

Partners in Recovery



While the process of recovery is an individual journey it can be supported or hindered by others. Individuals, families, and the community all have strengths and resources that can serve as a foundation for and contribute to the process of recovery.

“Yes, you can messages” instill hope and are the starting point for recovery. Protecting or doing for those living with an illness reinforces self doubt and undermines hope and confidence. This can impede the ability to move forward and recover.

You are not alone, you are not the only person dealing with these challenges and problems. Peer groups (for individuals and their supporters) can provide resources, encouragement and offer support.



Setbacks can happen. Be resilient and you can bounce back. Setbacks are not an indication that recovery is not possible but rather an indication that the path you are on may need to be realigned. Challenges will occur, everyone encounters them, do not give up.



Find the right resources. Identify needs and goals and seek out appropriate supports. Integrate services to address needs and achieve goals. A strong team enhances recovery.

Take care of yourself. Advocate for what you need, speak up and reach out. Individuals have a responsibility for their own self care and journey of recovery.

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



Understanding mental illnesses, mental health, addiction and treatment can contribute significantly to building and navigating a path to recovery.

For general information visit the Mental Health & Wellness Collection at the Norfolk County Public Library, Simcoe branch or visit www.ncpl.ca for books, videos and DVDs on mental illness/health, addiction and recovery.

Reviewed and recommended web sites:

- www.anxietycanada.ca
- www.camh.net
- www.cmha.ca
- www.drugandalcoholhelpline.ca
- www.nedic.ca
- www.mooddisorderscanada.ca
- www.problemgambling.ca
- www.ptsdassociation.com
- www.schizophrenia.on.ca
- www.suicideprevention.ca



Pamphlet provided with support from:



For additional information or pamphlets contact:
Community Addiction and Mental Health Services

Wellness & Recovery Centre 1-877-909-4357 x2

Journey to RECOVERY

... beyond mental illness



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.



Community Addiction and Mental Health Services of Haldimand and Norfolk

**Achieve Mental Health
Wellness & Recovery Centre**

Dedicated to the enhancement of our community through the provision of addiction and mental health services that promote and support wellness.

What is Recovery?

Recovery from mental illnesses and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self directed life, and strive to reach their full potential.



Recovery is NOT the absence of illness or a complete cure. The illness or substance use disorder remains but in recovery its impact and control of the individual is diminished. In recovery, there is recognition of and a commitment to take steps to 'rule' and control ones' illness and its negative impacts rather continuing to have the illness or substance use disorder rule and control the individual.

"I am not what happened to me, I am what I choose to become."

- Carl Jung

The process of recovery is very different for every individual as it reflects personal life goals, dreams and aspirations. Recovery can be....



Principles of Recovery

Recovery emerges from hope! Believing that more is possible than currently exists is essential to undertaking a journey of recovery. Doubt that change is possible or that challenges can be overcome can cause an individual to remain stagnant, unwilling and unable to move forward. Hope is the catalyst of the recovery process.



Recovery is person driven. Self determination is the foundation for recovery. Individuals define their own life goals and set their own unique path towards those goals. Individuals lead, control, and exercise choice to assist in their recovery and to gain or regain control over their lives.

Recovery follows many different paths. Recovery is built upon the inherent value of each individual. The recovery process recognizes the unique needs, strengths, background, preferences and goals of each person.



Recovery is holistic. An effective recovery plan needs to address all aspects of self – mind, body and spirit. While the individual, themselves, must remain central to and drive their recovery, the engagement of and support from family, friends, peers is also important. Recovery is supported through relationships and social networks.

Recovery is based on respect. Taking steps towards recovery requires great courage - self acceptance and acceptance by others is critical for success.

Supporting Recovery

Four major dimensions that support a life in recovery include:

- **Health** - overcoming or managing one's illness or symptoms and making informed, healthy choices that support physical and emotional well being.
- **Home** - a stable and safe place to live.
- **Purpose** - meaningful daily activities such as a job, school, volunteerism, family or creative activities and the independence, income and resources to participate in activities.
- **Community** - relationships, social networks that give support, friendships, love and hope.



Mental Health and Recovery



Mental health is the ability to feel, think, and act in ways that allows individuals to enjoy life and deal with daily challenges. Good mental health provides a solid foundation for the recovery process as it supports and enhances an individual's ability to manage and take control of their illness. Individuals living with mental illness or substance use disorders can achieve good mental health.

Healthy lifestyle choices concerning diet, exercise, sleep and stress management, routine self care activities and engaging in meaningful activities such as work, volunteering or hobbies all contribute to mental health and recovery.

Journey beyond Mental Illness to Recovery