



Optum Recovery & Resiliency Toolkit for Providers

We are pleased to announce the Optum Recovery & Resiliency Toolkit for Providers. This resource center supports recovery and resiliency-oriented practices and provides a wealth of information and tools for providers and the individuals and families that they serve.

The Values of Recovery & Resiliency:

The Recovery and Resiliency movement promotes a number of values associated with establishing and maintaining wellness that are shared by both consumers and mental health professionals. When we talk about Recovery and Resiliency we are talking about an approach that recognizes the:

- Human dignity of each person
- Ability of individuals to recover ground after a setback
- Importance of self-determination
- Ability of individuals to achieve mastery of goals

For additional information, please visit <https://www.ubhonline.com/rrtoolkit/index.html> Check back often as content will be updated regularly with new tools and information.