

## ***The Glass Half Empty... The Glass Half Full***

Deficit-based Language		Strengths-based, Recovery-oriented Alternative
1	A schizophrenic, a borderline	A person diagnosed with schizophrenia who experiences the following...
2	An addict/junkie	**A person diagnosed with an addiction that experiences the following...
3	Clinical Case Manager	Recovery Coach/Recovery Guide ( <i>I'm not a case, and you're not my manager!</i> )
4	Front-line staff/in the trenches	Direct care/support staff providing compassionate care
5	Substance abuse/abuser	Person with an addiction to substances; substance use interferes with person's life
6	Suffering from	Working to recover from; experiencing; living with
7	Treatment Team	Recovery Team, Recovery Support System
8	LMHA Local Mental Health AUTHORITY	Recovery and Wellness Center
9	High-functioning vs. Low Functioning	Person's symptoms interfere with their relationship (work habits, etc.) in the following way...
10	Acting-out	Person disagrees with Recovery Team and prefers to use alternative coping strategies
11	Unrealistic	Person has high expectations for self and recovery
12	Denial, unable to accept illness, lack of insight	Person disagrees with diagnosis; does not agree that they have a mental illness pre-contemplative stage of recovery
13	Resistant/non-compliant	Not open to... Chooses not to...Has own ideas...
14	Weaknesses	Barriers to change; needs
15	Unmotivated	Person is not interested in what the system has to offer; interests and motivating incentives unclear; preferred options not available
16	Clinical decompensation, relapse, failure	Person is re-experiencing symptoms of illness/addiction; an opportunity to develop and/or apply coping skills and to draw meaning from managing an adverse event: Re-occurrence
17	Maintaining clinical stability/abstinence	Promoting and sustaining recovery

Tondora, et al., (2007). Yale University School of Medicine Program for Recovery and Community Health. New Haven, CT.

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18	Puts self/recovery at risk	Takes chances to grow and experience new things
19	Non-compliant with medications/treatment	Prefers alternative coping strategies (e.g., exercise, structures time, spends time with family) to reduce reliance on medication; Has a crisis plan for when meds should be used; beginning to think for oneself
20	Minimize risk	Maximize growth
21	Consumer (in addictions community)	Person in recovery, person working on recovery
22	Patient (in mental health community)	Individual, consumer, person receiving services
23	Treatment works	Person uses treatment to support his/her recovery
24	Discharged to aftercare	Connected to long-term recovery management
25	Enable	Empower the individual through empathy, emotional authenticity, and encouragement
26	Frequent Flyer	Takes advantage of services and supports as necessary
27	Dangerous	Specify behavior
28	Manipulative	Resourceful; really trying to get help
29	Entitled	Aware of one's rights
30	DTO/DTS/GD	Describe behaviors that render one danger to self/others, etc.
31	Baseline	What a person looks like when they are doing well
32	Helpless	Unaware of capabilities
33	Hopeless	Unaware of opportunities
34	Grandiose	Has high hopes and expectations of self
35	User of the system	Resourceful; good self-advocate

Content of table derived from the following sources: Tondora and Davidson, 2006; White, 2001; and Meta Services, 2005.