



W·I·S·E

Workforce Integration Support and Education

a program of NorCal MHA

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Recovery 101: fundamental principles of person-centered care

Target Audience: Clinicians and Non-Peer Staff; Peer Staff and Volunteers
Length of Training: 4 hours
Maximum Attendance: 20

What is "recovery" and why does it matter?

Many mental health professionals maintain an "old school" mentality, viewing mental health challenges solely through the lens of the medical model. While the medical model is still essential to the provision of mental health services, rigid adherence to the medical model without recognizing and addressing its limitations results in unintended negative consequences, affecting relationships between clinicians and peer staff, undermining team cohesion, and impacting client care. Recovery 101 was created by NorCal MHA's peer staff to help educate individuals who are not familiar with recovery concepts by teaching the differences between the medical model and the recovery model of care, why these distinctions are significant, and the importance of peer support in behavioral health settings.

General Program Description

Recovery 101 provides an introduction to key recovery concepts for clinicians, clinical staff, and peer support workers to facilitate understanding of the concept of recovery as it relates to mental health and how to support clients/consumers and even co-workers in achieving and maintaining personal wellness. In this five-part training, we address the following topics:

- The Meaning of Recovery
- Key Components of Recovery
- Barriers to Recovery
- Recovery's Role in the Public Mental Health System
- Ways to Establish and Strengthen a Recovery-Oriented Workplace

Learning Objectives

At the end of this training, participants will be able to:

1. Demonstrate a basic understanding of the recovery model
2. Identify core values and guiding principles of recovery
3. Understand barriers to recovery and how to avoid them
4. Recognize the importance of recovery in California's public mental health services
5. Apply training concepts to enhance recovery-oriented programs and practices in the workplace

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WELLNESS • RECOVERY • RESILIENCE

