

## **YES! Youth Voice Related to SAMHSA 10 Principles of Recovery**

### **1. Recovery emerges from hope.**

- “I like the support, understanding, and willingness to simply hear me out and being offered to go to events and have opportunities.
- “Staff believes in me when I didn’t believe in myself at first”.
- “I truly believe my life is better today because I was part of YES and I hope all young adults who need this find it.”

### **2. Recovery is person driven.**

- “I like that they help me and don’t judge me.”
- “I like how open and accepting staff is.”
- “I like best that my case worker could focus and dedicate their time to my life just as much as I can.

### **3. Recovery occurs via many pathway.**

- “I like that I can get help that I need like counselor, doctor, transportation services, and job.”
- “I think it would be nice if they added Saturday and Sunday.”
- “I like going because they have different groups like LGBT group”.

### **4. Recovery is holistic.**

- “I think the difference here is I’m able to talk and given chances to go somewhere else to work/sit to try something new.”
- “I worked on a having a comfortable home with YES. Staff have been very helpful, and encouraged other activities to brighten life. Staff is very understanding of others and flexible with scheduling. Staff are very reliable and help me to feel welcomed and appreciated”.
- “I like most meeting new people, groups, and painting. This is more relaxed and less formal.”

### **5. Recovery is supported by peers and allies.**

- “I liked most getting along with people and making friends.”
- “Staff are caring and supportive and help me work through my treatment. The YES team has been more understanding than other services I’ve had.”
- “I felt like I had a friend in every staff they were all supportive and friendly and all wanted me to succeed and when I did they were proud of me and it was an amazing feeling.”

## **6. Recovery is supported through relationships and social network.**

- “I’m always able to call/text someone if I’m struggling. Staff assisted me in meeting with my roommates to form an agreement. I really love going to all the different groups that are offered and meeting new friends.”
- “I like being able to text my staff to set up appointments. My counselor comes to me and focuses on what I want to talk about.”
- Staff is very understanding of others and flexible with scheduling. Staff are very reliable and help me to feel welcomed and appreciated”.”

## **7. Recovery is culturally-based and influenced.**

- “They care about your recovery and all around you as a person.”
- “Staff is supportive and respect me being trans. Staff are generally more friendly, understanding, and trust worthy, they stay true to their word.”
- “I like best that they help me and talk about my concerns. YES has helped me meet new people”.

## **8. Recovery is supported by addressing trauma.**

- “I like best that they help me and talk about my concerns. YES has helped me meet new people”.
- “I would like to have say in my school being notified of me being drug tested.”
- “Staff get to know who I ‘am not what I ‘am.”

## **9. Recovery involves individual, family and community strengths and responsibility.**

- “My favorite part was the connection I built with staff. Having a healthy person to guide me helped me out drastically changed my life.”
- “There are lots of treatment options/ services and great people.”
- “You can talk to other counselors, connect and go places.”

## **10. Recovery is based on respect.**

- “I like that they help me and don’t judge me.”
- “I would like to see more firmness and push at points that I kind of avoided/pushed off to do later.”
- “I have always been advocated for and heard.”

## Youth/young adults sharing attitudes and attributes best received

Good communicator	Listen
Self-esteem	Slow anger
Knowledge	Connection- meets where they are at
Resourceful	Encouragement
Respect	Guidance
Independent	Flexible conversation
Honest	Open mindedness
Active listening	Willingness
Trust	Participate (along)
Patient	Self-esteem
Non-judgmental	Regardful
Caring	Chicken fingers
Passion	Caring
Supportive	Know how to validate
Relatable	Fun- not complete textbook type
Focused	Kindness
On time	Give advice
Open	Coloring
Believe in people	Deep breathing
Coping	
Collaborate	
Out going	
Perseverance	