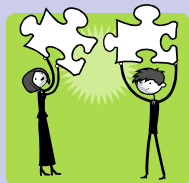


10 Pieces of Recovery

National Consensus Statement on Mental Health Recovery

1. **Hope**-is internalized; but can be fostered by peers, families, friends, providers, and others. The catalyst in the recovery process.
2. **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.
3. **Individualized and Person-Centered**: There are multiple pathways to recovery based on an individuals unique strengths and resiliencies as well their needs, preferences, experiences (including past trauma), and cultural backgrounds in all of it's diverse representations.
4. **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.
5. **Holistic**: Recovery encompasses an individual's whole life, including mind, body, spirit, and community.
6. **Non-Linear**: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning experience.
7. **Strengths Based**: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals
8. **Peer Support**: Mutual support-including the sharing of experiential knowledge and skills and social learning-plays an invaluable role in recovery.
9. **Respect**: Community systems, societal acceptance and appreciation of consumers-including protecting their rights and eliminating discrimination and stigma-are critical in achieving recovery.
10. **Responsibility**: Consumers have a personal responsibility for their own self-care & journeys of recovery.



Support is all around you!



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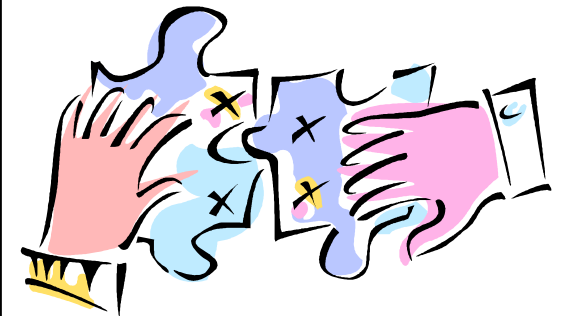


Respect and Dignity
Our Promise,
Individual Strengths
Our Focus,
Recovery
Our Mission.

Peer Support Specialist

How can they assist you
with services?

People Can and Do recover
from Mental Illness, it's a
fact!



What is a Peer Support Specialist?



Fall into Recovery

A Peer Support Specialist is a person who was, or is currently a consumer of Mental Health services. A Peer Support Specialist has experienced first hand how mental illness can affect your life. They have a unique background and skill level from their

experience in utilizing services and supports to achieve their own goals of community membership, independence, and productivity. A Peer Support Specialist is someone who is actively working on their Recovery, and continues to find new and innovative ways to get things back to “the way they were.” This person has been through many of the same struggles you have had. Have you had trouble finding housing that makes you feel safe, and is within your financial means? Do you feel separated/isolated from your family and friends due to the symptoms of your mental illness? Have you turned to alcohol or drugs to help cope with your symptoms of mental illness? Do you have trouble making friends within the community, or don't feel that you fit in? Have you lost your job due to your symptoms of mental illness? These are some of the many things that you may have in common with a Peer Support Specialist. Peers have worked through many difficulties in their life, and they are available through Hiawatha Behavioral Health to assist you in doing the same.

Peer Support Specialist Services

Vocational Assistance: Provide support for people seeking education or other training opportunities, such as finding a job, achieving successful employment activities, and developing self-employment opportunities.

Housing Assistance: Provide support in locating and acquiring appropriate housing for achieving independent living (finding and choosing roommates, utilizing financial assistance, applying for Section 8 Housing vouchers)

Service and Support Planning:

- Person Centered Planning.
- Developing Wellness Plans (WRAP - Wellness Recovery Action Plan).
- Developing Advance Directives.
- Learning about and pursuing alternatives to guardianship.
- Providing supportive services during crises.
- Develop and apply arrangements that support Self-Determination.
- Sharing stories of Recovery and Advocacy.



What We Know

About Recovery.....

- People with Mental Illness such as Schizophrenia and Bi-Polar Can and Do recover.
- Recovery is an up and down process, some symptoms may remain, but people can continue to live fulfilling and productive lives.
- Recovery does not imply that you don't have a mental illness, it's that symptoms are less troublesome and happen less often.
- Medication is an important role in a person's recovery. However, medication alone will not help you, changes must be made to your lifestyle such as diet, exercise, and finding hobbies.
- Learning the symptoms and triggers to your mental illness is very important in preventing relapse.
- Recovery from the consequences of being ill is often harder than recovering

Recovery

A process by which an individual with a disability recovers their self-esteem, dreams, self-worth, pride, choice, dignity and meaning