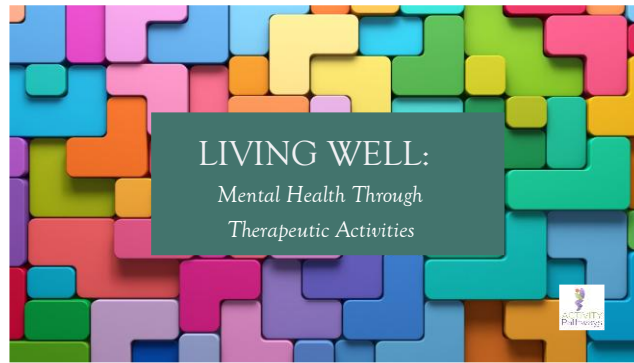




3 Things that create stigma around mental illness

1. misunderstanding
2. misinterpretation
3. miscommunication

What we don't need in the midst of our struggle is shame for being human. – Brene Brown

Recovery: process of recovery implies the reduction or complete remission of symptoms” according to the federal Substance Abuse and Mental Health Services Administration (SAMHSA)

Hope is the most important facet. When one is in the middle of emotional distress, it can be difficult to hold on to hope. The role you play in fostering hope may be the most valuable contribution during a mental health crisis

Nonlinear- recovery is not step by step. It can contain occasional setbacks

Strengths-Based: focus on strengths. Rather than viewing a person as a broken entity that needs fixing

Recovery approach focuses on valuing and building on

- strengths
- capacities
- resiliencies
- talents
- responsible-coping strategies

Protective Factors

Protective factors are individual and environmental attributes that are associated with positive adjustment and development throughout the course of life-threatening conditions and cultural situations (Lopez, Pedrotti, and Snyder, 2019).

There are several ways protective factors can operate.

They can reduce the likelihood of adversity, promote healthy functioning despite adversity, or reduce the impact of adversity on health and wellbeing (Grych et al., 2015).

TIPS:

1. Manage ourselves
2. Peer to Peer opportunities
3. Listen

Wellness Program Ideas:

- Fitness trails
- Bird or Star gazing apps
- Vision board for wellness
- Humor: <https://standupformentalhealth.com/> Recovery: One Laugh at a Time
- Wellbeing Action Calendars <https://actionforhappiness.org/all-calendars>
- Nature Themed Mindful Coloring Sheets <https://thewellnesssociety.org/free-tools/>

Books

Ponte, Katherine. *Your Mental Health Recovery Workbook*. (2023)
www.katherineponte.com/workbook

Bowman, Carmen (2025, January 27) It doesn't have to be so Institutional per State and Federal Requirements. NAAP Blog

<https://naap.info/it-doesnt-have-to-be-so-institutional-per-state-and-federal-requirements/>

Podcasts

Let's Talk About Mental Health, Jerney Goodwin

Organizations

<https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>