

RECOVERY



The Three Legged Stool- Holistic Approach

Recovery for individuals with a behavioral health condition is a journey of healing and transformation enabling a person with a mental problem to live a meaningful life in a community of his or her own choice while striving to achieve his or her full potential. The three legged stool represents the journey to recovery encompassing the individual's whole life including mind, body and spirit. Recovery is the platform of the stool with each leg represented by the three essential components of a holistic approach to recovery. As providers of behavioral healthcare, our responsibility in partnership with the person served is to incorporate the three legs of the stool into an individualized and self-directed plan of action for the person served healing and transformation in his or her journey to recovery. As providers of behavioral healthcare in restrictive environments, our responsibility is to incorporate into our service delivery, the essential elements of this holistic approach based on the person served strengths, needs, preferences, experiences and cultural background.