compassion by staff is a good thing

#### ***The Staff and the Community***

- Staff members believe that recovery is possible
- Staff members have hope, empowerment, and meaningful roles in their own lives and communities, which is vital for an individual's discovery of these values
- Administrators and supervisors support and treat staff with respect and as EQUAL partners, with communications being both bottom-up and top-down.
- Stories of recovery and achievements are used to inspire staff and the community
- Staff members engage in community development and anti-stigma work as a significant part of their job

#### ***Practices and Services***

- Services are based on the individual's own goals
- Psychiatrists promote medication collaboration as opposed to medication compliance, helping individuals learn about medication and symptoms
- Staff interactions and available services focus on all parts of an individual's life: living, work, education, finance and social goals
- Assessments describe a whole life, not just an illness
- Activities of recovery are done through community integration
- Child and Family Team (CFT) practice that is family-centered, family-driven, and based on individualized plans built on the child and family's unique strengths and culture, which can involve other community members

#### ***Service Delivery Atmosphere***

- Welcoming environment
- Limited physical barriers between individuals and staff members; increase in shared space
- Availability of community resource information, not just provider network / service information
- Preference toward providing services outside of a clinic, within the community

#### **The four stages of Recovery are:**

- Hope
- Empowerment
- Self-Responsibility
- Meaningful Role in Life