ONE
RECOVERY HOPES AND DREAMS 10
Explore the program and outcomes for each module
Establish group values to help develop co-reflection relationships
Identify our strengths and set personal goals for the program
Begin to form peer relationships within the program

TWO
PEER SUPPORT 16
Explore and define peer support
Further develop peer relationships that are mutually supportive

THREE
WHAT IS MENTAL ILLNESS? 18
Explore and discuss the treatment of mental illness through the ages
Briefly review current mental health statistics in Australia
Use the CHIME model to begin articulating personal definitions of recovery

FOUR
MENTAL ILLNESS AND IDENTITY 29
Critically consider the relationship between identity and social contexts
Deconstruct and examine elements that shape our identity
Review what we value in life in light of our hopes and abilities

FIVE
UNDERSTANDING AND RESISTING STIGMA 36
Explore the influence of language on how we see ourselves
Define and explore stigma

SIX
WHOLE PERSON HEALTH MODEL 40
Explore the Whole Person Health model
Examine personal causes, symptoms and responses within four distinct areas of the model
Review a range of research based Personal Strategies

SEVEN
APPROACHING RECOVERY 48
Identify risks that may cause an increase in our symptoms
Consider Personal Strategies that may help us respond to or deescalate these risks
Explore the Stages of Change model
Apply the model to our own experience
Begin working on a Personal Recovery Plan
EIGHT
RELAPSE 58
Identify a range of signs or warnings that precede relapse
Explore Advance Personal Plans

NINE
COMMUNICATION 64
Identify our most used style of communication
Explore facilitators and barriers to effective communication
Discuss the stages of communicating with professionals and how best articulate your needs

TEN
DISCRIMINATION AND ADVOCACY 74
Explore discrimination and discuss means of combatting this through advocacy and other means

ELEVEN
STEPS TO MEANINGFUL OCCUPATION 80
Explore meaningful occupation
Discover where our passions lie
Identify potential barriers to finding meaningful occupation and strategies to overcome these

TWELVE
GOAL SETTING 86
Discuss the advantages and disadvantages of disclosing
Set measurable goals to help us move forward by identifying core values

THIRTEEN
RECOVERY HOPES AND DREAMS 108
Reflect on our experiences throughout My Recovery
Celebrate!