

ACCR Committees

Child/Family

Encourages service providers and professionals to help children and adolescents who have mental illnesses, and their families, develop skills to cope with the stress and adversity in their lives.

Collaborative for Recovery Dialogues

Facilitates dialogues between service users, stakeholders, and practitioners to allow for honest discussions about their experiences and opportunities to share ideas on how to improve behavioral health services.

Education

Develops educational materials and supports informational trainings that foster leadership skills and teach individuals about recovery principles/practices and combatting stigma.

Public Awareness

Sponsors initiatives to decrease stigma and increase the public's awareness of the need to support individuals in recovery.

Quality Improvement

Develops recovery-oriented best practice guidelines for agencies who serve individuals with mental illnesses and/or substance use disorders.

Steering Committee

Defines broad goals of ACCR and oversees the general operation of ACCR committees.

Contact Us

We are always looking for new members who are passionate about promoting recovery. We are open and welcoming to everyone who is willing to share their own unique perspectives, whether it be from lived experience or time in the field.

For more information about ACCR, please visit our website: www.coalitionforrecovery.org

Or reach us by calling 412.350.4166 or email us at ACCR.Information@gmail.com.



ACCR

The Allegheny County Coalition for Recovery



"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending"

– Carl Bard



What is ACCR?

The Allegheny County Coalition for Recovery (ACCR) was established in 2001 by service users and other stakeholders interested in promoting recovery for individuals with mental illnesses and/or substance use disorders.

At that time, few providers actually incorporated recovery-oriented principles into their services. Individuals' voices were often not heard, which left them with limited choices and control over the services they received.

ACCR addressed these issues by getting community members' unique perspectives on what changes should and could be done to better support individuals on their recovery journey.

ACCR continues to be a driving force in transforming behavioral health services into services that provide hope and meaning to disrupted lives. ACCR promotes engagement in collaborative treatment programs, community living, meaningful relationships, productive activities, and independent decision making.



Recovery

Regardless of what people are recovering from (mental illness, addiction, a physical disability, or other hardship) recovery is an ongoing journey.

During recovery, we understand that although there may be circumstances beyond our control, we do have power to make our lives more meaningful through our own choices, actions, and efforts.

Ultimately, recovery is about resiliency and perseverance.

Through recovery, we learn how to use innate and developed abilities to withstand stress and adversity. We come together and support each other as we all strive to reach our fullest potential.

Recovery Principles

- Recovery is a universal concept that can be used by anyone
- Recovery is an ongoing process that continues through life, and is about restoration and personal growth
- Recovery allows the renewal of purpose, meaning, and hope in life
- Recovery is about overcoming stigma
- Recovery is about dignity, acceptance, self-respect, and self-awareness
- Recovery involves tolerance, forgiveness, and adaptability
- Recovery is about establishing meaningful relationships
- Recovery means independence, personal responsibility, and productivity
- Recovery is about connecting with other people in a fulfilling way

ACCR Vision and Mission

Our vision is that every Allegheny County resident with a mental health and/or substance use disorder is supported in his or her recovery journey by friends, families, peers, communities, and service providers who understand and practice recovery principles.

Our mission is to increase awareness of behavioral health recovery and to promote the use of recovery principles and practices in behavioral health services in Allegheny County.

ACCR in Action

Here are some ways that ACCR has transformed services:

- Guidelines for Developing Resiliency for Children and Families
- Words Matter! A Guide for Using Person-First Language
- "The Art of Recovery" Art Exhibit
- Consumer-Oriented Continuous Quality Improvement Guidelines
- Tutorials for Implementation of Recovery Best Practices and Quality Indicators
- Resiliency and Recovery Brochure
- Guidelines for Developing Recovery-Oriented Behavioral Health Systems
- Ongoing dialogue opportunities between people with lived experience, professionals, and community stakeholders