What is Recovery?

Because Recovery is a personal and unique process, everyone has his or her own definition.

Along with Bill Anthony we define Recovery as:

> *"a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and roles.*
>
> *It's a way of living a satisfying, hopeful and contributing life, even with the limitations caused by illness.*
>
> *Recovery involves developing new meaning and purpose in life as one grows beyond the catastrophic effects of mental illness".*

Three Priorities for Recovery Devon

We are promoting the following :-

Recovery Action Plans - Planning ahead; finding the people and things that help; knowing your 'triggers' in a crisis; and finding 'what works for you'. All are key to WRAP (Wellness Recovery Action Plans). People may need help to build these.

Peer Support - Can be a breath of fresh air. Peers offer knowledge of how it feels to 'have been there' and they also see the 'person' first.

Sanctuary - Alternatives to hospital admission, including sanctuary, with spiritually enhancing and nurturing environments.

These are high on our priority list.

Join Us

Come and join a hospitable group of people and help us work for improvement to mental health and wellbeing.

Sign up to our email list and/or come along to one of our meetings.

Alternatively get in touch through the contact details below.

We very much hope to hear from you.

Website

www.recoverydevon.co.uk

Email

admin@recoverydevon.co.uk

Recovery Devon gratefully acknowledges the support and sponsorship of Devon Partnership Trust and Rethink who are to help us become an independent organisation.

Devon Partnership NHS
NHS Trust

Rethink Mental Illness.

www.recoverydevon.co.uk

Recovery Devon

A Community of People Supporting Mental Health Recovery And Wellbeing

What is Mental Illness?

One in four of us will experience a mental health problem at some point in our life. 'Mental Illness' is a term that some find difficult. But it describes the terrible impact of deep and acute or enduring mental distress or disorder.

It can sap a person's inner energy and spirit. Without this inner spark, people can be devastated, unable to work, make life choices or respond to the world around them.

Who Are We?

Recovery Devon is a group of people who are passionate about improving knowledge, understanding and experiences around mental health and wellbeing. All are welcome.

We are a partnership of people with direct experience of mental health issues, alongside people who provide services, and family and friends who offer support.

We meet at two-monthly intervals to explore Recovery ideas, focused on hope, inclusion, empowerment and living a meaningful life. Recovery Devon works to directly influence the planning, commissioning and delivery of services.

We maintain an email list of active members and a task group to help things run smoothly. We aim to become independent and self supporting within the next three years.

How do People Recover?

Understanding aids Recovery and we offer a chance to share ideas. Having others value and listen, can make a big difference.

Personal Recovery relates to regaining spirit, hope and energy, so that each person can begin to make choices and move forward in their lives. Many things can help with this.

Clinical Recovery includes medical help with symptoms; it is complementary and offers the knowledge and skills of mental health staff.

Empowerment

Aspects of personal empowerment include:-

- Finding one's own voice - learning to redefine who we are and what we can do
- Having the chance to influence decisions
- Having choices about the way we live
- Being able to assert our own needs
- Overcoming stigma and feeling positive
- Being able to take responsibility for our own recovery and also help others.

Language and Labels

The language of Recovery is the language of hope and possibility.

People overcoming mental health difficulties need to be seen as 'people' first.

Each is more than any pattern of responses and more than any label of mental illness, such as Schizophrenia, Bipolar, Depression or other diagnosis.

These terms exist in textbooks. In daily life what exists are human beings. Life and knowledge teach that we must see, hear, value and respond to each person as a unique individual.

Recovery Devon works for these aims.

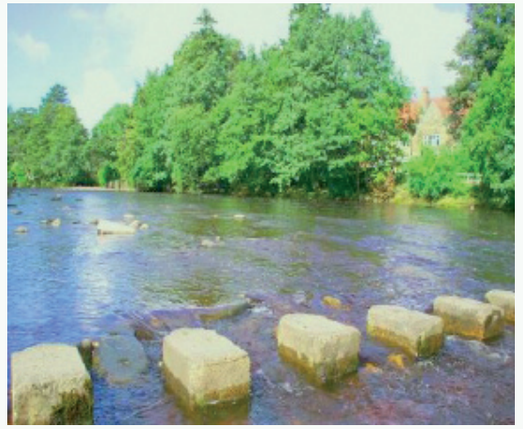
What can Other People Do?

We can challenge the stigma and discrimination that surrounds mental health problems. For centuries people with mental illness, have been separated and treated in ways that caused them to be dependent, often reliant on others, for housing, food, finances and companionship. Such dependency breeds hopelessness, poverty, stigma and despair. These unjust practices and prejudices, denied people their basic human rights.

The Recovery movement is active in many ways to challenge such attitudes. Yet there still exists discrimination in work, housing and life chances. Small actions can make big differences.

Join Recovery Devon and share your experience.

The Recovery Devon Website

Our website was begun in 2005 and has recently been developed further. It has a wealth of information, for people who are unwell, people in recovery, their families, supporters and professional mental health workers.

Check out the '**5 Ways to Wellbeing**', proven to help. **Connect**, keep **Learning**, **Activity,** take **Notice** and **Giving - CLANG**. Please encourage others to do this, too.