

# SAMHSA's Office of Recovery

## *Mental Health Leadership Group Peer Support Work Group Meeting*

*Paolo del Vecchio, Director*  
SAMHSA, Office of Recovery

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

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# **SAMHSA National Recovery Agenda: Purpose**

To forge partnerships to support all people, families and communities impacted by mental health and/or substance use conditions to

- ❖ pursue recovery,
- ❖ be resilient and
- ❖ achieve wellness.

# Operating Principles and Values

**Hope:** Recovery emerges from hope and is the catalyst of the recovery process.

**Person Driven:** Self-determination and self-direction are the foundations for recovery.

**Many Pathways:** Pathways are built on individual's unique needs and highly personalized.

**Holistic** – Recovery encompasses an individual's whole life including mind, body, spirit, and community.

**Peer Support:** Sharing of experiential knowledge and skills play an invaluable role in the process.

**Relational:** An important factor is the presence and involvement of people who believe in an individual's ability to recover

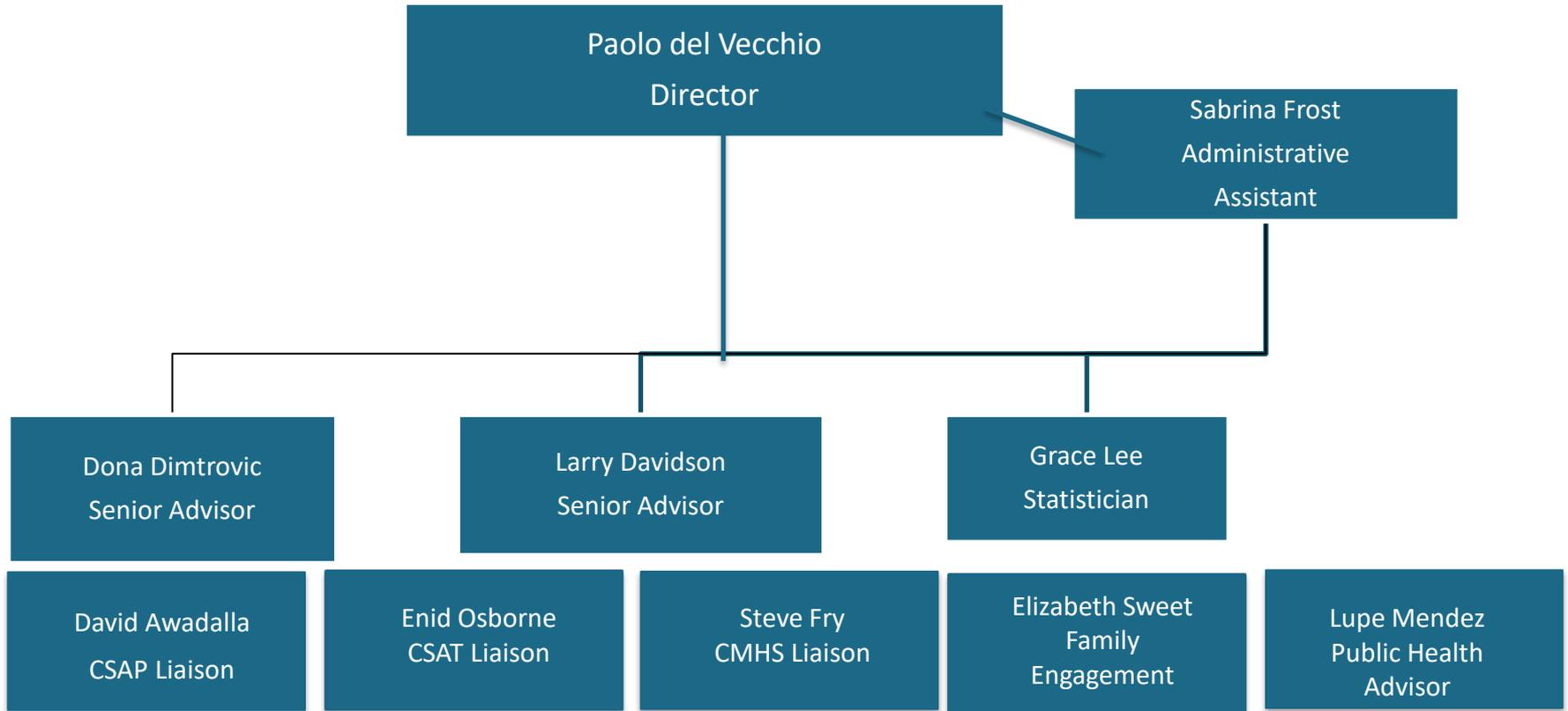
**Culture:** Culture and cultural background including values, traditions, and beliefs are key for a person's journey to recovery.

**Addresses Trauma:** Supports should be trauma-informed to foster safety and trust.

**Strengths and Responsibilities:** Individuals, families and communities have strengths and resources that serve as a foundation for recovery.

**Respect:** Community, systems and societal acceptance and appreciation including rights and eliminating discrimination are crucial in achieving recovery.

# Office of Recovery Team



# SAMHSA National Recovery Agenda Goals

Inclusion

Equity

Peer Services

Social Determinants

Wellness

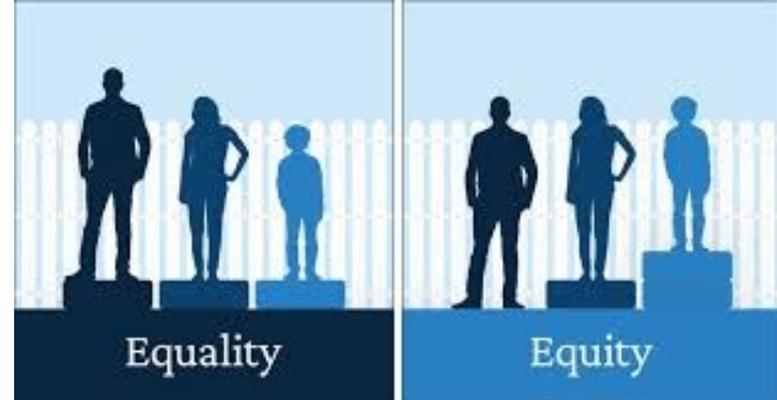
## **Goal #1: Inclusion**

To foster the meaningful involvement of a wide array of people with lived experience to improve behavioral health practice & policy and to foster the social inclusion of people with behavioral health conditions.



## Goal #2: Equity

To increase opportunities for recovery for underserved and under-resourced populations and communities including people of color, youth, older adults, LGBTQI+, rural, veterans and people with disabilities.





# Goal #4: Social Determinants of Health

To address key social determinants that support recovery including access to housing, education, social supports, and employment.



## Goal #5: Wellness

To expand holistic, self-care strategies to improve health and behavioral health outcomes - including the reduction of early mortality and impact of co-morbid chronic health conditions – and to integrate recovery-oriented practices and systemic reform into the full continuum of health and behavioral healthcare including prevention, harm reduction, treatment, crisis care, and recovery support



# Office of Recovery Core Principles

## Data and evidence

To increase the collection, analysis & reporting of data on recovery and expand the identification & use of evidence and practice-based policies and approaches.

## Trauma-informed

To embed trauma-informed practices and approaches in recovery efforts.

## Rights Protection

To protect the human and civil rights of people with lived experience.

# Thank You

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

Paolo del Vecchio

Paolo.Delvecchio@samhsa.hhs.gov

[www.samhsa.gov](http://www.samhsa.gov)

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)