

Recovery is Possible

Acknowledging the possibility of recovery is an important part of mental health education. The following key points should be taught to youth to promote hope for recovery.

- Early intervention is important for long-term recovery. Half of those who develop mental health disorders show symptoms by age 14. Understanding signs and symptoms of mental health problems, developing coping strategies and encouraging professional promotes positive health outcomes and reduces the likelihood of mental health crises.
- Each person's path to recovery is unique and should take into consideration their strengths and support networks. A written plan enables the individual to identify goals for achieving wellness, track daily activities and progress toward long-term goals, identify stressors and note changes in mental health.
- Treatment can be provided in different setting, including outpatient, residential, and inpatient; and there are many types of treatment options. The key is finding the one that works best for each person. In addition, support can be provided by credentialed peer specialists, individuals with lived experience with a mental health disorder who are trained to provide people through the recovery process.
- No one should have to work through the recovery process alone. Family, friends and faith communities can be supportive partners. Many community organizations also offer support groups where people can connect with others who are experiencing similar mental health challenges.
- Mental illnesses are common, affecting one in five Americans in any given year. Many people with mental illness, including celebrities, are leading very successful and productive lives.
- Recovery is an ongoing process that happens over time. Each person's journey to recovery is unique and setbacks sometimes happen. The key is finding resources that are best suited for each individual, developing strategies for self-care and coping skills, and identifying social supports.
- Remember, recovery is possible!

To learn more, visit the
School Mental Health Resource and Training Center at
www.mentalhealthEDnys.org or call **518.434.0439**



SAMHSA's Guiding Principles of Recovery

- 1) Hope that recovery is possible
- 2) A strengths based approach is necessary for success
- 3) Person-driven approach empowers; use of person 1st language
- 4) There are many pathways; must be flexible, free from judgment
- 5) A holistic approach includes mind, body, spirit and community
- 6) Support from peers and allies provides mutual support
- 7) Support from relationships and social networks is essential
- 8) Culture influences and guides recovery
- 9) Respect promotes self-worth and dignity
- 10) Trauma informed approach promotes safety, healing and trust



Recovery Resources

SAMHSA's National Helpline provides information and treatment referrals (in English & Spanish) for individuals and families experiencing mental health and substance use challenges. Call 1-800-662- HELP [4357] or 1-800-487-4889 [TDD]; available 24/7, 365 days/year.

NYS HOPEline offers help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. Call 1-877-8-HOPENY. HOPEline services include:

- professional, well-trained and knowledgeable clinicians
- crisis and motivational interviewing for callers in need
- referral to local prevention and treatment providers
- 48 hour call back (optional)
- multi-lingual
- information materials

Students looking to learn more about youth in recovery in NYS should connect with [YouthPower!](#), a network of young people who use their voices and lived experiences to influence policy, raise awareness and support other youth through peer support.

Other organizations that promote recovery awareness and advocacy:

[Young People in Recovery](#)

[Faces and Voices of Recovery](#)