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Recovery is Individual and Person-Centered Facilitator Notes

Main Learning Points:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Tips for this Session

1. This is the last workbook in the Team Solutions library of psychosocial materials. This workbook brings together many of the concepts learned in other workbooks, or closes the loop, to allow people to develop their individualized recovery plans.
2. This workbook may also be used in shorter-term settings as an overview of several components of recovery (according to SAMHSA's 10 Components of Recovery).
3. You may want to have extra copies of the written exercise page, *Where I am today in my recovery*, in case someone wants to select personal practice option #3.
4. If you have used several of the workbooks in the Team Solutions library and are finishing a series with this workbook, you may want to start thinking about how you will celebrate the completion of the series.

Suggestion for Topic Introduction and Relevance to Participants

“Team Solutions is a set of materials that was created to help you in your personal recovery. Hopefully, these materials have helped you understand more about your illness. This information may help you to develop successful skills and methods to not only manage your illness, but other parts of your life as well.”

“Would anyone like to share what has been his or her favorite Team Solutions session or handout? What has been the most helpful to you?”

(Encourage responses.)

“This final workbook will allow you to build your own recovery plan as you move towards reaching your life goals. Congratulations for continuing the journey to your own personal recovery!”

“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. B 2. B 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Recovery is:

- A. Getting rid of or reducing the symptoms that cause problems in your life.
- B. Taking steps to meet some of your goals.
- C. Not really possible with a mental illness.
- D. Determined by your destiny.

2. Recovery has to be person-centered and the same for all people.

- A. True
- B. False

3. Relapse may be part of the recovery journey and does not mean you must start all over again.

- A. True
- B. False

4. Recovery is:

- A. Focused on problems and solutions.
- B. Something that may take years to reach.
- C. When you have it all together mentally.
- D. Focused on solutions, not problems.

Topic Assessment



5. I am confident I am on the road to recovery.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Recovery is Individual and Person-Centered

Objectives for this Session

1. Identify what “recovery” means to you.
2. Name at least 1 thing you would like to know more about that would help you in your recovery.

Personal recovery. Personal recovery happens when you take steps to reach your personal goals and maintain overall wellness. Recovery from a mental illness is not only possible, it should be the goal of every person affected by a mental illness. This goal of reaching the highest level of wellness possible is best shared by you, your family, friends, and your treatment team.

Continuing to define yourself as an individual, not just a person with a mental illness, is an important part of your recovery. Recovery is far more than just getting rid of or reducing the symptoms that upset your life.

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

—SAMHSA National Mental Health Information Center



Discussion:

What does recovery mean to you? _____

Main Learning Point #1

Recovery occurs when you take steps to reach your personal goals.

Recovery is Individual and Person-Centered

(continued)

Just as everyone has different hopes and dreams, everyone’s recovery path is different. Your recovery has to be in line with how you view your current situation and where you would like to be. One important part of recovery means finding what works best for you. Think about what is important to you. You can then use that information to help you reach your goals. Although many of your recovery steps may be similar to others, how and when you take steps toward your goals is up to you. It is important to remember, especially during tough times, that everyone can recover to the best of their ability.

Main Learning Point #2

Recovery is guided by your personal goals.

What if you fail or have a relapse of symptoms? Let’s pretend you had planned to walk to the corner store from your home. About half-way to the store, you tripped over a bump in the sidewalk and fell down. What would you do? Would you go back to your home and start over?

No. You would simply check to make sure everything was okay, get back up, and continue toward the store. Your path to recovery is much like walking to the store. If you fall or get tripped up along the way, you just get back up and continue on your journey.

One thing you would do, though, is avoid the bump that tripped you. Relapse and other problems offer you a chance to learn what works and what does not work. This learning helps you to become more resilient, or able to “bounce back” more easily.

Main Learning Point #3

Relapse may be part of the recovery journey and does not mean you must start all over again.

Recovery Focus

Recovery focus. The recovery focus is a positive one. It is about looking at where you would like to be and how you can best get there. For this reason, the most successful recovery plans are based on solutions rather than problems. We are much more likely to find the best solutions by keeping in mind what we want to gain, not what we fear. The worries and fears associated with our problems often slow down our progress.

For example, if you decide you want to take a class at a local adult education organization, figure out which of these are **solutions** steps you could take versus **problems** steps:



	Solution	or	Problem
Reading a brochure to find out what classes are offered.	<input type="checkbox"/>		<input type="checkbox"/>
Finding out what days and times the classes are held.	<input type="checkbox"/>		<input type="checkbox"/>
Realizing that all of the classes cost too much.	<input type="checkbox"/>		<input type="checkbox"/>
Making an appointment to talk to an admissions specialist.	<input type="checkbox"/>		<input type="checkbox"/>

When you identify a problem, like all the classes cost too much, look for solutions. The solution to this problem is to talk to the admissions person. They may know if financial aid is available to help pay for classes.

Being focused on what you want can help you stay on track to reach your goals. This focus can make you stronger as you move forward with your recovery.

Main Learning Point #4

Recovery is focusing on solutions, not problems.

To help you become more aware of where you may be right now in your recovery, take a few minutes to answer the following questions. Be ready to talk about what you have discovered about yourself with your treatment team or recovery group.

Where I am Today in My Recovery?



Today I feel _____ about my recovery.

I know where I want to be in my recovery. Yes No

I think I am strong enough and ready to take actions toward recovery.

Yes No

Solutions that I have found work for me are: _____

The people who support me in my recovery are: _____

One thing I would like to achieve or learn more about in my recovery is:

My mentor or the person whom I most admire is: _____

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my personal road to recovery.
- 3. DISCUSS.** I will talk about the worksheet, *Where I am Today in my Recovery*, with _____. I will see if there is anything I want to add to my worksheet.
- 4. OTHER:** _____

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?