

# Recovery

Hope for People with  
Psychiatric Diagnoses



## What is Recovery?



A journey of personal  
growth & transformation.

Basically, Recovery is about living well. It is about moving beyond diagnosis. It is about defining for yourself who you are rather than accepting how you have been defined by others. It is about creating a satisfying life of your choosing.



Instead of asking, “What is wrong with you?”, Recovery focuses on,

*What is Right with you?*

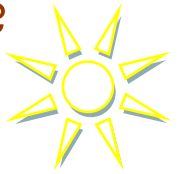


Recovery is often courageous work that takes consistent effort, but its rewards are endlessly fulfilling.

*“For me, the process of Recovery was long and hard, and full of risks and setbacks. Still, all of the terrible pain I felt and went through...it brought me to a more compassionate and wiser place, and a deeper sense of who I truly am. In the end, it was all profoundly meaningful.”*

This brochure provides  
information about mental  
health recovery

## Do People Really Recover?



Absolutely.

People with psychiatric diagnoses get well and stay well. Even for ‘major’ diagnoses like schizophrenia, scientific studies demonstrate that a majority of individuals recover over time. While some individuals become free of psychiatric concerns altogether, others learn new ways of living in and adjusting to the world.



No matter what your life circumstances may be, there is great reason to be hopeful.

## Trauma and Recovery

*Many people with psychiatric diagnoses have histories of trauma and/or abuse. These histories can profoundly affect lives and relationships. A trauma-informed approach to Recovery means understanding the influence of “what happened” to a person rather than focusing on “what’s wrong.” Healing from the effects of trauma and abuse is powerful for the individual but can also create larger social change. In this way, Recovery is about making the world a more compassionate and understanding place for us all.*

## What is the Role of Medication in Recovery?

Medication is one of many tools for living well. Some people find it useful, and some people do not. Medication can be chosen for a short time to deal with a crisis or a long time to prevent a crisis. In Recovery, the use of medication is *your choice*.



*If you have questions about medications – which ones you take, why you take them, how they work, side effects, etc. – or alternatives to medications, ask for information from a variety of sources. There is a lot to know about medications and alternatives that you may find helpful in making informed choices.*

## How do I Recover?



Millions of people with psychiatric diagnoses are living full and satisfying lives. But there is no “one-size-fits-all” path called Recovery. What works for one person may not work for another. **Recovery depends on your unique needs, desires, and ideas about life and wellness.**

## Common Pathways



There are many common themes that people say contribute to their Recovery. Some of these include:

Community, Creativity, Eating Well, Education, Employment, Empowering Relationships, Exercise, Faith, Feeling Valued, Friendship, Having a Sense of Purpose, Human Connection, Making Sense of Experiences, Medication, Meditation, Music, Nature, Optimism, Peer Support, Personal Responsibility, Pets, Self-Awareness, Spirituality, Therapy, Vitamins and Herbal Supplements, Volunteering, WRAP planning, etc.

*“I’d say the most important factor in my Recovery was awareness. This meant first learning how to treat my body, mind, and spirit well. Then, experimenting: Maybe doing this will make me feel better? How do I feel in this or that situation? Why do I do these harmful things over and over? The more I became aware of my inner workings, the more I felt control over my life. And when I couldn’t control things, I just learned to accept. There is a deep liberation in acceptance.”*

## Where Can I Find More Information About Recovery?

Talk to others, especially peers who are on similar paths. People with psychiatric diagnoses often relate well to each other’s challenges and growth. We can all share our experiences and be creative together in finding personal wellness!



Also, if you’re a reader, there are many books and articles about Recovery. If you use the Internet, here is a webpage with links to more information:

[www.vermontrecovery.com/links.html](http://www.vermontrecovery.com/links.html)

This brochure was written in the spirit of Recovery & is not copy written. Please use it however you wish.

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