

# RECOVERY AND WELLNESS

Our Keys to The Future





**Mental illness** can affect thoughts, feelings, and behaviour. It can interfere with day to day functioning and cause significant changes in the quality of an individual's life. Mental illness can include a variety of disorders, such as:

- Depression
- Bipolar disorder
- Panic disorder
- Social Phobias
- Schizophrenia
- Eating disorders
- Obsessive compulsive disorder
- Attention deficit hyper-activity disorder
- Generalized anxiety disorder
- Post-traumatic stress disorder
- Borderline personality disorder



Mental illness is **not** a character flaw.

A complex interplay of genetic, biological, personality and environmental factors cause mental illness.



**MYTH:** Individuals with mental illness do not recover.

**FACT:** *Studies and personal reports have documented that individuals with mental illness can and do recover.*

**MYTH:** The more severe the symptoms, the less likely recovery will occur.

**FACT:** *The process of recovery and “being in recovery” can take place regardless of the extent and duration of symptoms. Everyone’s “recovery” is personally defined.*

**MYTH:** If recovery occurs, a diagnosis of mental illness must be incorrect.

**FACT:** *The recovery process can take place for each diagnosis or type of mental illness.*

**MYTH:** Treatment and services are always the same for each specific mental disorder.

**FACT:** *There are many different ways for recovery to occur and there are many different individuals who can assist in one’s recovery. One size does not fit all.*

**MYTH:** Individual needs and personal goals cannot be addressed until the symptoms of mental illness are eliminated.

**FACT:** *Regardless of the level of severity, it is essential to listen and respond to an individual’s own stated goals at each point on the journey toward recovery.*

**MYTH:** Recovery is an end point, a “cure”.

**FACT:** *Recovery is an ongoing process with ups and downs and starts and stops along the way toward resuming a more meaningful life. Recovery does not necessarily mean “cured”.*



Recovery is a journey, not a destination...



**Recovery**: What is it? If you asked 10 people this question I think you would get 10 different answers.

*M.*



**Recovery** is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and or roles. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of psychiatric (*illness*).

*William Anthony,*

*Executive Director of the Centre for Psychiatric Rehabilitation, Boston University*



**Recovery** is not necessarily the absence of symptoms, but instead it is moving beyond the symptoms of the illness and the side effects of the medication to live the life we want and deserve.

*Roy Muise, Certified Peer Specialist*



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# What's important in recovery...

## ***Hope***

- A positive belief in one's ability to live a full and meaningful life despite having, or having had, a mental illness
- Recognizing one's potential and ability to move beyond limitations

## ***Support***

- Friends, family and professionals are important aspects of long term wellness

## ***Personal Responsibility***

- Assuming self management
- Permitting personal forgiveness

## ***Education***

- Learning all an individual can about their particular illness/symptoms which allows them to make good decisions about all areas of their treatment and life

## ***Meaningful Role***

- Applying the concepts of recovery beyond the role of "survivor"
- Roles may be employee, student, volunteer, friend, mother, etc.



***Recovery*** involves change on the inside, and the outside.

***Recovery*** takes place as a person rebuilds and regains hope and begins to see him or her self moving beyond the symptoms and labels of the illness.

***A recovering person strives to find people, places and things that encourage and support them on their recovery path.***

### **Hope grows from:**

- ⇒ recognizing that there is more to the self than just the illness
- ⇒ gaining empowerment through personal responsibility and self determination
- ⇒ feeling a sense of self worth



***“It wasn’t until I realized that it was up to me to get my moods under control, that there is no magic cure, that I began to turn the corner on the road to wellness.”***

*Mary Ellen Copeland, Living Without Depression and Manic Depression*

## **You can help manage your wellness!**

### **Advocate for yourself.**

Know your rights, get the facts, believe in yourself, ask for what you want. Find out if there are self advocacy or assertiveness classes available in your area. **Know that you are your own best advocate!**



### **Follow a wellness plan.**

Healthy eating, exercise, self care, bubble baths, walks, movies, reading, work, volunteering are all things that can help keep you well. **Decide what keeps you well and do it!**



### **Develop a healthy support network.**

Friends, family, peers and mental health professional can all provide support. Sometimes people find it easier to do something for you rather than provide the support to let you do it yourself. **Ask for support so that you can do it yourself!**



## ***When services and supports are recovery based they...***

- **Focus on wellness, health and hope...**  
*Not illness, symptoms and limitations.*
- **Decisions are made with you...**  
*Not just made for you.*
- **Self directed change is encouraged...**  
*Expectations are not kept to a minimum.*
- **Focus is on strength and abilities...**  
*Not on treatment of disabilities.*
- **Health care team includes peers and others who can support and help individuals understand the recovery process...**  
*Not only trained providers.*

- **Treatment and services are tailored to your needs and circumstances...**

*Not “one size fits all”.*

- **The relationships are adult to adult...**

*Not “expert to patient”.*

- **The purpose is to gain a more meaningful life...**

*Not just control symptoms, manage disabilities and prescribe medication.*

## **Recovery is possible!**

*Stigma/Discrimination...*

*Poverty/Homelessness...*

*Unemployment/  
Uneducated...*

*Institutionalization/  
Hospitalization...*

*Segregation/Isolation... can all happen as a result of mental illness.*

**Your determination along with services and support can help you overcome these barriers!**





## **Websites**

*Websites are great sources of information, toolkits and online forums. Check out some of the following:*



### **B.C. Partners for Mental Health and Addictions**

[www.heretohelp.ca](http://www.heretohelp.ca)

### **Boston University, Center for Psychiatric Rehabilitation**

[www.bu.edu/cpr](http://www.bu.edu/cpr)

### **Self Help Connection**

[www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)

### **Mental Health Recovery and WRAP, Mary Ellen**

#### **Copeland**

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

### **National Network for Mental Health Consumers**

[www.nnmh.ca](http://www.nnmh.ca)

### **National Mental Health Consumers Self Help Clearinghouse**

[www.mhselfhelp.org](http://www.mhselfhelp.org)

### **National Empowerment Center, Inc.**

[www.power2u.org](http://www.power2u.org)

### **Mental Health Commission of Canada**

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)



## Services

*There are many community organizations that can help to find the information, resources and support you may need.*

### **Schizophrenia Society of Newfoundland and Labrador**

709-777-3335(p)

ssnl1@yahoo.ca

Offers support and education for families and consumers living with schizophrenia and/or psychosis.

### **CHANNAL (Consumers Health Awareness of Newfoundland and Labrador)**

709-636-4709 888-636-4709 [www.channalinc.ca](http://www.channalinc.ca)

Offers peer support and group support to individuals living with mental illness and/or mental health issues.

### **Community Connections**

709-777-3639

Offers referral and information services regarding employment, education and social recreational opportunities as well as short term support to connect to your community.

### **Canadian Mental Health Association, NL Division**

Promotes the mental health of all and supports the resilience and recovery of people living with mental illness.

709-753-8550 866-509-3937 [www.cmhanl.ca](http://www.cmhanl.ca)

### **Stella Burry Community Services**

Provides housing, employment and educational opportunities in the St. John's area.

709-738-7805



## Contact Information

This booklet was developed by the *Recovery Education Working Group*. To get more copies of this booklet or find out how you can arrange an in-service on Recovery call one of the committee partners:

**The Schizophrenia Society of Newfoundland and Labrador**

777-3335.

**CHANNAL (Consumers Health Awareness Network of Newfoundland and Labrador)**

709-636-4709

Toll Free- 1-888-636-4709

**CanDo! Employment Now**

709-738-7258

