

recovery

joe ruiz
director of learning and communication
casra



1

people
who live with
behavioral health conditions
can and do recover,
and deserve opportunities
to build a life
not defined
by those conditions



2

people
deserve
opportunities
to build a life



3

breakout



What got your heart into this work?



4

**what
is
recovery?**

**the restoration or return to
health from sickness**

**the regaining of or
possibility of regaining
something lost or taken
away**

**restoration or return to any
former and better state or
condition**



5

**what
is
recovery?**

**“when that thing that used to
kick my butt
doesn’t kick it so much anymore”**




6

what is recovery?

SAMHSA Definition

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



7

recovery

is Not	is
Absence of symptoms	Managing Symptoms
Level of Functioning	Meaningful Activities
Maintenance and Stability	Quality of Life
Medication Compliance	Medication Collaboration
Facility Based	Community Based
Professional as Expert	Person as Expert
Prepared and Likely to Succeed	Motivated and Excited



8

or, from an expert



9

a story of how the stages of recovery were developed



Elisabeth Kubler-Ross, M.D.

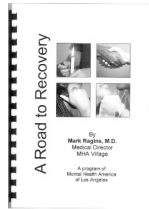
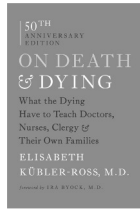


Mark Ragins, M.D.



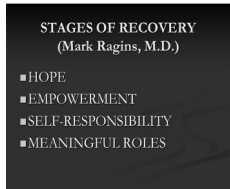
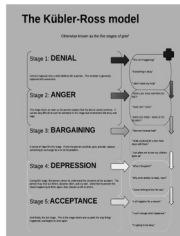
10

two books



11

two models



12

the four stages of recovery

13

hope

14

hope

a fundamental belief that people can grow, learn, change and have a better future

15

hope



a plan for getting started



16

breakout time



the hope worksheet



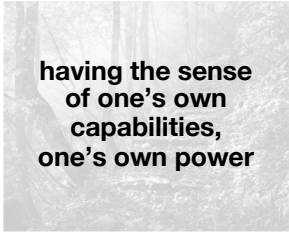
17

empowerment




18

empowerment




having the sense of one's own capabilities, one's own power



19

empowerment



we don't empower people... we create environments and opportunities for people to develop their sense of empowerment




20

doing with vs. doing for





TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN. -BENJAMIN FRANKLIN



21


self responsibility

22

self responsibility


**setting one's own path,
taking charge of
one's own life, and
learning one's own
lessons**



23

self responsibility

**being supported in
one's efforts but
not taken care of or
protected into
recovery**



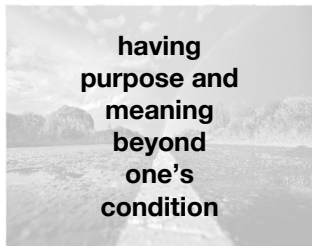
24

**meaningful
roles**





25

**meaningful
roles**



**having
purpose and
meaning
beyond
one's
condition**




26

**meaningful
roles**



**getting
a life**



27

what are your meaningful roles?

survey time



Go to www.menti.com
and use the code 55205226



28

robert,
nathaniel,
and the
violin
(and steve too)

One of 1,000+
TEDTalks

New ideas every weekday
TED.com

29

3
core practices




treat people as people




30

3
core practices



focus on the relationship




31

3
core practices

relationships are developed through mutual respect and reciprocity, including openness to genuine emotional connections

focus on the relationship




32

3
core practices





dwell in possibility




33

**one
final thought**

34

**one
final thought**



pay attention to the little things

35

Thank you!



joe@casra.org

36
