

# Values and Ethics

1. Co-facilitation conveys the premise that there is **hope**, that people can get well, stay well for long periods of time and do things they want to do with their lives.
2. Self-determination, personal responsibility, empowerment and self-advocacy are key aspects of taking action for whole health and wellbeing.
3. Co-facilitated **group decision** making and **personal sharing**.
4. All individuals are **treated as equals** with dignity, compassion, mutual respect and unconditional regard.
5. There is **unconditional respect** for people as the unique, special individuals they are, and inclusivity is supported of cultural diversity; ethnicity, language, religion, spirituality, race, gender identity, age, parenting, military experience, disability, sexual orientation and “readiness” considerations.
6. There **is zero tolerance for discrimination** or disrespectful comments.
7. This program is based on the premise that there are **no limits to recovery and wellness**.
8. Participants are given the opportunity to **explore choices and options** and are not expected to find simple, final answers.
9. All participation is **voluntary**.
10. It is understood that each person is the **expert on themselves**.
11. The **focus is on individual strengths** and away from perceived deficits.
12. The focus is on working together and having peers learn from each other to increase **mutual understanding** and knowledge and to promote wellness
13. The focus is on strategies that are **simple and safe** for anyone, and it stays away from strategies that may have harmful effects.
14. Difficult feelings and behaviors are seen as **normal responses to traumatic circumstances**. Individuals are encouraged to view difficult feelings and behavior in the **context of what was happening and not as symptoms** or a diagnosis.

