

## ABOUT PROCOVERY INSTITUTE

The mission of the Procovery Institute is to build hope, healing and LIFE through the Procovery® program. The Procovery Institute was co-founded by Kathleen Crowley, creator of Procovery, and her husband Randy Stratt, and is the international purveyor of the Procovery program, providing organizations, systems and communities with implementation leadership—including assessment, consulting, training, materials, technology, best practices, coaching and support for implementing the Procovery program with fidelity and cost-effective outcomes.

Our current focus is:

- ✦ Ensuring a clear and specific Procovery program implementation model with Procovery Best Practices.
- ✦ Creating a continuing exciting array of new Procovery program materials, tools, and technologies.



### Procovery Institute

*Building hope, healing and LIFE!™*

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## Procovery® Program Primer



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## WHAT IS THE PROCOVERY® PROGRAM?

What if, instead of reaching *backward* to “recovery” in the traditional sense, to a prior state of health, individuals with serious or chronic mental and physical diagnoses reached *forward* to *Procovery*, to focus on life instead of illness, to build new dreams and find new purpose? What if those who support and treat these individuals were able to easily create and support this change?

The Procovery® program provides an approach to healing based on hope and grounded in practical everyday steps that individuals can take to heal forward.



## WHY THE WORD “PROCOVERY®”?

*I am not recovered. There is no repeating, regaining, restoring, recapturing, recuperating, retrieving. There was not a convalescence. – Sylvia Caras*

*Unfortunately, even the word recovery has inherent negative connotations . . . – Mark Ragins, M.D.*

*Many consumers/ survivors of mental health services feel that the word recovery does not truly or fully describe the journey through mental illness or the results of the journey. – Ruth O. Ralph, Ph.D.*

*The word recovery does not apply to my young daughter's experience of being diagnosed with severe emotional disturbance. She doesn't have a prior state of health to return to, or anything to regain for that matter. She was diagnosed at a very early age. – Linda P.*

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## THE 8 PRINCIPLES AND 12 STRATEGIES OF PROCOVERY®

### The 8 fundamental principles of Procovery:

1. Believe that healing forward is possible
2. Recognize the power of the individual
3. Focus forward not backward
4. Focus on life rather than illness and strengths rather than weaknesses
5. Recognize the power of the ordinary
6. Just start anywhere—and begin the healing process from any point
7. Accept “backsliding”—as an often integral part of moving forward
8. Keep hope alive

### The 12 healing strategies of Procovery, whether for staff, individuals, family or systems are:

1. Detoxify the diagnosis—changing the manner in which a diagnosis is given and received
2. Take practical partnering steps—in health care, compliance and choice are often mirror images, and active partnering steps by professionals, consumers, and family members, within current systems, can activate the Procovery partnering process and radically change outcomes
3. Manage medications collaboratively
4. Build—and most critically do not extinguish—hope
5. Create and support change
6. Dissolve stigma, particularly internal stigma
7. Use feelings as fuel, including the emotions that are consequences of chronic illness
8. Gather, utilize and maximize support
9. Stick with Procovery during crises and use those times to initiate healing forward
10. Adopt effective self-care strategies
11. Live intentionally through work and activities
12. Actively retain healing through Procovery

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## WHAT OTHERS ARE SAYING

*The Power of Procovery is must reading for all in the mental health field.*

**William Anthony, Ph.D., Executive Director, Center for Psychiatric Rehabilitation, Boston University**

*The Procovery program gives all caregivers a framework to do what superior caregivers do intuitively.*

**Lee Jones, M.D.**

*As opposed to primarily focusing on symptoms and issues of compliance with treatment, the Procovery program for service delivery emphasizes a hope-centered, forward-focused, and skills-based partnership between the consumer, family, service provider and community that enhances outcomes and opportunities for each.*

**Diane McFarland, Director of the Division of Comprehensive Psychiatric Services, Missouri Department of Mental Health**

*Procovery seems to be everything in the middle. I know where I am and where I want to be but never knew how to get there.*

*Procovery seems to be that!*

**Angela Ward, MO Procovery Circle Facilitator**

*Procovery offers an integrated approach for dual diagnosis that also supports multi-cultural considerations, concurrent physical conditions, as well as the challenges of homelessness and legal histories.*

**Marvin J. Southard, D.S.W., Director of Mental Health, Los Angeles**

*The Procovery program is positively powerful. Mental health providers need a fresh look at the job they chose and new vehicles to promote growth.* **Suzette DeAngelis**

*Procovery is remarkable and unique, a concept and a tool that brings together in a meaningful way three groups of people who in our current healthcare system are often at odds with one another—consumers, family members and staff.*

**William Flynn, M.D., Geriatric Psychiatrist**

*I always believed that I could maintain a happy, productive life with my mental illness. It took someone else believing in me as well to make that become a reality. That is what Procovery does for people.... It believes in them.*

**Mickie McDowell, NAMI SW Missouri, MO Procovery Circle Facilitator**