

# Recovery is a journey

## *You are in charge*

### What is Recovery?

#### Recovery is living a satisfying and hopeful life.

Through practice, the process of recovery introduces positive change into your life. Such changes bring about an improved state of health and wellness as you strive to reach your full potential.

#### Recovery is a process over time, a journey with hills and valleys.

The journey is different for each person. It begins with a new awareness that you can take charge of your life. As recovery progresses, people find it becomes a part of their entire life – mind, body, spirit, work, relationships, family and friends. You begin to discover the life you want, with meaning and purpose.

#### The road to recovery is built with hope.

The power of hope is strengthened not only by your own belief that recovery is possible, but that of friends, family, providers, peers and more. In supporting the foundation of recovery, we can collectively give hope to those who are struggling with internal and external challenges.

#### Recovery requires great courage and self-determination.

You are the expert on what does and doesn't work for you on your journey. Work with a professional – someone who is right for you – someone you can build trust with and share mutual respect. Determine which medications and treatments have or have not worked for you in the past, and learn about other treatment options, programs and services. Design the goals and supports that will help you build your best life.

#### You are not alone on this journey. Connecting with others is an important part of your recovery.

An essential key to your recovery is the support of other's who believe in you, and your ability to recover. At Jefferson Center, therapists, doctors, nurses, wellness coaches, care managers and peer specialists will partner with you throughout your recovery. Your network of support can come from many sources: friends, family, support groups, classes, faith based organizations, clubs, volunteer jobs, work, recreation centers, social events and other allies. Participate in activities that reinforce your strengths.



#### 10 Guiding Principles of Recovery

1. Hope
2. Person-Driven
3. Many Pathways
4. Holistic
5. Peer Support
6. Relational
7. Culture
8. Addresses Trauma
9. Strengths/Responsibility
10. Respect

— Substance Abuse and Mental Services Administration. SAMHSA's Working Definition of Recovery, 2012.



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### 10 Tips for Your Recovery

Believe in yourself and in your own abilities.

Maintain regular sleep patterns, a healthy diet, and daily exercise routines.

Connect with a Peer Specialist or someone you know who has similar lived experiences.

Learn everything you can, including which medications and treatment options are available.

Talk to a professional about creating an individualized treatment plan.

Talk with friends and family and develop a support network of those who care about you.

Develop a recovery plan for daily living and in case of crisis situations.

Join a community organization, such as a social club or faith based organization, participate in recreational activities, and explore work or volunteer opportunities.

Explore alternative and holistic forms of healing such as meditation, yoga, reiki, acupuncture, or spiritual/energy work.

Take time to laugh and have fun.



Jefferson Center is committed to providing services that support you throughout your recovery journey. A wide and growing variety of programs and services are available here at the Center, and many more in the community. Talk to us and find out more!

