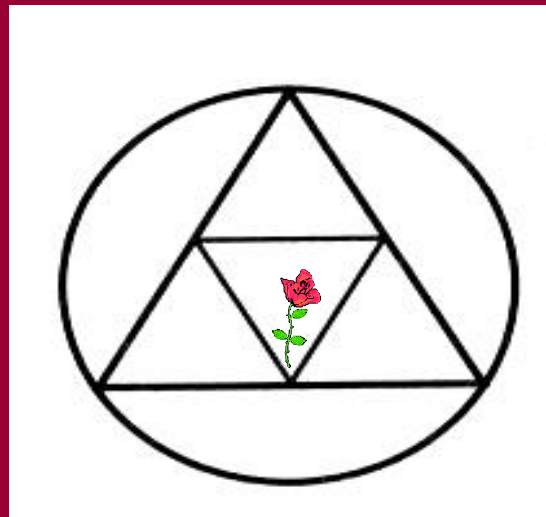


Alternatives 2004

**Achieving the Promise of Recovery:
New Freedom, New Power, New Hope**

Self Determination: The Time has Come



By:

**Peter C. Ashenden, Executive Director
Mental Health Empowerment Project
www.mhepinc.org**

The President's New Freedom Commission

“We envision a future when everyone with a mental illness will recover... and at any stage of life has access to effective treatment and supports – essentials for living, working, learning, and participating fully in the community”

Self-Determination

“...Attitudes that lead people to define goals for themselves and their ability to achieve those goals...”

M.J. Ward

Components of Self-Determination

- Respect
- Choice
- Ownership
- Support

**“Self-Determination is
what life is all about.
Without it, you might be
alive, but you wouldn’t
be living – you would
just be existing”**

Michael Kennedy

Self Determination: The Foundation of Self-Help

The Self Help Continuum

Encompasses a wide variety of activities, structures, and networks that form a continuum



Values of Recipient Run Initiatives

- The Sharing of a common bond
- Persons who use services have a significant voice in planning, development and evaluation of the services
- Mutuality between staff and persons who are using services
- Environment distinguished by openness and personal choice

Values of Recipient Run Initiatives

- Respect for individual dignity and a spirit of liberation
- An environment that embraces cultural diversity
- A governing and operating structure that demonstrates shared decision-making, flexibility, integrity and confidentiality

Outcomes of Recipient Operated Programs

- Workgroup convened in 2001
- Important Factors
 - Quality of life
 - Confidence
 - Spiritual change
 - Hope
 - Perception change

White Paper Rules

- 1. There must be Informed Choice**
- 2. It Must be Recovery Focused**
- 3. It Must be Person Centered**
- 4. Do no Harm**
- 5. There Must be Free Access to Records**

White Paper Rules Continued

- 6. It Must be Based on a System of Trust**
- 7. It Must Have a Focus on Cultural Values**
- 8. It Must be Knowledge Based**
- 9. It Must be Based on a Partnership**
- 10. There must be Access to Services Regardless of Ability to pay**

**...make our
vision,
their vision**

**If you would like any of
the material used in this
presentation contact us
at www.mhepinc.org
or
1-800-mhepinc**