

Setbacks of having a mental illness and/or substance addiction

Social setbacks

- Experience losses and lack of employment opportunity
- Lack of education opportunity
- Experience poverty and homelessness
- Experience lack of resources
- Receive stigma (from media, self, professionals, family, system)
- Negative family dynamics

Recovery is a FACT!

Setbacks of having a mental illness and/or substance addiction

Social setbacks

- Torture and oppression (violent seclusion, restrain, use of forced medications, control by professionals, physical and mental assaults)
- Experience trauma (all aspects of abuses, exploitation)
- Lack of accommodations from community/providers
- Receive poor care and treatment in many instances
- Receive low expectation/no hope from professionals to recover
- Develop learned helplessness

Recovery is a FACT!

Setbacks of having a mental illness and/or substance addiction

Social setbacks

- Experience legal involvement due to MH/SA challenges
- Receive care and/or live in un-stimulating , unsafe environment
- Experience side effects of medications
- Experience dehumanization and discrimination

Recovery is a FACT!

Setbacks of having a mental illness and/or substance addiction

Psychological and emotional setbacks

- Hopelessness
- Internalized personal trauma (from past abuse, psychosis, and stigma)
- Internalized personal failures/mistakes
- Experience low self-esteem, self-confidence, self-image resulted from lack of trust and low expectation from family, friends, professionals
- Develop “learned helplessness”
- Co-occurring challenges (substance, medicals)

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Setbacks of having a mental illness and/or substance addiction

Psychological and emotional setbacks

- Receive “*lesser than*” treatment from others, lack of opportunity for growth
- Experience fear, anxiety, anger, confusion
- Experience grief from numerous losses
- Feel ashamed, rejected, unloved, unappreciated , numb, unworthy, ridiculed

Recovery is a FACT!

Resilience, why is it important in recovery?

Resilience refers to the ability to bounce back emotionally after painful and negative setbacks.

Resilience helps people to:

- Become stronger to overcome past and future setbacks
- Feel in charge, in the driver's seat
- Acquire a positive view of self and confidence in strengths and abilities



Recovery is a FACT!

Resilience, why is it important in recovery?

Resilience refers to the ability to bounce back emotionally after painful and negative setbacks.

Resilience helps people to:

- Learn good problem-solving and communication skills
- Seek help and resources
- See self as a hero, rather than as a victim



Recovery is a FACT!

Resilience, why is it important in recovery?

Resilience refers to the ability to bounce back emotionally after painful and negative setbacks.

Resilience helps people to:

- Handle stress in healthy ways and avoid harmful coping strategies, such as addictions (e.g. substance use, gambling...)
- Find social-valued role to make contributions in own way
- Find meaning and purpose in life despite difficult or traumatic events



Recovery is a FACT!

Building resilience, “bouncing back”

We have a profound influence to help rebuild resilience in each person’s recovery process

- Develop recovery-supportive-oriented relationships
- Use of peer support to share recovery story
- Promote HOPE by setting expectation that people can recover
- Focus on strengths by reminding people of their accomplishments and gifts
- Since recovery is an up and down process, trust that people still recover even when symptoms still remain
- Recognize people as hero in their story



Recovery is a FACT!

Building resilience, “bouncing back”

We have a profound influence to help rebuild resilience in each person’s recovery process

- Believe in people’s dream and help people plan to reach it
- Break down the issues, not the person
- Use recovery, encouraging, hopeful language
- Create a hopeful culture of “recovery is possible”
- Honor people’s choices
- Celebrate people’s resistance because it’s the beginning of getting power back, *“finding my voice”*



Recovery is a FACT!

Building resilience, “bouncing back”

We have a profound influence to help rebuild resilience in each person’s recovery process

- Recognize that resistance fosters resilience; the person begins to come back and remember who they are
- Accept that recovery is the person’s job and honor people’s power to make decision by shifting the power back to the person (empowerment)
- Help people find their meaning and purpose by creating opportunity for people to find a social-valued role to make contributions in their own way

Recovery is a FACT!

