
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 late 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.
- ◆ Continuing to create an evolving array of new Procovery program materials, tools, and technologies.
- ◆ Building communities of hope – one Procovery Circle at a time!

Procovery Institute

Building hope, healing and LIFE!®

Procovery Institute LLC

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“The difference between what we do and what we are capable of doing would suffice to solve most of the world’s problems.”

Mahatma Gandhi

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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 is 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

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

While the time has always been right for Procovery, the call for health care reform and the state of our economy make this the time for Procovery. Procovery is an innovative program that delivers unprecedented results, therapeutically and economically... and builds communities more effectively than anything I've ever seen.

Lee Jones, M.D., UCSF School of Medicine

I highly recommend the Procovery program to anyone looking for innovative programming that delivers unprecedented outcomes. Procovery saves lives and dollars, and should be an integral component of all healthcare reform efforts.

Mark Stansberry, Executive Director, BJC Behavioral Health, St. Louis, MO

The Procovery Institute has been an invaluable partner, bringing a vision, commitment, and spectrum of tools and resources to our effort to speak to consumers wishes to reclaim and reestablish new and vital lives for themselves.

Felix Vincenz, Ph.D, Chief Operating Officer, Division of Psychiatric Services - Missouri Department of Health and Mental Health, Columbia, MO

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

The Procovery program provides us a challenging look at our services, approaches, and methods in delivering services. It gives us the vision, the hope, as well as the concrete ideas and tools on how to do this.

Sinikka Santala, Former Administrator, Division of Supportive Living, Wisconsin Department of Health and Family Services

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