

Basic Points for Defining “Recovery”

1. Pre-Recovery (basic needs come first)

A person needs the basic essentials of life, including food, shelter, clothing, and medical care before they can begin their “Recovery” journey

2. Treatment for Symptoms of Mental Illness

- Accepting one’s mental illness and the need for treatment
- Understanding a diagnosis and what it means
- Understanding the purpose and side-effects of medication
- Understanding, choosing and utilizing treatment and supports
- All of the above are important for “Recovery”

3. Having a Purpose and Being Involved

Employment, school, volunteer work and community involvement give purpose, direction, and meaning and promote self-esteem

4. Medical Care and Healthy Life Style

- The average life expectancy of a person with serious mental illness is 25 years less than a person without a serious mental illness
- Many people with a serious mental illness have problems with poor nutrition, substance abuse, obesity, smoking, etc.
- Access to health care and a healthy life style promote “Recovery”

5. Social Relationships and Supports

- Meaningful relationships with family, friends, and Peers provide acceptance, support meaning and connectedness
- Supportive relationships can help combat stigma

6. Spiritual Meaning

Hope, faith, a feeling of well-being, religion and having a mentor can give people meaning to their life and help them “Recover”