

ELEMENTS OF RECOVERY

FOCUS ON RECOVERY

- VA STAFF:**
- Actively protect patient's rights
 - Listen carefully to the patient's concerns
 - Assist patients in communicating their needs and hopes
 - Provide information to assist in decision making
- VETERAN:**
- Consider a new path for the future
 - Be open to new ideas about therapy
 - Develop a support network
 - Be an active participant in your care plan

- VA STAFF:**
- Maintain a positive approach
 - Focus on the person's abilities, not disabilities
 - Create service options and support
 - Believe in the goals of recovery
- VETERAN:**
- Talk about your success
 - Open up to new possibilities
 - Develop a fine-tuned plan to cope with stress
 - Believe in the goals of recovery

- VA STAFF:**
- Pay attention to the patient's basic needs
 - Share sources of support with patients and families
 - Reach out to colleagues in the community to extend care plans
- VETERAN:**
- Join therapeutic sessions regularly
 - Visit with NAMI representatives
 - Involve at least one special person in your plans
 - Volunteer to help others

- VA STAFF:**
- Encourage patients toward greater independence
 - Provide models of coping skills and wellness plans
 - Assist patients in locating community resources
- VETERAN:**
- Monitor your symptoms
 - Ask for help when needed
 - Create wellness and crisis plans
 - Take care of good health matters: diet, exercise, sleep, fun

- VA STAFF:**
- Share information
 - Answer questions clearly
 - Provide choices and suggestions
- VETERAN:**
- Ask questions until you understand
 - Think about the change you want to make
 - Learn new ways to make decisions
 - Learn about the resources in your hometown

- HOPE**
- SELF-DIRECTION**

- HOLISTIC**
- RESPONSIBILITY**

- VA STAFF:**
- Recognize that the illness is only one facet of a patient
 - Learn about each patient as a unique individual
 - Learn what patients need most for recovery
- VETERAN:**
- Share information about yourself
 - Think about the change you want to make
 - Be open to new possibilities
 - Review information about recovery

- EMPOWERMENT**

- PERSON CENTERED**

- VA STAFF:**
- Encourage individuals to share their experiences
 - Search for social support in the community
 - Organize group sessions
 - Provide NAMI information
- VETERAN:**
- Listen respectfully to the views of others
 - Offer ideas and understanding to each other
 - Share your recovery story with others

- PEER SUPPORT**
- RESPECT**

- NON-LINEAR**
- STRENGTH-BASED**

- VA STAFF:**
- Ask about personal preferences, interests, and skills
 - Include the patient's strengths and talents in their care plan
 - Search for community connections to match patient's interests
- VETERAN:**
- Participate in a variety of therapies: art, music, recreation, etc.
 - Look for chances to learn new skills
 - Share your experiences and interests with others

- VA STAFF:**
- Use a pleasant, caring voice
 - Provide personalized care to each patient and family
 - Listen to ideas on how to improve our services
 - Set aside labels and assumptions
- VETERAN:**
- Ask for the information you need
 - Make your personal needs known
 - Talk about what works for you and what doesn't
 - Speak with a pleasant voice

- VA STAFF:**
- See a hospital stay as a recovery step, not a failure
 - Respect the current situation of each patient
 - Develop a partnership with patients, families and friends
 - Share ideas for next steps
- VETERAN:**
- Think: "It's important to keep trying."
 - Be open to reviewing and revising your care plan
 - Learn a new coping skill and share it with a friend

Poster originally created by Psychiatry Department, University of Iowa Health Care and adapted by Mental Health Service Line, Iowa City VA Medical Center.

