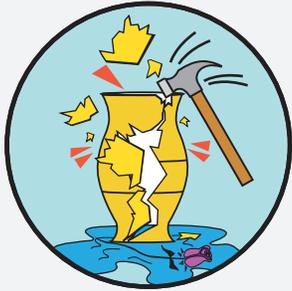


5 STAGE RECOVERY PROCESS



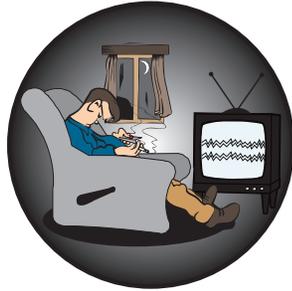
Impact of Illness

The Person is overwhelmed by the disabling power of the illness

The symptoms and the resulting behavior are the controlling experience in a person's life, and the person is often not able to function.

The danger is that the person will re-define herself in mental illness terminology that will automatically limit her future.

The role of services is to decrease the emotional distress by reducing the symptoms and communicating that there is life after diagnosis.



Life is Limited

The Person has given in to the disabling power of the illness

The person doesn't like his life the way it is, but believes it is the best it will ever be. He is not ready/able to make a commitment to change.

The danger is that the person will resign himself to this life and refuse to acknowledge that there is anything he can do that will make a difference in his life.

The role of services is to instill hope and a sense of possibility and to rebuild a positive self-image.



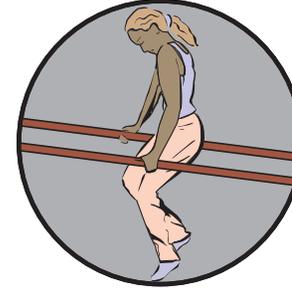
Change is Possible

The Person is questioning the disabling power of the illness

The person believes that there has to be more to life than she is currently experiencing and is beginning to believe that her life can be different.

The danger is that the person will be afraid to or discouraged from taking the necessary risks and remain in the 'life is limited' stage.

The role of services is to help the person see that she is not so limited by the illness and in order to move on she will need to take some risks.



Commitment to Change

The Person is challenging the disabling power of the illness

The person believes there are possibilities, but isn't sure what they are or what to do. He is willing to explore what it will take to make some changes.

The danger is that the person will not get the necessary skills, resources and supports that he needs to do what he wants to do and will not succeed in moving forward

The role of services is to help the person identify his strengths and needs in terms of skills, resources and supports.



Action to Change

The Person is moving beyond the disabling power of the illness

The person has decided the direction that she wants her life to go and is willing to take more responsibility for her decisions and actions.

The danger is that she will begin to doubt her ability to function on her own, trust her own decisions and revert back to a life lived in the system

The role of services is to help the person trust in her own decision-making ability and take more and more responsibility for her life.