DESC Guiding Principles of Recovery
Info. Sheet

Recovery is a process of change through which individuals live a self-directed life and strive to reach their full potential by making or maintaining improvements to their physical health, behavioral health, and general wellness.
These are the principles of what recovery means to us and can be used as a guide to provide recovery focused services.

These principles guide our **Housing First** and **Harm Reduction** work across the agency and help us to achieve our mission of ending homelessness of vulnerable people.

As described in our **DESC Core Values** regarding **Client Services,** we meet clients where they are currently without judgment, wherever they happen to be in their recovery. Not everyone identifies as being in recovery, but we can still use these principles to guide our work.

The term recovery is widely used and is often associated mainly with substance use abstinence. We view recovery as a process in which individuals choose and make overall improvements in various parts of their lives, which may or may not include substance use.

Recovery is based on respect
We use language that values individuals as worthy and capable. We build relationships through trust, persistence, patience, and a nonjudgmental attitude.

Recovery emerges from hope
One of the most important elements of our work is to encourage the belief that people can and do make changes in their life when they are ready. We help people connect to their strengths and resources. We remind people of possibilities and promote choice and collaboration. We never give up on our clients and encourage our clients to never give up on themselves.

Recovery is unique to each individual
We believe that people define their own goals based on their experiences. We support people by providing opportunities to achieve a self-determined life. Each person defines what recovery means to them. We remember to ask, **“What is your vision of your best life?”**

Recovery is holistic
Recovery encompasses an individual's whole life and services should be integrated, coordinated, and trauma informed. We honor people's experiences, values, traditions, and beliefs.

Recovery is supported through community
We encourage people to identify and participate in activities that are meaningful to them and help develop connections with the wider community. Through this process, people can find fulfillment and a sense of belonging.

Recovery can be a bumpy road
We look for the positive and celebrate successes. We offer support when there are setbacks and recognize resilience.