

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 ill health 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!