

10 Pieces of Recovery

(Continued)

- **Non-Linear**: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning experience.
- **Strengths Based**: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals
- **Peer Support**: Mutual support-including the sharing of experiential knowledge and skills and social learning-plays an invaluable role in recovery.
- **Respect**: Community systems, societal acceptance and appreciation of consumers-including protecting their rights and eliminating discrimination and stigma-are vital in achieving recovery.
- **Responsibility**: Consumers have a personal responsibility for their own self-care and journeys of recovery.



What We Know About Recovery...

- People with mental illness can and do recover
- Recovery can be an up and down process
- People can live productive lives
- Recovery involves whole health (diet, exercise, sleep)
- Understanding symptoms and triggers can help to prevent relapse

Contact your Case Manager or Therapist for more information



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Peer Support Services

What they are and how they can help you in your recovery process



*"Mental illness is not a choice,
but recovery is"*

Peer Support Specialist Services

What is a Peer Support Specialist?

- A person who has lived the experience of mental illness
- A person who has received or is currently receiving treatment for mental illness
- A person who can help others become empowered in their own recovery journey

“ A Peer Support Specialist is a person with lived recovery experience who has been trained and certified to help their peers gain hope and move forward in their own recovery.” ~Depression and Bipolar Support Alliance (dbsa.org)



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How can a Peer Support Specialist help you in your recovery journey?

- **Education/ information about mental illness**
- **Connect with community resources**
 - Housing
 - Medical
 - Food
 - Support groups
- **Vocational rehabilitation services**
- **Recovery and Support**
 - WRAP (Wellness Action Recovery Plan)
 - Involvement with Individual Plan of Service
 - Education on Self Determination
 - Sharing stories of recovery
 - Supportive services during crisis

10 Pieces of Recovery

National Consensus Statement on Mental Health Recovery

- **Hope:** is internalized; but can be fostered by peers, families, friends, providers, and others. The catalyst in the recovery process.
- **Self-Direction:** Consumers lead control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life.
- **Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well their needs, preferences, experiences (including past trauma), and cultural backgrounds in all of its diverse representations.
- **Empowerment:** Consumers have the authority to choose from a range of options and to participate in all decisions that will affect their lives, and are educated and supported in doing so.
- **Holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

