

Recovery

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CASRA

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About Today

- Why?
- Recovery
  - Hope
  - Empowerment
  - Self-Responsibility
  - Meaningful Roles
- 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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Why?

People deserve to have opportunities to create a life

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What is your why?



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What is Recovery?

The restoration or return to health from sickness

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

Restoration of return to any former and better state or condition

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What is Recovery?

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

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SAMHSA Definition of 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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Or, from an expert

<https://youtu.be/jhK-7DKWaKE?si=nqz2Y0TsyigqWBEG>

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The Four Stages of Recovery  
By Dr. Mark Ragins

Hope  
Empowerment  
Self-Responsibility  
Meaningful Roles

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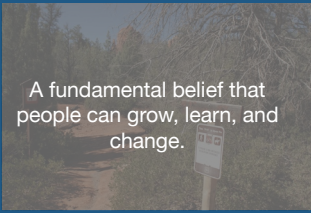
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What is Hope ?



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

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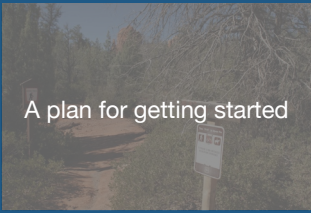
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What is Hope ?



A plan for getting started

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What is Hope, and where does it come from?

- 1.What is hope to you?
- 2.Who in your life has conveyed hope for you?
- 3.How have they conveyed hope?

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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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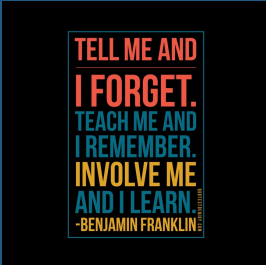
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What does Empowerment look like?



Doing with vs. Doing for

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What does Empowerment look like?



Doing with vs. Doing for

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What does Empowerment look like?

What are the advantages/positives of doing with?

What are the disadvantages/negatives of doing with?

What are the advantages/positives of doing for?

What are the disadvantages/negatives of doing for?

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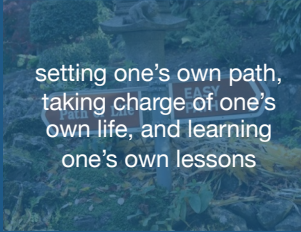
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Self-Responsibility



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



Meaningful Roles

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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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Meaningful Roles

Mental Health Condition

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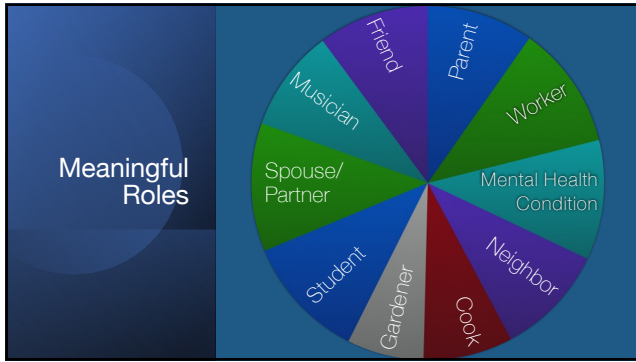
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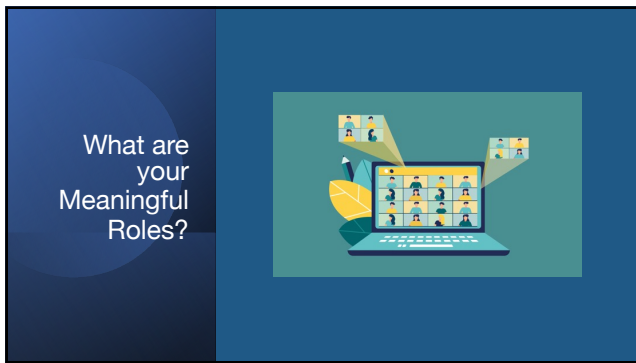
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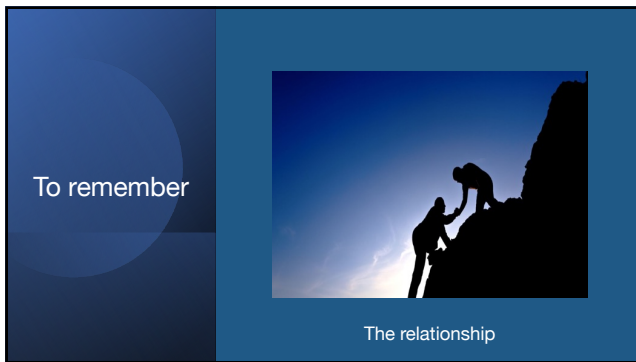
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To remember

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

The relationship

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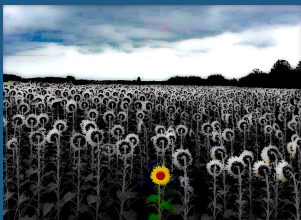
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To remember



treat people as people

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To remember



dwell in possibility

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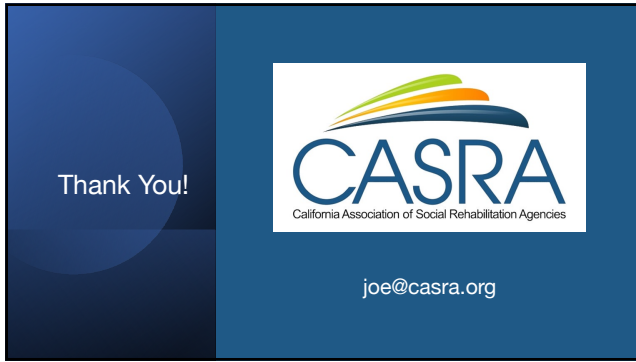
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