

## **APPENDIX B**

### **PRINCIPLES**

*A Call for Change: Toward a Recovery-Oriented Mental Health Service System* contains ten fundamental elements and guiding principles of mental health recovery. The Housing Work Group has applied these principles to recovery-oriented housing as follows:

#### **Principle 1- Self-Direction**

**Practice-** Consumers exercise choice in determining where they want to live. There is agreement among all stakeholders that consumers have a right to live in the housing of their choice. Consumers are educated about the housing options/choices available and the means to access housing and supports. Tenant based housing is available that is independent of MH services. (i.e. not contingent on service compliance is the primary housing option or goal with flexible mobile staffing supports available to support individuals in housing as needed.)

**Outcome-** Consumers are satisfied with their current living situation.

#### **Principle 2- Individualized and Person-Centered**

**Practice-** Consumers express their needs for supportive services. There are a range of affordable and accessible housing and support options available that can meet individual needs and preferences.

**Outcome-** Consumers plan for housing and services with appropriate support service providers.

#### **Principle 3- Empowerment**

**Practice-** Consumers are involved in all decision making regarding their housing and support services. Consumers receive assistance and training on assessing options and determining personal preferences, strengths and needs related to housing including the full range of issues and concerns that all individuals must consider in deciding where they will live, (e.g. location, household composition, finances, safety, access to transportation and resources, skills and supports needed).

**Outcome-** Consumers obtain control of their housing choices.

#### **Principle 4- Holistic**

**Practice-** Consumers have access to a wide range of supportive services beyond traditional mental health services. Consumers interact with all as individuals, not a diagnosis. Housing supports to individuals include assisting individuals to build competencies, enhancing their interpersonal capabilities and developing personal support systems that enable them to be successfully housed, and to live satisfying, meaningful lives.

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**Outcome-** Consumers live in housing of their choice, and are effectively involved with supportive services that relate to physical health, dental health, employment, social and spiritual needs.

### Principle 5- Non-Linear

**Practice-** Consumers will choose from a range of available housing options, which can be entered at any point on the recovery continuum. It is not expected that consumers must move through each step of a continuum to obtain permanent housing (e.g. shelter housing to CRRS or transitional housing to permanent housing). Supports to consumers are flexible and can be adjusted to meet the needs as they change. Consumers do not have to move to another housing option simply because their needs change, rather supports are moved in and out of the person's life as needed. Mainstream natural supports are to be utilized whenever possible.

**Outcome-** Each consumer's recovery journey is unique. Housing and support practices will be flexible to reflect changes in needs and desires of the individual during the journey.

### Principle 6- Strengths Based

**Practice-** Housing choices and supports reflect and build upon consumer strengths rather than deficits. Consumers will focus on building and enhancing their strengths through developing and achieving housing goals and planning to utilize effective services which support housing choices.

**Outcome-** Consumers thrive and grow in their living, working and learning and participate fully in their community.

### Principle 7- Peer Support

**Practice-** Consumers will have access to self-help, peer support and consumer operated services. Peer supports are available to consumers in all housing options.

**Outcome-** Consumers are able to provide support to each other resulting in secure and stable housing and mental wellness.

### Principle 8- Respect

**Practice-** The consumer is validated as a person. Those who help or support the journey of consumers will respect diverse cultural backgrounds, ethnicity, sexual orientation and personal life experiences. Housing options reflect respect and dignity for the individual including safe, healthy environments free of stigma and discrimination. Housing options are integrated and compatible with the neighborhoods/communities where they are located.

**Outcome-** Consumers experience improved self-esteem.

### Principle 9- Responsibility

**Practice-** Consumers are strongly supported in their life decisions. Supports are available to assist individuals to build competencies that will enable them to successfully

## Handout 3-1

assume responsibility for choices even when professionals do not agree with the choice. Consumers are educated about the responsibilities associated with options and choices and the potential risks, rewards and consequences; however, consumers have the right to make bad decisions, from which they can learn and grow.

**Outcome-** Consumers accept responsibility for their life decisions.

### Principle 10- Hope

**Practice-** Consumers will always be met with a positive attitude by helpers and supporters. Supporters, teachers, professional staff and friends will demonstrate their belief that individuals with MH disabilities can succeed in the housing of their choice. The options, supports, and practices reflect this belief. Individuals are not limited to housing options based on their illness, but rather are supported in living the life they choose.

**Outcome-** Consumers have a positive attitude about their life and have hope for continued recovery.