Mental Health Recovery

Recovery from mental illness is a personal journey of healing to attain satisfaction in life, work, a home, and close relationships.

Guiding principles:

A recovery-based service system promotes:

Hope. People will have a sense that things will improve and life's goals can be met. Providers of mental health services will build on a person's strengths and welcome peer and family involvement.

Personal choice. People will have a sense of empowerment and personal responsibility. Providers of mental health services will respect a person's direction in their individual service goals.

Holistic approach. Providers of mental health services will recognize the whole person: mind, body, spirit, culture and community. There is recognition that setbacks and successes are both parts of life's goal achievement.

“Part of recovery and growing strong is making choices, and more options we have, the better choices we can make.”
– Mael

“Working with a terrific psychiatrist, I began to unravel the distorted tapestry of my life. I continue to set high goals for myself and encourage other persons living with mental illness to always reach beyond their grasp. After all, ‘We are the ones we have been waiting for.’”
– Robert

Beginning in childhood, I spent countless hours washing my hands and talking about my thoughts and feelings. At age 12, I was diagnosed with obsessive compulsive disorder and severe anxiety. Because of the stigma, I was told to keep my diagnosis secret. By the time I graduated from college, I knew I had to get more help. At my friends’ urging, I enrolled in a partial hospitalization program for one life-changing week. I learned to cope with worries and obsessions by among all children and youth.

Resilience is ordinary but extraordinary:

- It’s common and all around us
- It has the power to help us give our best when we face the worst
- It can help us bear the odds and tumult our lives around
- All of us develop resilience in our own ways
- We can find, keep and grow resilience throughout our lives

Children and youth can have the resilience to meet challenges and change that come along in life. Resilience is important to good mental health and well-being on all these principles and practices:

Competency/Strengths: All children, youth and families have strengths and the capacity to overcome stressful circumstances. Children can learn and develop the ability to adapt, communicate and solve problems. They can learn to manage strong feelings and impulses. They also need to develop competencies to meet challenging events, make plans and accomplish goals through their actions. Individual talents, interests and school success help children feel more able to deal with stress profitably.

Connectedness/Supports: Caring and supportive relationships within the family and community contribute to children’s resilience and confidence. Stable attachments that create a sense of belonging, provide positive role models and offer encouragement help foster resilience. Social competency and connections can enhance children’s mental wellness and well-being.

Communities/Systems: Children are a part of many communities — their family, school and neighborhood; each of these should respect their culture, support their healthy development and relationships with their peers. Systems and communities serving children and families should coordinate and align their prevention and promotion efforts to strengthen the protective factors that increase children’s general resilience. To be successful, children need to develop skills in many developmental areas, including social, emotional, physical, academic and academic. All communities and systems share responsibility for nurturing resilience among all children and youth.

A resiliency-oriented children's mental health system:

- Supports promoting resilience while reducing risks and stabilizing symptoms
- Provides access to a complete continuum of care across developmental ages and stages
- Ensures quality of service for more effective treatment of mental health needs

Resilience is the right stuff with the potential to get us through and over our tough times!*


May is Mental Health Month

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