

WELLNESS & RECOVERY

The New Jersey Governor's Transformation Statement is inspiring systems throughout the state to dedicate their resources to ensure a full life in the community for everyone.

We are living in the midst of an exciting transformation that is moving our mental health system toward a recovery orientation that promotes wellness, and is intended to serve as a basis for the activities of the entire mental health community.

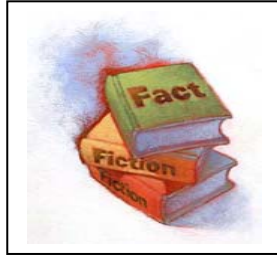


“Wellness is the process in which a person in recovery is empowered to make purposeful choices that lead to a more satisfying and healthy lifestyle. It includes physical, emotional, intellectual, social, environmental, occupational-leisure and spiritual dimensions, and incorporates disease prevention and health promotion approaches”. (Swarbrick, 1997, 2005)



Recovery...is a way of living a satisfying, hopeful, and contributing life even with the limitations caused by mental illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.” (Anthony, 1993).

DO YOU KNOW THESE MYTHS AND FACTS?



Myth: Once people develop mental illnesses, they will never recover.

Fact: Studies show that most people with mental illnesses get

better, and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities.

Myth: People with mental illnesses cannot tolerate the stress of holding down a job.

Fact: All jobs are stressful to some extent. Anybody is more productive when there's a good match between the employee's needs and the working conditions, whether or not the worker has a mental health problem.

Myth: People with mental health needs, even those who have recovered, tend to be second-rate workers.

Fact: Employers who have hired people with mental illnesses report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

A WORLD OF RECOVERY POSSIBILITIES:

EXPLORING EDUCATIONAL & EMPLOYMENT OPPORTUNITIES



AN INFORMATIONAL GUIDE FOR CONSUMERS AND PROVIDERS OF MENTAL HEALTH SERVICES

CHOOSING WHAT IS RIGHT FOR YOU!

That is what *Wellness and Recovery* is all about. The path to Recovery is highly individualized and personal. For some people who are diagnosed with a psychiatric disability, the path leading to school or work is the preferred choice. However, selecting a career, going to school, learning new skills, earning a degree or certificate may be challenging with so many decisions and choices to make.

This brochure is designed to help you explore the possibility pursuing education and / or work as part of your future.



When selecting a course of action, ask yourself these questions:

- What are my interests?
- What am I good at?
- What are my strengths?
- How much time and effort do I want to devote to training/school?
- Is school the right choice for me?
- What is my fantasy job?

“Am I Ready To Work*?”

I know my strengths and limitations
I have clear goals and focus on making things better
I keep trying even when things seem difficult
I try and learn from my mistakes
I am willing to admit when I make a mistake
If I am not sure how to do something, I ask
I am polite and respectful to others
I take responsibility to care for my health – physical and mental.
I do my best to be patient with myself, my goals and other people
I work hard to control my discouragement and anger
I can clearly see the benefits of work
I am an important and responsible member of my treatment team
I communicate my feelings, needs, concerns and ideas
I understand that success at work means more than just doing my job
I have the credentials that I need (i.e. GED, HS Diploma, Training certificate)

*www.ct.gov/dss/lib/dss/pdfs/returntoworksept2006.pdf
If you checked off the majority of the boxes, than you may be ready to go to work. If not, you may want to talk to counselor, case manger or support person about what you can do to get yourself ready to work.

“A LITTLE HELP FROM MY FRIENDS”

Put supports in place – ask yourself - Who will support me during this period? When I get stressed out – who will help out, and what will I do for relief? No one can go it alone – identify your sources for supports. If you need assistance in identifying your support system, talk to a counselor or case manager.

“Consider these names: Abraham Lincoln... Theodore Roosevelt... Winston Churchill... Alexander Hamilton... Now consider these two questions: (1) What characteristic did these men have in common? and (2) If offered the opportunity, would you have hired them?”

The answer to the second question is probably, "Sure who wouldn't?" And the answer to the first question is - a persistent mental illness".
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