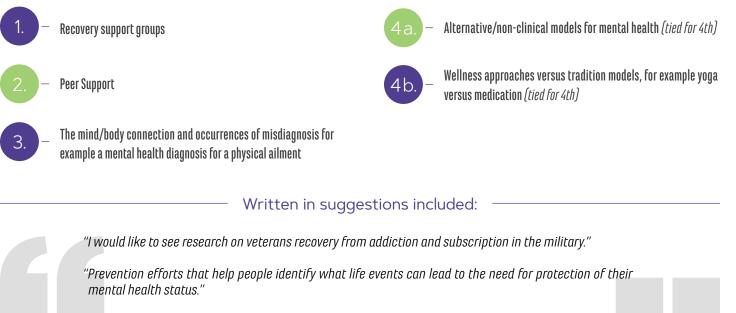# RECOVERY MOVEMENT RESEARCH PRIORITIES

Their top research priorities for substance or behavioral addiction recovery were:

1. — Recovery support groups

2. — Peer Support

3. — The mind/body connection and occurrences of misdiagnosis for example a mental health diagnosis for a physical ailment

4a. — Alternative/non-clinical models for mental health *(tied for 4th)*

4b. — Wellness approaches versus tradition models, for example yoga versus medication *(tied for 4th)*

Written in suggestions included:

"*I would like to see research on veterans recovery from addiction and subscription in the military.*"

"*Prevention efforts that help people identify what life events can lead to the need for protection of their mental health status.*"

"*What helps people stabilize and get their life back? How many people feel they are being listened to and supported by clinicians? What can we do outside of clinical spaces to help people? Can we help families and people in treatment support one another?*"

TOP RESEARCH PRIORITIES FOR NEURODIVERSITY:

1. — Effective therapies/sensory regulation techniques

2. — Reducing stigma and educating more people about how to support people on the spectrum

3a. — Accommodations that help with functionality *(tied for 3rd)*

3b. — Medications that we are given and long term studies on their effects *(tied for 3rd)*

4a. — Wellness approaches versus traditional models, for example yoga versus medication *(tied for 4th)*

4b. — Adapting environments to support a wider variety of brain functionality *(tied for 4th)*
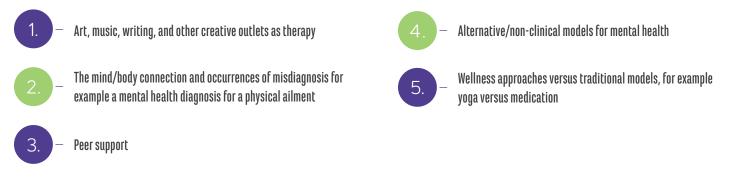

Written in suggestions included:

"*I want to know more about disability accommodations, getting support in school, extending the terms of college classes, finding ways to live with what is happening.*"

"*Open dialogue, hearing voices network, intentional communities*"

"***PRIORITIZE*** *these. Additionally, neurodiversity is much more than autism. Start asking about stigma in growing up with disability. It's ignored in ACEs.*"

MENTAL HEALTH RECOVERY RESEARCH PRIORITIES

1. — Art, music, writing, and other creative outlets as therapy

2. — The mind/body connection and occurrences of misdiagnosis for example a mental health diagnosis for a physical ailment

3. — Peer support

4. — Alternative/non-clinical models for mental health

5. — Wellness approaches versus traditional models, for example yoga versus medication

Written in suggestions included:

"I prefer to focus support on people with health concerns as well as families. Too much of today's recovery group communications are too focused on being strange sick ideosyncratic or weird, or anti medicine, or whatnot. Health is health, success in life and happiness are universal. What is really important to people needing help or receiving care today? This is research focused on the whole population not just activists or people with lots of symptom burden.

"Not that mental illness experiences are normalized, but the feelings the individual experiences are part of the human experience, and the individual can become a part of society as their own individual."

"The momentum that comes from realizing people can and do get better, The knowledge that the end product of treatment (both good and bad) rests with the insights gained from those who were "treated." It's people, not pills, not "treatment", not training, not degrees... it's **PEOPLE** that matter."

What does a successful recovery life include:

"Sounds cliche but the truth is that for me, successful recovery is progress and comfort-ability in the 4 domains that have been identified: **Health, Home, Community, Purpose.**"

"I feel recovery is an individual journey. For myself, I work to keep my independence but if I need more support them I will advocate for what I need. I feel voice is very powerful and we are all experts in what we believe would be helpful to us. We should have options because options and choice are empowerment. I feel it helps people to be understood so Peer work is very valid in the process of recovery for all individuals."

"I feel the greatest skills is giving people their own voice and educating those people how to be their own advocate. Role playing with people to help them find their words and give honest feedback to help Teaching and supporting others in how to be their own advocate help to foster independence. Again, they are their own expert in what they need and advocacy is strongest when it is from the self."

"Successful recovery is when an individual can live life to the best of their ability while accepting help, living as independently as possible, in the community, holding personal responsibility, regardless of any stereotype or stigma."

"Not feeling alone. Not feeling like you are a burden. Not wishing the paramedics had been slower. Feeling that there are people who understand. Being able to talk openly, not hiding."

"Not that mental illness experiences are normalized, but the feelings the individual experiences are part of the human experience, and the individual can become a part of society as their own individual."