**Promoting Recovery**

**Module 2 Glossary Terms**

**Empowerment**: A process of increasing personal, interpersonal, or political power so that individuals can take action to improve their life situations (Gutierrez, 1990, p. 149).

**Inclusion**: The belief that all people should have access to opportunities educational opportunities, living arrangements, employment, and other aspects of community participation (Powers, Johnson, & Badger, 2010).

**Informed consent**: Provision of information about all of the factors to be considered in deciding whether to consent to a new diagnostic or treatment process.

**Psychotropic medication**: Psychiatric medications that alter chemicals in the brain which impact mood or emotion, such as antipsychotic medications and anti-depressants.

**Recovery**: A process by which people who have a mental illness are able to work, learn, and participate fully in their communities (New Freedom Commission on Mental Health).

**Self-determination**: A belief that people should be able to arrange their lives in accordance with their own preferences (Gambrill, 2006, p. 45). Self-determination involves people having real influence over the quality of their lives and involvement in making decisions that affect them.

**Self-efficacy**: A person’s belief about his or her ability to perform certain behaviors that lead to expected outcomes.

**Stigma**: We distinguish between social and public or perceived stigma (Moses, 2010, p.985). Social stigma refers to negative attitudes or discriminating behavior towards a person because of certain attributes such as a mental health condition. Public or perceived stigma is the subjective experience of a person with a mental health condition that society as a whole or that specific people discriminate and devalue a person with mental health conditions.

**Stigmatizing**: Moses (2010, p.986) refers to stigmatization as the process of treating someone differently including discriminating and devaluing behaviors because of his/her mental health condition.