

Getting Well in a Crazy System: Recovery Still Remains a Reality!

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All too often people who live with a mood disorder are called "crazy," when, in reality, that term more appropriately describes the "mental health" system they encounter when they seek recovery. At a very vulnerable time in life, a person has to negotiate a system that's confusing, challenging, disconnected, and demeaning. But there's good news! Even in the midst of a broken system, recovery is still fully possible! It's time to rethink, retool, and recharge your recovery. Despite perceived obstacles to getting well, you *can* change your perspective for the better and move forward toward a more full, meaningful life.








Welcome/Intro

There's time for Q&A where you see this symbol, so get your questions ready!



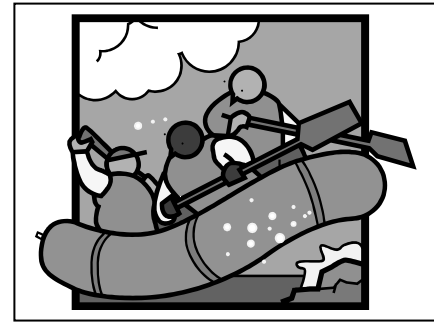
Part I: 5 Questions

<p>HOW?</p>	<p>_____ : as a _____ _____ or _____ ?</p>	
<p>WHO?</p>	<p>_____ : people who _____ _____ or _____ recovery?</p>	
<p>WHERE?</p>	<p>_____ : to doctors/therapists who are _____ _____ or _____ ?</p>	
<p>WHY?</p>	<p>_____ : in order to _____ _____ or _____ ?</p>	
<p>WHEN?</p>	<p>_____ : _____ or _____ ?</p>	



► Our mental health system is a _____ of a problem!

1. You can _____ it.
2. You can _____ it.
3. You can _____ it.
4. Or, you can go with the _____.



You have a _____, _____ and the right _____.
 You _____ and you have a _____.



Group Exercise

The President's New Freedom Commission on Mental Health found that the current mental health system is beyond simple repair. However, this exercise will illustrate that, for the person living with a mood disorder, success is still possible even when obstacles exist. In spite of the system's current condition, recovery can still be a reality!

Get ready to let the animal in you out!



You are the embodiment of the information you choose to accept and act upon. To change your circumstances, you need to change your thinking and subsequent actions.

-- Adlin Sinclair, Accomplished Businessman, Speaker and Humanitarian

Part II: Stay-Well Strategies

See Table on Page 3

1. Monitor your _____.
2. Pursue _____.
3. Secure _____.
4. Manage _____.
5. Strengthen _____.

Four Types:

Benefits:

A. _____		_____
B. _____		_____
C. _____		_____
D. _____		_____

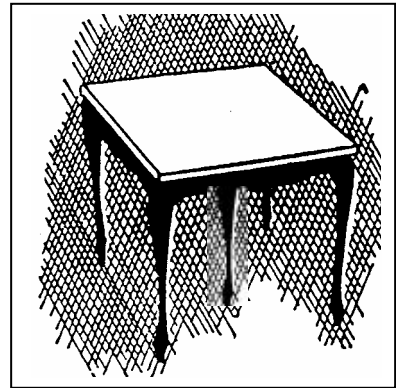
6. Adjust _____.

- | | |
|---------------------------|-----------------------------|
| A. Sustain your _____. | B. Steer toward your _____. |
| C. Strengthen your _____. | D. Screen out _____. |



Part III: Points to Ponder/You've Been Lied To

- 1. _____ the _____.
- 2. _____ the right _____.
- 3. _____ your _____.
- 4. _____ the right _____.
- 5. _____ the _____.
- 6. _____ your _____.
- 7. _____ that you're your own best _____.
- 8. _____ for _____.



—————→
"Stay-Well Strategies" Table

Part IV: Rev Up Your Recovery

Ways to r...r...r...rev up your recovery!

- R: _____
- R: _____
- R: _____
- R: _____
- R: _____
- R: _____
- R: _____
- R: _____



Part V: Words Matter When It Comes to Recovery



If you are someone who is dealing with a mood disorder...

Five things you should never say to yourself:

1. _____
2. _____
3. _____
4. _____
5. _____

Five things you should say to yourself:

1. _____
2. _____
3. _____
4. _____
5. _____



Wrap Up

Thank you for your participation. Remember...your perspective matters. Indeed, recovery can be a reality!

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