



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Building Resilience through Recovery

Recovery is an important goal for anyone who has experienced trauma. It uses a strengths-based approach and encourages use of coping tools and community resources in four life areas: health, home, purpose, and community. Accessing and using resources in these life areas helps youth cope with change, which is also known as building resilience (samhsa.gov/recovery).



10 Guiding Principles of Recovery

RECOVERY:

- ◆ Emerges from hope
- ◆ Understands each person is in charge of their own path
- ◆ Occurs via many pathways
- ◆ Focuses on multiple life areas
- ◆ Is supported by peers and allies
- ◆ Is sustained through relationships and social support
- ◆ Is culturally-based
- ◆ Addresses trauma
- ◆ Acknowledges strengths
- ◆ Is based on respect