

## **Recovery-Orientation & Person-Centered Thinking Practitioner Self-Assessment**

- Do the people I serve gain control, purpose (valued roles), competence (skills), and/or connections (to others), as a result of my interventions? Or.....
  
- Have my interventions interfered with the person's acquisitions of control, purpose, competence or connections to others?
  
- Is what I am doing currently assisting people in initiating, furthering, or enhancing their own unique recovery journeys, or is it perhaps getting in their way?
  
- Am I assisting people to identify their strengths and to develop and pursue their own goals, interests, and meaningful lives in the community, or am I encouraging them to rely on or comply with the wishes or desires of others (whether they be family members, residential support staff, or anyone else)?
  
- Am I viewing and treating people (according them the same rights and responsibilities) as citizens (i.e., a "normal" individual) who are doing their best to deal with a particular set of challenges (e.g., like "battling" cancer)?
  
- Am I treating people in the same way I would want to be treated if I were in their situation?

Adapted from: A Practical Guide to Recovery-Oriented Practice (2009) by Larry Davidson, Janis Tondora, Martha Staeheli Lawless, Maria J. O'Connell & Michael Rowe; Oxford Press, NY