

➤ **Other definitions of mental health recovery:**

-
- “Recovery is a process, not a place. It is about recovering what was lost: rights, roles, responsibilities, decisions, potential and support. It is not about symptom elimination, but about what an individual wants, how s/he can get there, and how others can help/support them to get there. It is about rekindling hope for a productive present and a rewarding future – and believing that one deserves it. Recovery involves people having a personal vision of the life they want to live, seeing and changing patterns, discovering managed and doing it, finding new ways and reasons, doing more of what works and less of what doesn’t. Recovery is about reclaiming the roles of a “healthy” person, rather than a “sick” person. Recovery is about getting there”. Laurie Curtis, 1998.



- [Recovery is] “a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness.” - *William Anthony, 1993*
- “Recovery includes personal empowerment and a spirituality/philosophy, which gives meaning to life. It is accomplished one step at a time. It is deeply personal, and can be done only by the individual who is recovering - *V. Beale & T. Lambic, 1995*
- “A recovery paradigm is each person’s unique experience of their road to recovery....My recovery paradigm included my reconnection which included the following four ingredients: connection, safety, hope, and acknowledgment of my spiritual self” - *A. K. Long, 1994*
- Recovery is an ongoing journey of self-healing and transformation. Recovery is reclaiming a positive sense of self despite the challenge of psychiatric disability. Recovery is actively self-managing one’s life and mental health, in order to control psychiatric symptoms, create a positive lifestyle and achieve higher levels of wellness. Recovery is reclaiming roles and a life beyond being a consumer in the

mental health system. - *P. A. Ridgway, 199*