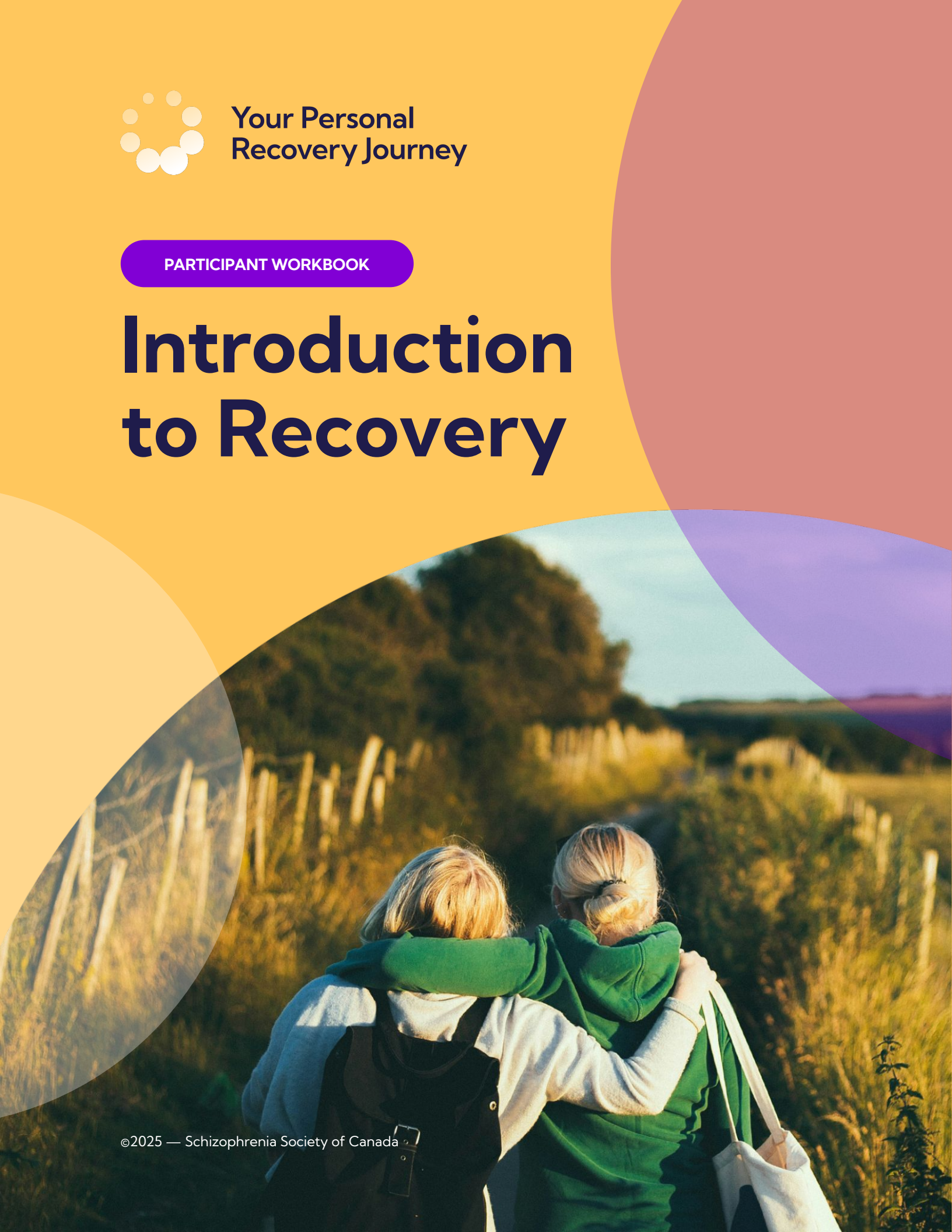




Your Personal
Recovery Journey

PARTICIPANT WORKBOOK

Introduction to Recovery



What is Your Personal Recovery Journey all about and who is it for?



Welcome to Your Personal Recovery Journey! Your Personal Recovery Journey is a program that is co-produced by the Schizophrenia Society of Canada and people with lived/living experience of signs and symptoms of mental illness and/or mental health problems, and recovery.

Your Personal Recovery Journey has five modules in addition to this first Introduction to Recovery module. The five modules focus on the things that anyone needs in their lives, regardless of their circumstances. These include:

01 Connections (relationships/support/community)

02 Hope and Optimism

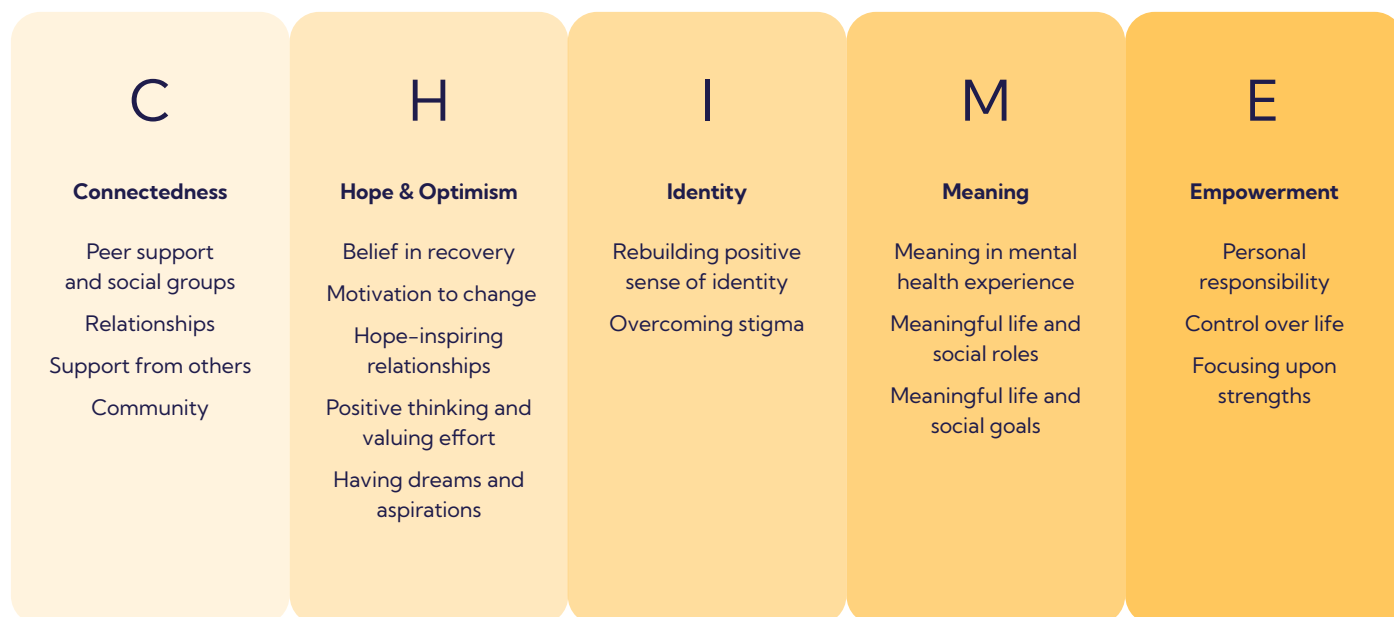
03 Identity (who am I?)

04 Meaning (understanding and purpose)

05 Empowerment (and self-advocacy)



Together these things make up what is called the **CHIME** framework.¹



We will talk more about these five topics in the weeks to come!

1. The CHIME Framework was developed by the Recovery Research Team (<https://www.researchintorecovery.com>), and first published in: Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011) Conceptual framework for personal recovery in mental health: systematic review and narrative synthesis, British Journal of Psychiatry, 199, 445–452.

Who is Your Personal Recovery Journey for?



Although some of the examples in this course relate to schizophrenia, Your Personal Recovery Journey is intended for all people living with signs and symptoms of a mental illness or a mental health problem that affects their lives. It is for people who may or may not have a specific diagnosis.

Participants in this program will be at different points in their recovery. Wherever you are at in your recovery, this program is for you...to learn, grow, share and to empower others through your personal experiences.

What will I learn in the program?

In each component you will:

- Learn about one of the five things mentioned earlier that are important in life (connections, hope and optimism, identity, meaning, and empowerment).
- Hear lived experience stories and ideas about the module topics through videos and discussions.
- Reflect on (i.e. think deeply or carefully about) and discuss thoughts that you have about your experiences (if you choose to share).
- Develop your own personal recovery strengths.
- Discover your own ways that you can take what you learn and use it in your life.

A note on the importance of self-reflection in recovery.



Throughout this program, we will have opportunities to “self-reflect” on various topics or ideas. So, what is self-reflection and what is the importance of it in our recovery journey?

Self-reflection involves taking time to think deeply about something which helps us to understand thoughts, experiences, behaviors, interactions, feelings, and our reactions in a more meaningful way. It teaches us perspectives; it helps us understand ourselves better and helps us grow.

Self-reflection is important to our recovery because it can guide our journey forward.

When we take time to reflect and consider what matters to us, we see possible paths forward and the means to make change or accept the things we can't change.

Self-reflecting is a personal experience. But sometimes, reflecting about things with other people can also be very helpful as sometimes other people bring new ideas and perspectives to things that we didn't think of. But throughout this course, it is YOUR CHOICE as to whether you reflect with others or share with others. The only real intent of this program is that you take away perspectives that will help you to move forward in your recovery.

Participation guidelines discussion.



What guidelines should be in place for us to feel safe and comfortable in this group?

A short list of guidelines that address how we will interact with each other, including topics such as confidentiality, respect, and inclusion, are important to have in place in any group setting. So together, let's develop guidelines that will help us all feel safe and comfortable as we participate in this program.

(Please be aware that this is a general education program, and the facilitator may not be able to give specific advice on your situation.)

What should I do if something triggers me during this program?

We encourage everyone to honor their own needs as they participate in this program. If at any point you feel triggered, overwhelmed, or just in need of a moment to care for yourself, please feel free to step out, take a breath, or use any self-care methods that work for you. Returning to the group is always welcome and there is no pressure to explain. Our priority is creating a safe and supportive space for each of us. Please also let the facilitator know if you need any additional support.

So, let's get started!

EXERCISE

Introductions and recovery artwork

Let's introduce ourselves and talk about this artwork by considering the questions on the following page.



Artwork Title: **Recovery Tree**
Artist: **Greg Hodge**

EXERCISE

Introductions and recovery artwork

What is your name/where are you from?

What does this artwork represent to you?

Do you see recovery (as you experience it or as you imagine it) in this art? If so, where do you see it? If not, can you draw or describe what recovery means to you



What is personal recovery?

Personal recovery means different things to different people, which is cool because you get to steer your own recovery in the way you want.

Personal recovery is often described as living a fulfilled, meaningful, and purposeful life. Thus, recovery is not about “the illness”, but rather it is about learning how to live with and beyond the signs and symptoms of mental illness so that you **live a life that you want to live**. Some people call recovery a journey or a transformation.

Many people think that recovery means “cure”. Sometimes recovery is understood as **clinical recovery**, which is a psychiatric term that refers to “full symptom remission” and a return to the function level that existed before the illness set in.²

Throughout this course, we will focus on **personal recovery**. Personal recovery doesn’t necessarily mean that you will be cured and free of all symptoms. What it does mean is that you define your way forward, you own it, and you move towards living a meaningful life – **the life that you want to live** – in a way that you feel connected, hopeful, valued, included, empowered, and satisfied with or without symptoms.

2. Slade M., Longden E. Empirical evidence about recovery and mental health. BMC Psychiatry. 2015;15:285. doi: 10.1186/s12888-015-0678-4. [DOI] [PMC free article] [PubMed] [Google Scholar]

SAMHSA's Working Definition of Recovery

Recovery is...a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Recovery can have ups and downs...sometimes recovery can be challenging and difficult and sometimes it can be inspiring and empowering. Let's be real... symptoms and setbacks can happen. It is important to recognize that there will be those ups and downs. Learning to bounce back from a relapse and learning how to maintain your mental health is key to keeping your personal recovery journey on track.

Recovery is not simply recovering from your symptoms. It could include recovery from trauma or psychological distress, as well as recovery from losses associated with the signs and symptoms of a mental illness such as stigma, loss of hope, and loss of meaning and purpose. It may also mean recovering from loss of housing, loss of friendships, loss of health, or loss of self-identity. It is important to acknowledge and understand the losses we have experienced to grow and move forward with our recovery. When these losses become a part of the experience of living with a mental illness, we may ask "will I be able to function in life?" That is why understanding recovery is so important – understanding what recovery is and how we move through our losses.

Recovery itself is not brand new to you! Recovering from hurts, setbacks, illness is a human phenomenon! It is something that you have done in your life already. So, you can use those skills and the resilience that you already have and build on them as you go forward.

As the participant in this program, YOU come with your knowledge, your lived experience, and your expertise. One of the ways we will be reflecting on and learning in this program is from each other. There is a whole lot of knowledge in this room!

Let's watch a video about mental health recovery.



Video to be played by your facilitator during the module.

WHAT IS MENTAL HEALTH RECOVERY ?

VIDEO

Created by: Health Service Executive in Ireland

Video link: www.youtube.com/watch?v=OhNtBqt-wqA

EXERCISE

Imagine the life you want to live.

Think about the question below, write your responses down, and share with others if you wish.

What does your life now look like?

What does **the life you want to live** look like to you?

What are the challenges in your current situation that hinder you from having the life you want to live?

What are the strengths and resources in your current situation that could support you to live the life you want to live?

Let's watch a personal recovery story video.



Video to be played by your facilitator during the module.



VIDEO

Created by: Schizophrenia Society of Canada, ColCon Productions
Video link: player.vimeo.com/video/1063646594

Discussion: Share thoughts about the video if you wish. For example, how did hearing Cam's story about personal recovery make you feel? What inspired you about Cam's story? How does this video fit with your experiences?

EXERCISE

Personal recovery statement

Take some time here today to think about a statement that you have heard or an experience that you have had that defines your idea of recovery and inspires you to pursue this journey – that brings you hope and motivation. Share this if you wish.

Write this statement or experience down or create and write down your own personal recovery statement. You can reflect on this statement to inspire you and motivate you during your personal recovery journey.

My personal recovery statement:

Deepak Chopra

*"You can believe in the diagnosis,
not the prognosis."*

Wrap up and “what did I get from this module?”

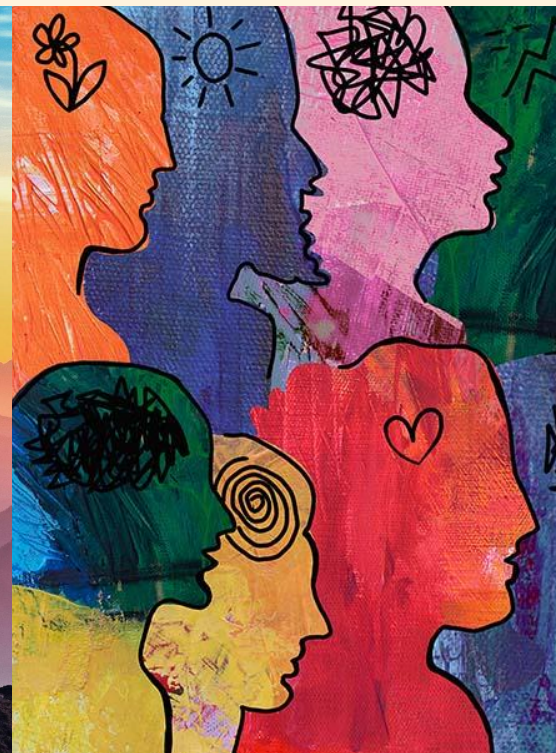
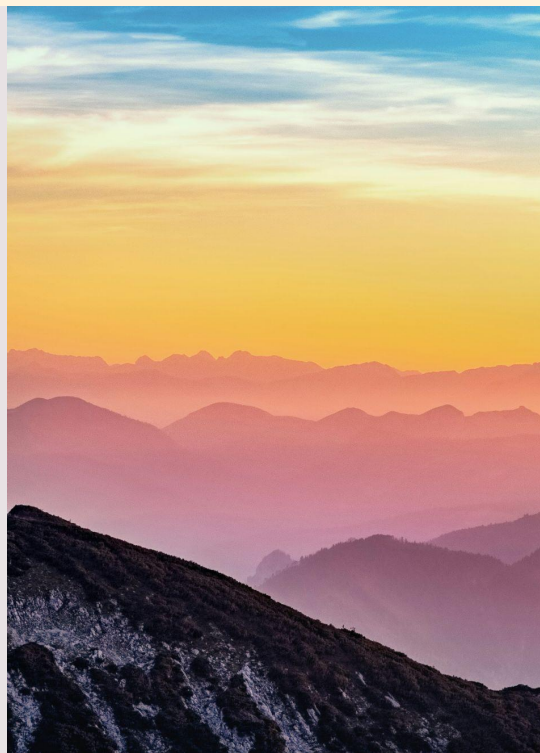


Closing reflections and outstanding questions. Reminder to reflect regularly on that life that you want to live that you imagined earlier in today's session!

What are some ways that you can visually remind yourself of your personal recovery statement to use it for your day-to-day inspiration?

Additional reflections you can do at home.

If you have access to photos on your phone or elsewhere (e.g. in a magazine, etc.), find a photo that reflects recovery to you. Hang it somewhere, along with your personal recovery statement. Below are some examples of photos. You can also draw/paint a picture of how you visualize your recovery and put it on your wall.



See below for additional resources and support:



Follow My Brain video

A short documentary film about a young boxer's recovery from psychosis.

WATCH VIDEO



Recovery: Hope Changes Everything video

This video seeks to promote a conversation about what recovery is and what are the marks of a recovery-oriented mental health system.

WATCH VIDEO



CHIME/Recovery College Greenwich website

Working within a framework ensures we bring the principles of recovery to the learning environment, and the effectiveness of what we do can be measured.

VISIT WEBSITE



AMI Quebec – What is Recovery?

AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy.

VISIT WEBSITE



Well Central a Place for Your Mental Health

Working within a framework ensures we bring the principles of recovery to the learning environment, and the effectiveness of what we do can be measured.

VIEW PDF



These resources can be accessed electronically through the online participant workbooks available at your yourpersonalrecoveryjourney.ca

Thank you for participating in this module.

Please fill in an evaluation at the end of each module!

Your facilitator will provide you with an evaluation form at the end of each module, or send one to you electronically following each module.

The Schizophrenia Society of Canada would like to acknowledge and thank the Your Personal Recovery Journey Advisory Committee for their meaningful and thoughtful co-creation of the ideas and information contained in these workbooks. An abundance of gratitude to committee members Greg Hodge, Katrina Tinman-Dubois, Allison Dunning, Cam Webster, Maria Alvarez, Joe Veres, Leif Harris, and Ernie Bart for the time, effort, and heart that they put into this important project. Special thanks to Greg and Katrina for their additional direction as a sub-committee as well. And many, many thanks to Fran Schellenberg, who has been a leader of leaders in the mental health movement in Manitoba for over 25 years, for her visionary leadership on this project, under the always capable and caring guidance of Dr. Chris Summerville, CEO of the Schizophrenia Society of Canada and who has been involved in the schizophrenia recovery movement for over 30 years.

The Schizophrenia Society of Canada would also like to acknowledge the important work of the Recovery Research Team in developing the CHIME Framework, on which this program is based. Special thanks to Dr. Mike Slade for his expertise and passion which has guided us all in the vision of recovery in significant and meaningful ways. (<https://www.researchintorecovery.com>), first published in: Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011) Conceptual framework for personal recovery in mental health: systematic review and narrative synthesis, British Journal of Psychiatry, 199, 445–452.