

Do People Really Recover?

Absolutely.

People with behavioral health challenges get and stay well. Even for major diagnoses like schizophrenia, scientific studies demonstrate that a majority of individuals recover over time. While some people become free of these concerns altogether, others learn new ways of living and adjusting to the world.

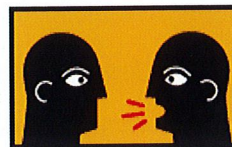
No matter what your life circumstances may be, there is great reason to be hopeful.

Trauma and Recovery

Many people with mental health challenges have histories of trauma and/or abuse which can profoundly affect lives and relationships. A trauma-informed approach to Recovery means understanding the influence of “what happened” to a person rather than focusing on “what’s wrong”. Healing from the effects of trauma and abuse is powerful for the individual but can also create larger social change. Recovery is about making the world a more compassionate and understanding place for us all.

Where Can I Find More Information About Recovery?

Talk to others,
especially peers
who are on similar



paths. People who have
mental health and/or substance abuse
issues often relate well to each other's
challenges and growth. We can all share our
experiences and be creative together in finding
personal wellness!

Also, there are many books, articles and websites
about Recovery. Here are a few websites:

National Alliance on Mental Illness: www.nami.org

National Empowerment Center: www.power2u.org

National Institute of Mental Health:

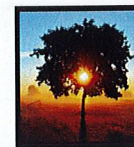
www.nimh.nih.gov

Network of Care San Mateo:

<http://sanmateo.networkofcare.org/mh/>

Wellness Recovery Action Plan (WRAP):

www.mentalhealthrecovery.com



Recovery

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What is Recovery?



Basically, Recovery is about living well. It is about moving beyond diagnosis. It is about defining for yourself who you are rather than

accepting how you are defined by others. It is about creating a satisfying life of your choosing. Instead of asking, "What is wrong with you?", Recovery focuses on

What is Right with you?



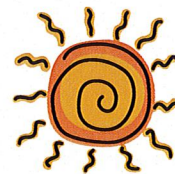
Recovery is often courageous work that takes consistent effort, but its rewards are endlessly fulfilling.

"For me, the process of Recovery was long and hard, full of risks and setbacks. Still, all of the terrible pain I felt and went through ...it brought me to a more compassionate and wiser place and a deeper sense of who I truly am. In the end, it was all profoundly meaningful."

Common Pathways

There are many common themes that people say contribute to their Recovery. Some of these include:

Community, Creativity, Eating Well, Education, Employment, Empowering Relationships, Exercise, Faith, Feeling Valued, Friendship, Having a Sense of Purpose, Human Connection, Making Sense of Experience, Medication, Meditation, Music, Nature, Optimism, Peer Support, Personal Responsibility, Pets, Self-Awareness, Spirituality, Therapy, Vitamins and Herbal Supplements, Volunteering, Wellness Recovery Action Plans, and more.



"I'd say the most important factor in my Recovery was awareness. This meant first learning how to treat my body, mind, and spirit well. Then, experimenting: Maybe doing this will make me feel better? How do I feel in this or that situation? Why do I do these harmful things over and over? The more I became aware of my inner workings, the more I felt control over my life. And when I couldn't control things, I just learned to accept. There is a deep liberation in acceptance."

What is the Role of Medication in Recovery?

Medication is one of many tools for living well. Some people find it useful, and some people do not. Medication can be chosen for a short time to deal with a crisis or a long time to prevent a crisis. In Recovery, the use of medication is your choice.

If you have questions about medications – which ones to take, why you take them, how they work, the side effects, etc., or alternatives to medications, ask for information from a variety of sources. There is a lot to know about medications and alternatives that you may find helpful in making informed choices.

How Do I Recover?

Millions of people with behavioral health challenges are living full and satisfying lives. But there is no "one-size-fits-all" path called Recovery. What works for one person may not work for another. **Recovery depends on your unique needs, desires, and ideas about life and wellness.**