Recovery

Recovery is a deeply personal process and no single, universally accepted definition of recovery currently exists. In the simplest sense, recovery is a lived experience of moving through and beyond the limits of one's disorder; living a life outside of one's illness. In this process one finds hope, empowerment, self-responsibility and a meaningful role in life. Key characteristics of recovery include:

- Recovery is personal and individualized (not defined by a treatment agency)
- Recovery moves beyond symptom reduction and relief (e.g. meaningful connections in the community, overcoming specific skill deficits, establishing a sense of quality and well-being)
- Recovery is both a process of healing (regaining) and a process of discovery (moving beyond)
- Recovery encompasses the possibility for individuals to test, make mistakes, and try again.

Recovery can occur within or outside the context of professionally directed treatment.