

Recovery

Joe Ruiz  
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CASRA



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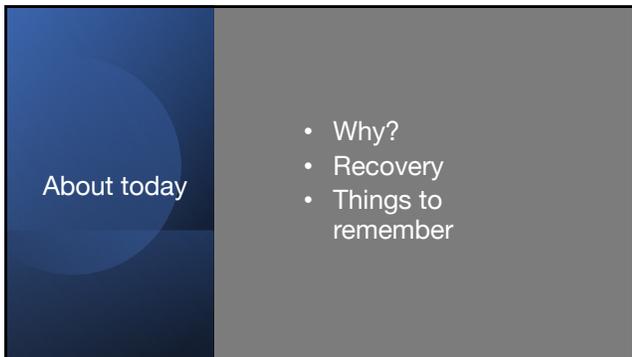
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About today

- Why?
- Recovery
- Things to remember

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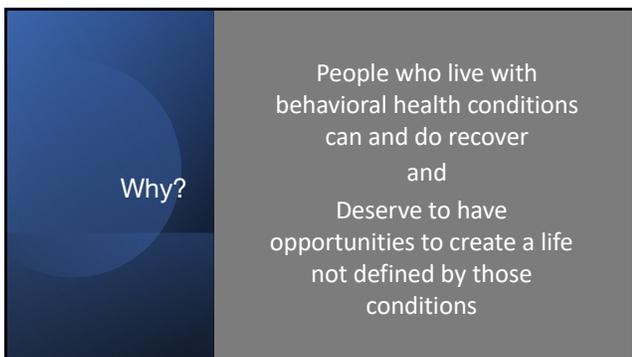
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Why?

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?



I believe...

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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  
kick me in the rear,  
doesn't kick it so  
much anymore

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Recovery, Part 3

Is Not	Is
<ul style="list-style-type: none"> <li>• Level of Functioning</li> <li>• Maintenance</li> <li>• Facility Based</li> <li>• Professional as Expert</li> <li>• Prepared and Likely to Succeed</li> </ul>	<ul style="list-style-type: none"> <li>• Meaningful Activities</li> <li>• Quality of Life</li> <li>• Community Based</li> <li>• Person as Expert</li> <li>• Motivated and Excited</li> </ul>

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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 to you?



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What does Hope look like to you?

Ponder this...

What is hope to you?

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

How have they done that?

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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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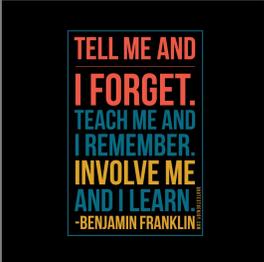
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What does Empowerment look like?



Doing with vs. Doing for

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What does Empowerment look like?



Doing With vs. Doing For  
What's your Plan?

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Key Elements to Remember

- Relationships are developed through mutual respect and reciprocity, including openness to genuine emotional connections
- Treat people as people
- Person's choice
- Strength-based
- Inclusive
- Promote growth and learning
- Dwell in possibility

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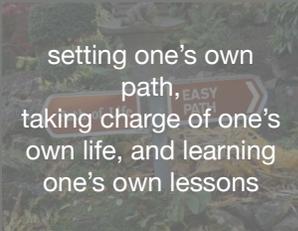
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Self-Responsibility



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



having purpose and meaning beyond one's condition

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Meaningful Roles



getting a life

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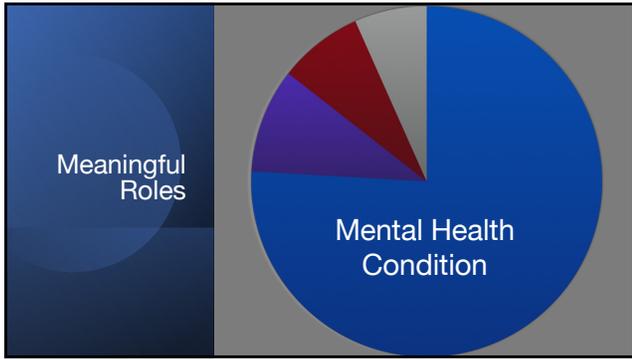
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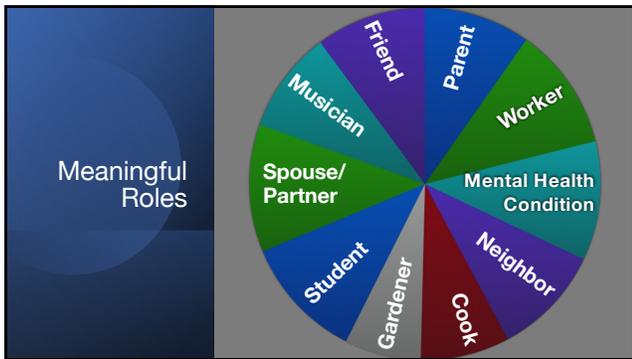
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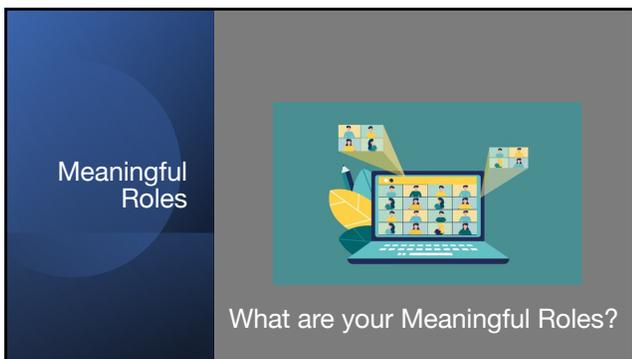
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Please, take these with you

- Relationships are developed through mutual respect and reciprocity, including openness to genuine emotional connections
- Treat people as people
- Person's choice
- Strength-based
- Inclusive
- Promote growth and learning
- Dwell in possibility

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In Closing



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Thank You!



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