



Spiritual Connections And Mental Health Recovery

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Recovery

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

There are four major dimensions that support recovery:

- ▶ **Health**—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- ▶ **Home**—having a stable and safe place to live.
- ▶ **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- ▶ **Community**—having relationships and social networks that provide support, friendship, love, and hope.

Spirituality/Social Inclusion

Spirituality

- ▶ Love, Joy, Peace
- ▶ Patience, Kindness, Goodness
- ▶ Trust, Humility, Self-Control
- ▶ Forgiveness
- ▶ Intention and purpose of life

Social Inclusion

- ▶ Personal Relationships
- ▶ Social Events
- ▶ Civic Activities
- ▶ Volunteering
- ▶ Recovery Organizations



Connections

Self

My Recovery is:

- ❑ Intentional
- ❑ Behavioral
- ❑ Emotional
- ❑ Spiritual

Family

We cant choose family

- ❑ They shape us
- ❑ They are part of our identity
- ❑ They allow opportunity for us to become better

Community

Recovery Oriented Service of
Care

- ❑ NAMI Idaho
- ❑ Recovery Community Organization – Recovery Idaho
- ❑ Recovery Community Centers

Community Living & Participation

- ▶ Many folks with mental health diagnosis are not fully engaged in the community. Many often remain socially isolated or excluded
 - ▶ Often due to stigma or self doubt
- ▶ Recovery oriented services can increase positive relationships with friends an family.
 - ▶ We become better people, parents, employees, students, and leaders
- ▶ Being able to interact socially creates opportunities for a person to thrive
 - ▶ Daughters learn to cook
 - ▶ Sons learn to become independent
- ▶ The possibility of social interaction starts with spiritual principles allowing for social inclusion