

Recovery

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About today

- Why?
- Recovery
- Wellness
- Things to remember

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Why?

People who live with behavioral health conditions can and do recover

and

Deserve to have opportunities to create a life not defined by those conditions

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Recovery

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

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Recovery, Part 2

When that thing that used to kicked me in the rear, doesn't kick it so much anymore

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Recovery, Part 3

Is Not	Is
Level of Functioning	• Meaningful Activities
Maintenance and Stability	• Quality of Life
Facility Based	• Community Based
Professional as Expert	• Person as Expert
Prepared and Likely to Succeed	• Motivated and Excited

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Wellness

Wellness has a personal meaning for each individual, so it can be defined in many ways. In general, wellness refers to overall well-being.

More than the absence of disease or stress, wellness involves having:

- Purpose in life
- Active involvement in satisfying work and play;
- Joyful relationships
- A healthy body and living environment; and
- Happiness

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The Four Stages of Recovery
By Dr. Mark Ragins

- Hope
- Empowerment
- Self-Responsibility
- Meaningful Roles

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hope

A fundamental belief that people can grow, learn, and change.

Hope is internalized and fostered by others, and it is the catalyst of the recovery process. Individuals define their own life goals and design their unique paths toward these goals.

The belief that recovery is REAL.

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What does Hope look like?


Ponder this...

Who in your life has provided and/or conveyed a sense of hope for you?

How have they done that?

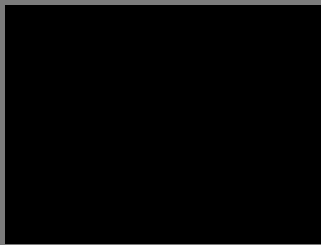
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What does Hope look like in your work?



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Empowerment



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Empowerment

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

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Empowerment

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

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What does Empowerment look like?

Doing with vs. Doing for

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What does Empowerment look like?



Doing with vs. Doing for

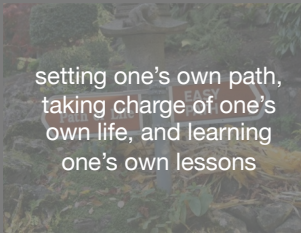
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Self-Responsibility



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Self-Responsibility



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

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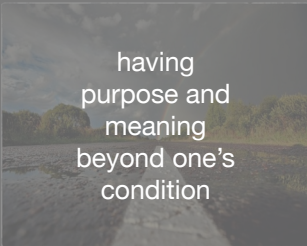
Self-Responsibility



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

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Meaningful Roles



having purpose and meaning beyond one's condition

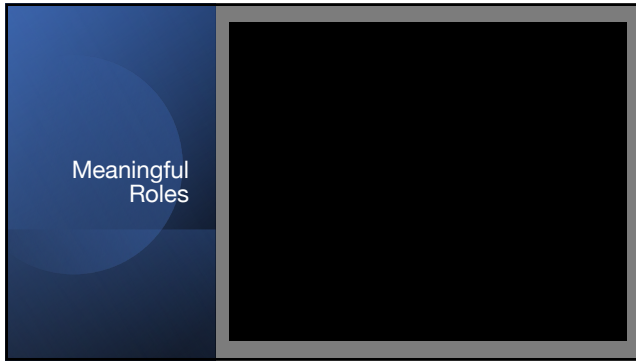
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Meaningful Roles

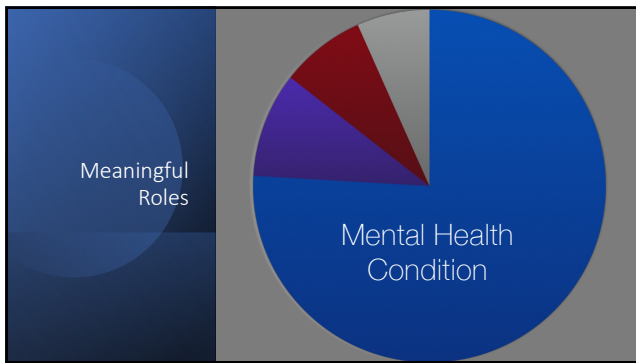


getting a life

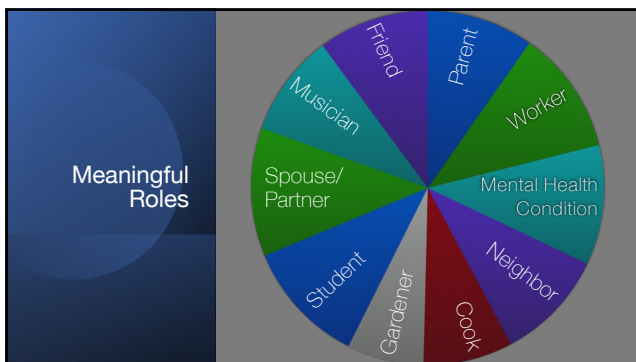
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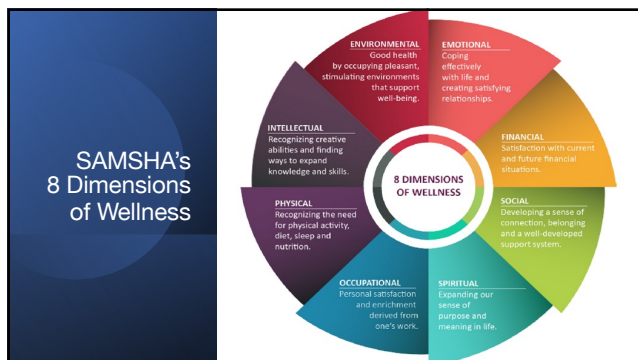
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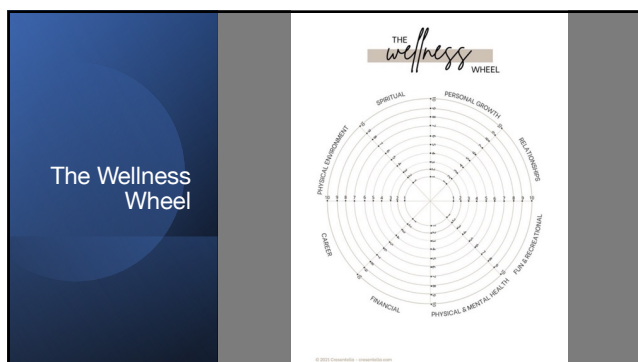
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To remember

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

The relationship

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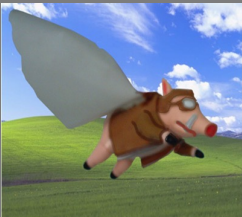
To remember



treat people as people

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To remember



dwell in possibility

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Robert,
Nathaniel,
and the Violin
(and Steve too)

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