

# THE JOURNEY OF MENTAL HEALTH RECOVERY

## THREE APPROACHES TO PSYCHOLOGICAL DISTRESS

### Medical Model

illness  
 weaknesses  
 problems  
 past - present  
 authoritarian  
 medications  
 allopathic

### Psycho-Social Rehabilitation Model

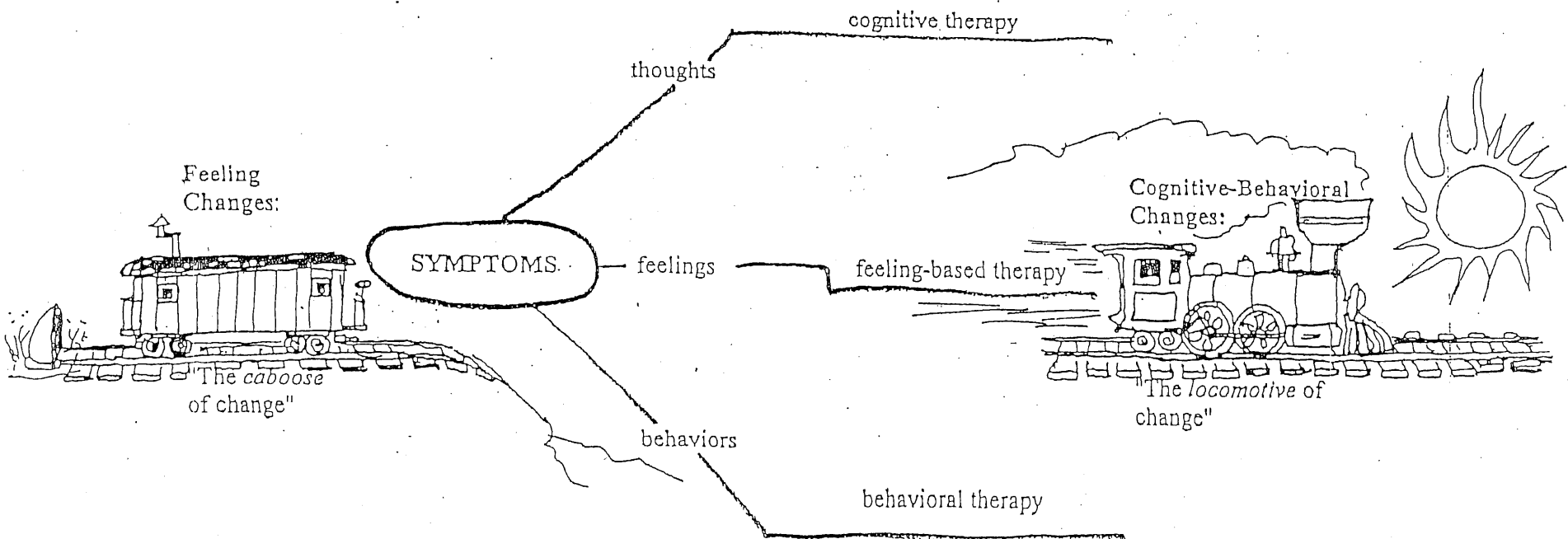
disability  
 strengths  
 challenges  
 present - future  
 collaborative  
 education, coping skills  
 holistic, homeopathic

### Recovery Model

characteristic  
 M  
 U  
 T  
 S U A  
 U P L  
 P O  
 R  
 T

# THE JOURNEY OF MENTAL HEALTH RECOVERY

I Overwhelmed      II Struggling      III Living with      III Living Beyond



Abraham Lincoln Virginia Woolf Lionel Aldridge Eugene O'Neill Beethoven  
Gaetano Donizetti Robert Schumann LEO TOLSTOY Vaslav Nijinsky  
John Keats Tennessee Williams Vincent Van Gogh Isaac Newton Ernest Hemingway  
Sylvia Plath Michelangelo WINSTON CHURCHILL Vivien Leigh  
Emperor Norton I Jimmy Piersall Patty Duke Charles Dickens

**PEOPLE WITH MENTAL ILLNESSES  
ENRICH OUR LIVES.**

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These people have experienced one of the major mental illnesses of Schizophrenia, Manic-Depression and/or Major Depression.

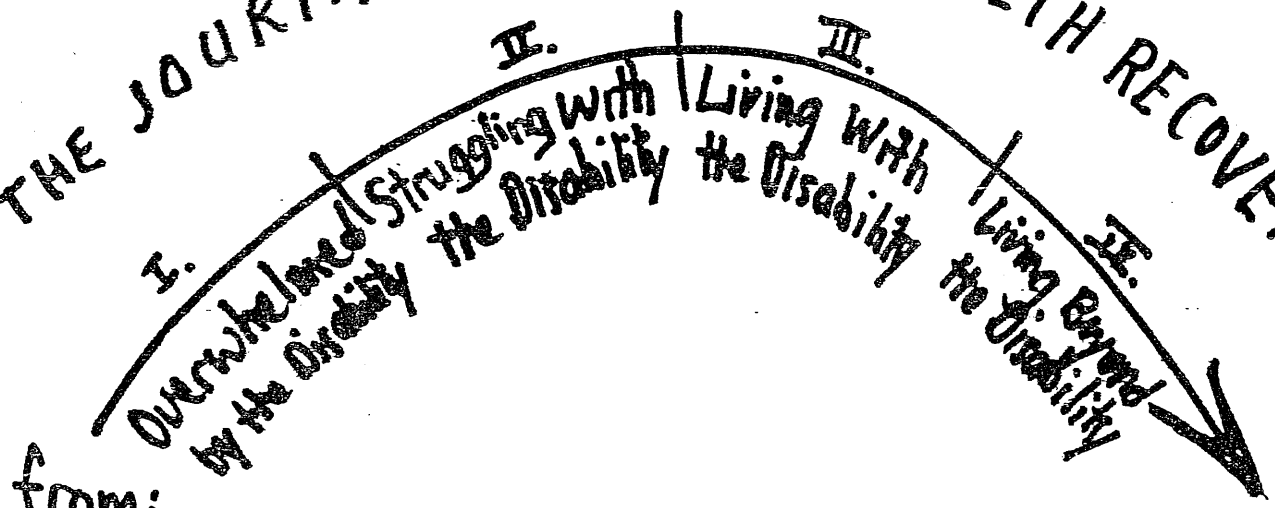
To understand more, call 1-800-950-NAMI.



NATIONAL ALLIANCE FOR THE MENTALLY ILL

Delores Miller, Executive Director

# THE JOURNEY OF MENTAL HEALTH RECOVERY



from:

The "Old Country  
of Poor Mental  
Health"  
(Victimization)

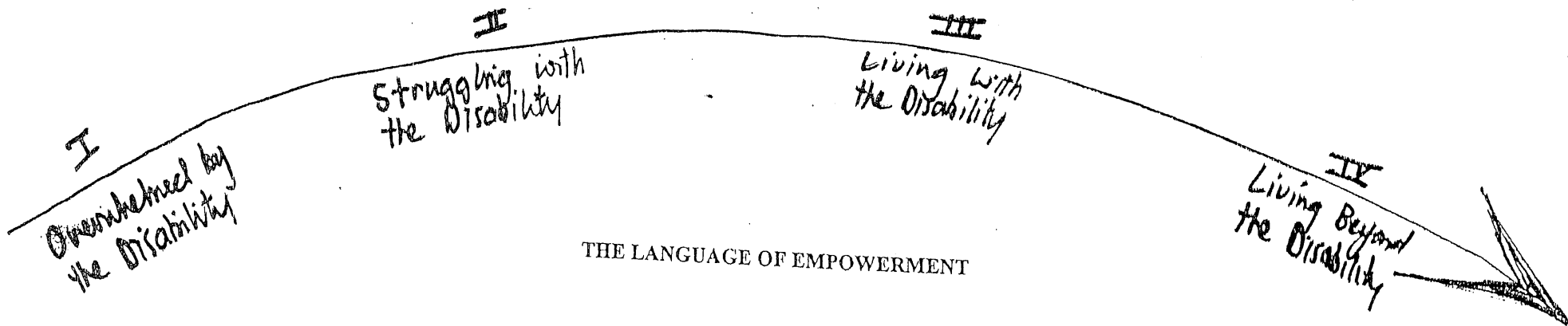
to:

The "New Country  
of Good Mental  
Health"  
(Empowerment)

# THE LANGUAGE OF EMPOWERMENT

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## THE LANGUAGE OF EMPOWERMENT

### Disempowerment Talk

locates power outside oneself  
focuses on one's weaknesses  
seeks *sympathy* for pain  
talks oneself/others *down*

### Examples

- "Help me" (meaning "rescue me")
- "I lost control"
- "She/he made me mad"
- "I've got a problem"
- "I can't handle this"
- "Life is too much"
- "My \_\_\_\_\_ (e.g. "grief") is killing me."
- "I really screwed up. I'm such a jerk."

### Empowerment Talk

locates power within oneself  
focuses on one's strengths  
seeks *empathy* for pain  
talks oneself/others *up*

### Examples

- "Help me help myself"
- "I chose to behave out of control"
- "I chose to get mad"
- "I've got a challenge"
- "I can handle this"
- "Life is sometimes tough, so I must  
work hard to cope"
- "I am struggling to bear, and grow  
from, my \_\_\_\_\_ (e.g. "grief")"
- "Huh. I didn't get it right. How can I learn  
and go on from here?"

### Barriers to Recovery: Phase Four

1. Stigma
2. Shame
3. Employment disincentives

### What Assists Recovery: Phase Four

1. Satisfying, fulfilling, and contributing work
2. Intimacy with at least one other person
3. Connections with others that one can count on
4. Stable housing of one's choice
5. Opportunity to contribute to others
6. Spirituality: Having a Meaning and Purpose in Life