

- What is the concept of Recovery?
- Empowerment
- Strengths Focused
- Partnership with the Family

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ISSUE:

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A Veteran's Recovery

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What is Recovery?

The concept of recovery is known to bring optimism about one's future. When individuals look at recovery, it can be seen as the "cure" of whatever illness one may be presenting with, but in actuality, *Psychiatric Rehabilitation* (2002) states, "recovery refers to a reformulation of one's life aspirations and an eventual adaption to the disease."

1) A recovery-oriented approach empowers Veterans to participate in their own treatment. This allows Veterans to pursue personal goals, to improve day-to-day functioning, and to re-integrate into the community. When one advocates for one's own recovery, one is able to regain a sense of control and mastery in one's life.

2) The recovery model highlights strengths and abilities, rather than problems or deficits. This stands in contrast to a more



"Difficult roads often lead to beautiful destinations."

~Anonymous

traditional medical model, in which providers bring up issues that need to be "fixed." The recovery model promotes a strengths-based assessment of individuals and systems. Strengths are starting points for change!

3) Another key point of a recovery-oriented approach is the partnership between the Veteran, the treatment team, and the Veteran's family. It is vital to engage with the family system in treatment, rather than exclusively pinpointing the identified patient and his/her illness. Collaborating with family systems allows for a smoother re-integration into the community, where social supports can provide continuous care. Partnership with the family will also serve to decrease preconceptions and stigmatization of severe mental illness. Veterans will benefit when family can be included in settings such as inpatient, outpatient, and intensive case management. The key points mentioned above serve as highlights on the road to recovery.

Veteran's Recovery Center Relocation

In the month of October, the Veteran's Recovery Center (VRC) has officially moved to the San Jose Clinic! The VRC is striving to support recovery for Veterans living with serious mental illness.

There are many opportunities

the San Jose Clinic/VRC has to offer: specialized classes, community trips, and individual services, which are designed to support you in achieving your life goals.

Services can be tailored to one's needs: whether it's finding satisfying employment, or going back to

school to pursue a degree.

Next month's issue of "A Veteran's Recovery" will be focused on the great events and activities happening for the month of November at the VRC, as well as discussing the topic of Stigma associated with mental illness.