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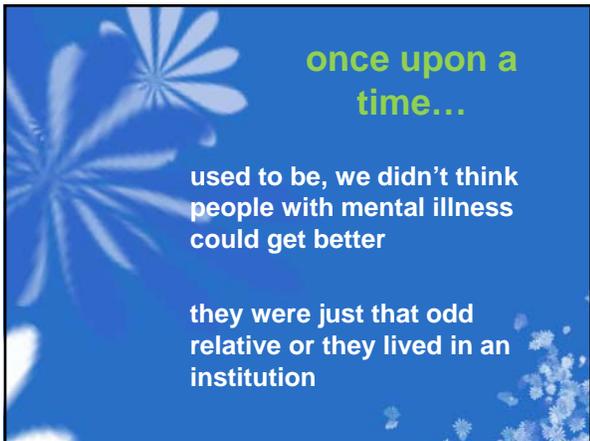
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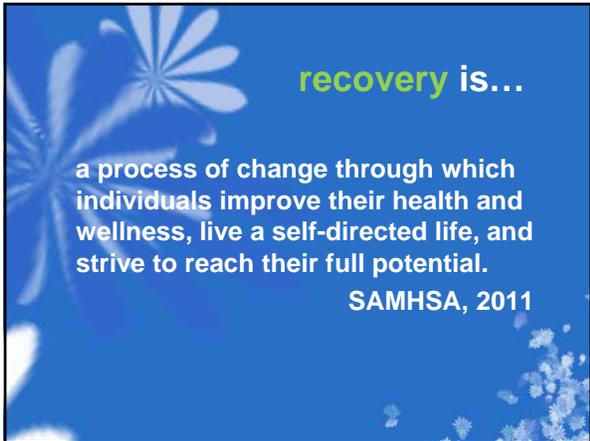
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**recovery is...**

a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMHSA, 2011

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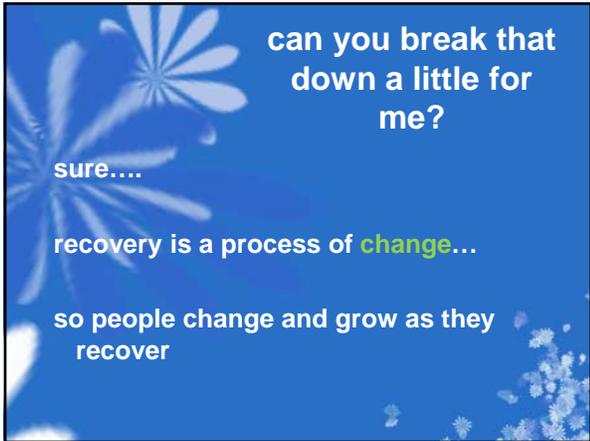
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**can you break that down a little for me?**

sure....

recovery is a process of **change...**

so people change and grow as they recover

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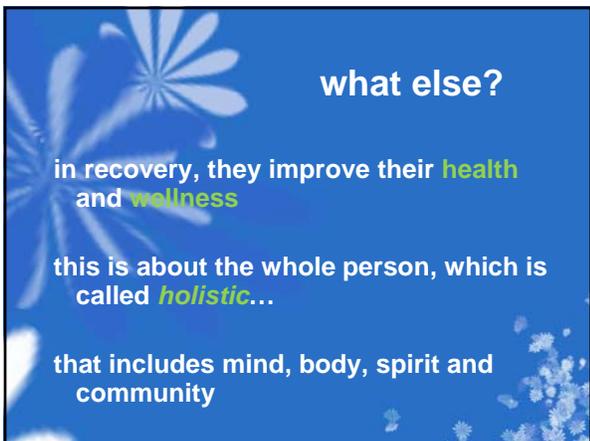
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**what else?**

in recovery, they improve their **health** and **wellness**

this is about the whole person, which is called **holistic...**

that includes mind, body, spirit and community

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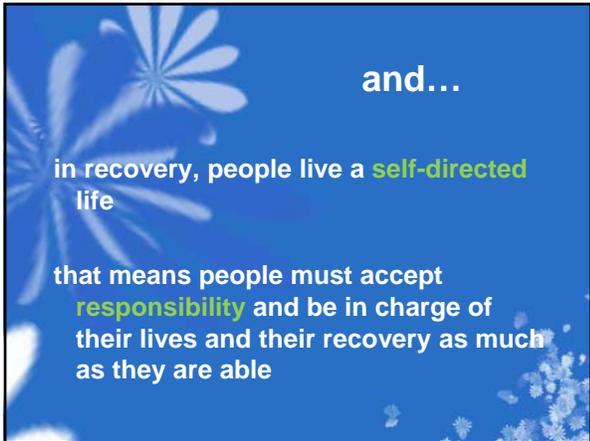
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**and...**

in recovery, people live a **self-directed** life

that means people must accept **responsibility** and be in charge of their lives and their recovery as much as they are able

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**is there more?**

in recovery, people strive to reach their **full potential**

this means doing all the things that bring back meaning, quality and joy to their life

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**this is pretty interesting...**

SAMHSA gave us something else to think about – **4 dimensions** of recovery

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**what are they?**

- 1) health
- 2) home
- 3) purpose
- 4) community

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**let's look at each of these...**

**health** – overcoming or managing one's illness as well as living in a physically and emotionally healthy way

this includes healthy choices like exercise, diet, not smoking, and not using alcohol or drugs

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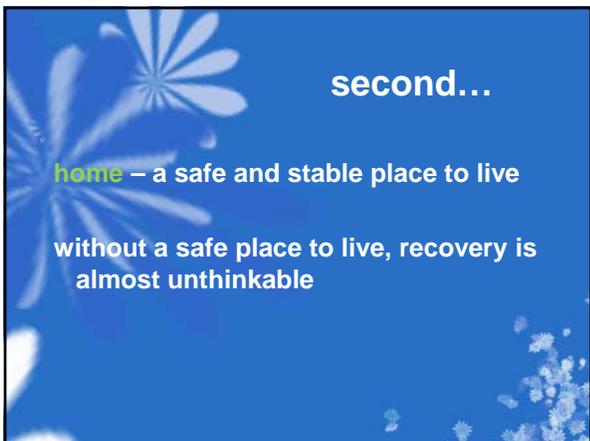
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**second...**

**home** – a safe and stable place to live

without a safe place to live, recovery is almost unthinkable

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**third...**

**purpose** – meaningful daily activities and the independence, income and resources to participate in society

these can include job, school, volunteering, hobbies, and creative expression

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**fourth...**

**community** – relationships and social networks that provide support, friendship, and hope

one important kind of support is **peer support**, or learning from others who are also in recovery

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**I like that part about hope...**

yes, because recovery emerges from **hope**

the opposite of hopeful is hopeless

can you have a great recovery if you are hopeless?

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**is that all?**

couple of more things from SAMHSA...

recovery addresses **trauma**

that includes abuse, exposure to disasters, combat, violence, etc.

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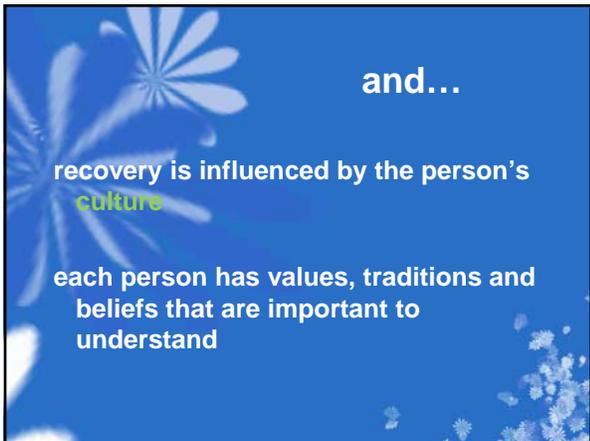
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**and...**

recovery is influenced by the person's **culture**

each person has values, traditions and beliefs that are important to understand

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**what else is important?**

this may be one of the MOST important things...

recovery is about finding each person's **strengths** and building on them

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**what do you mean  
by **strengths**?**

things like housing, income, social support, access to health care, transportation, ability to communicate, literacy, motivation, talents, and many more!

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**there's one more  
thing...**

recovery is based on **respect**

remember the Golden Rule?

(treat others as you would want to be treated)

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**so recovery looks  
different to each  
person?**

**absolutely**

each person will travel a **different path** on their journey of recovery

there will be bumps, detours, even a landslide or two

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**this is all great  
but...**

how can **I** help someone with their  
recovery?

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**remember the  
power of **you****

**you** help someone in their recovery...

when **you** provide support

when **you** smile and encourage them

when **you** reassure them things will get  
better

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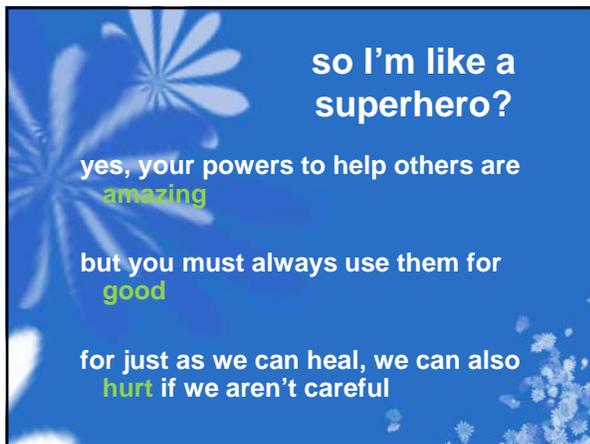
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**so I'm like a  
superhero?**

yes, your powers to help others are  
**amazing**

but you must always use them for  
**good**

for just as we can heal, we can also  
**hurt** if we aren't careful

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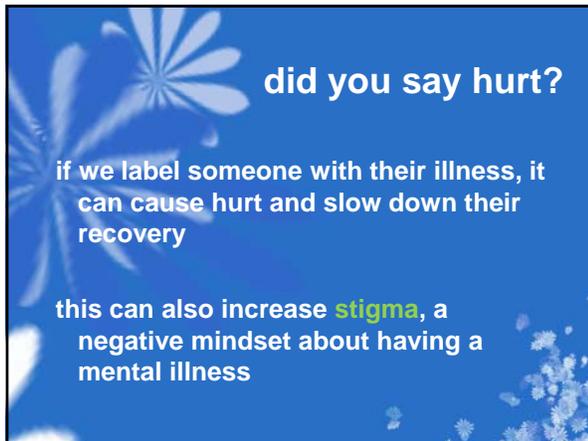
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**did you say hurt?**

if we label someone with their illness, it can cause hurt and slow down their recovery

this can also increase **stigma**, a negative mindset about having a mental illness

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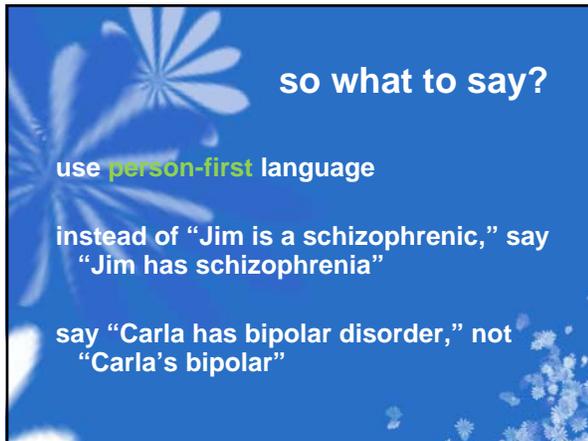
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**so what to say?**

use **person-first** language

instead of “Jim is a schizophrenic,” say “Jim has schizophrenia”

say “Carla has bipolar disorder,” not “Carla’s bipolar”

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**more examples**

say “intellectual disability,” not “MR”

say “borderline personality disorder,” not “borderline”

say “has a mental illness,” not “mentally ill” or “crazy”

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**what other examples can you think of?**

“**Words** are important. If you want to care for something, you call it a “flower.” If you want to kill something, you call it a “weed.”

- Don Coyhis

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**what else can I do?**

**EXPECT** recovery

**EXPECT** people to do more than they believe they can do

**EXPECT** people to get involved in their recovery plan

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