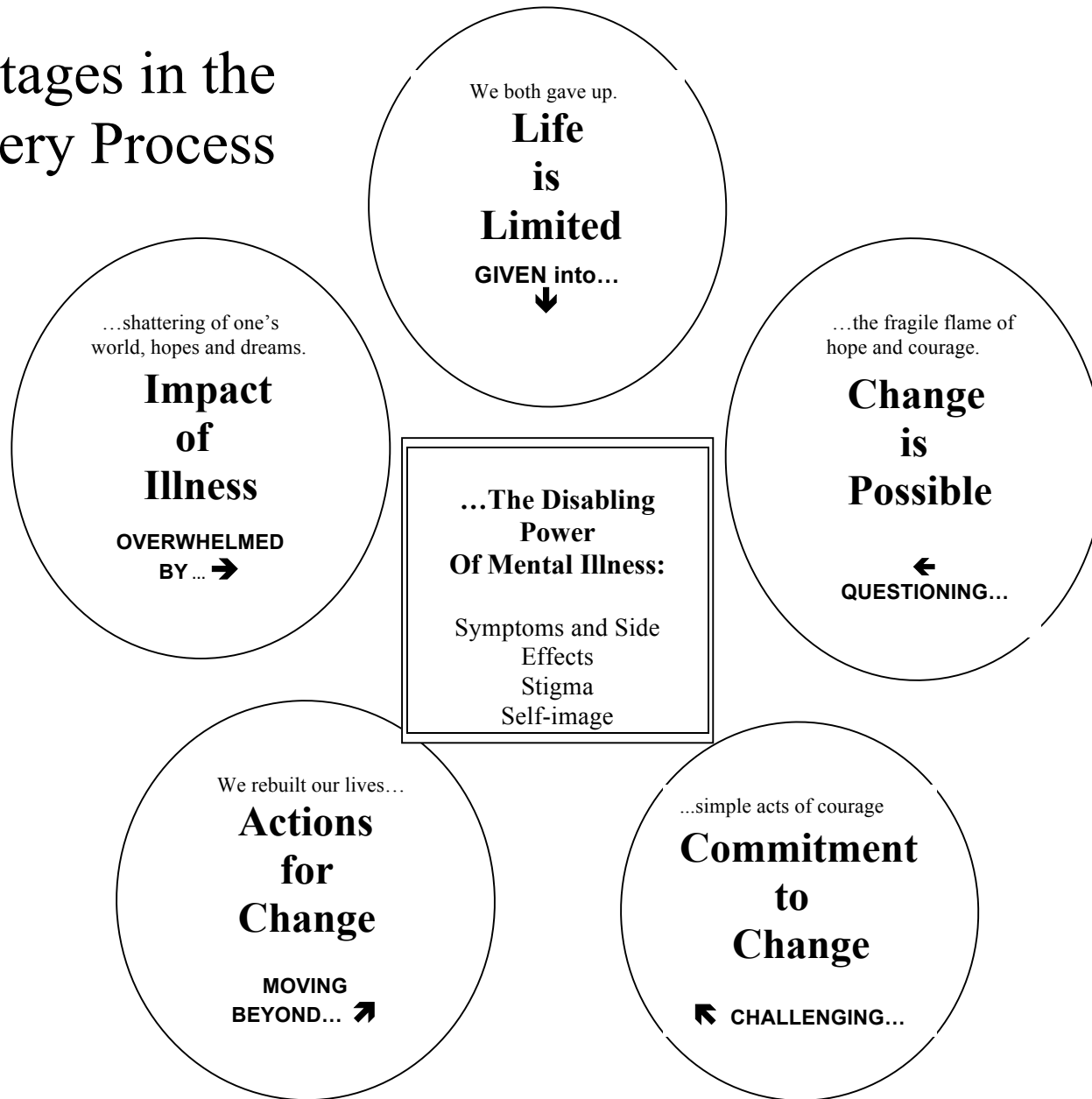


RECOVERY is the process of gaining control over one's life – and the direction one wants that life to go – on the other side of a psychiatric diagnosis.

HOPE is the belief that one has both the ability and the opportunity to engage in the recovery process.

Five Stages in the Recovery Process



Five Stages in the Recovery Process

Peer Specialist/Peer Support Training-Participant Manual

<p>Impact of Illness</p>	<p>Life is Limited</p>	<p>Change is Possible</p>	<p>Commitment to Change</p>	<p>Actions for Change</p>
<p>The person is <u>overwhelmed by</u> the disabling power of the illness.</p> <p>The symptoms and the resulting behavior are the controlling experience in a person's life, and the person is often not able to function.</p> <p>The <u>danger</u> is that the person will re-define herself in mental illness terminology that will automatically limit her future.</p> <p>The <u>role of services</u> is to decrease the emotional distress by reducing the symptoms and communicating that there is life after diagnosis.</p>	<p>The person has <u>given in to</u> the disabling power of the illness.</p> <p>The person doesn't like his life the way it is, but believes it is the best it will ever be. He is not ready/able to make a commitment to change.</p> <p>The <u>danger</u> is that the person will resign himself to this life and refuse to acknowledge that there is anything he can do that will make a difference in his life.</p> <p>The <u>role of services</u> is to instill hope and a sense of possibility and to rebuild a positive self-image.</p>	<p>The person is <u>questioning</u> the disabling power of the illness.</p> <p>The person believes that there has to be more to life than she is currently experiencing and is beginning to believe that her life can be different.</p> <p>The <u>danger</u> is that the person will be afraid to or discouraged from taking the necessary risks and remain in the 'life is limited' stage.</p> <p>The <u>role of services</u> is to help the person see that she is not so limited by the illness and in order to move on she will need to take some risks.</p>	<p>The person is <u>challenging</u> the disabling power of the illness.</p> <p>The person believes there are possibilities, but isn't sure what they are or what to do. He is willing to explore what it will take to make some changes.</p> <p>The <u>danger</u> is that the person will not get the necessary skills, resources and supports that he needs to do what he wants to do and will not succeed in moving forward</p> <p>The <u>role of services</u> is to help the person identify his strengths and needs in terms of skills, resources and supports.</p>	<p>The person is <u>moving beyond</u> the disabling power of the illness.</p> <p>The person has decided the direction that she wants her life to go and is willing to take more responsibility for her decisions and actions.</p> <p>The <u>danger</u> is that she will begin to doubt her ability to function on her own, trust her own decisions and revert back to a life lived in the system</p> <p>The <u>role of services</u> is to help the person trust in her own decision-making ability and take more and more responsibility for her life.</p>