



FACTS

on Mental Health and Recovery

- One in four adults in the United States experiences a diagnosable mental disorder in any given year. SOURCE: www.nimh.nih.gov
- One in 10 children has a diagnosable mental disorder in a given year. SOURCE: www.samhsa.gov
- Mental illness is a product of the interplay between biological, psychological, and socio-cultural factors. SOURCE: www.surgeongeneral.gov
- Mental illness is the number one cause of disability in the U.S. and Canada for individuals age 15 to 44. SOURCE: www.nimh.nih.gov
- Mental illnesses are more common than cancer, diabetes or heart disease. SOURCE: www.surgeongeneral.gov
- With proper care and treatment, between 70-90% of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life. SOURCE: www.nami.org
- Nearly two-thirds of Americans who have a mental illness live in the community and lead productive lives. SOURCE: www.nmha.org
- Positive response to treatment for mental illness is higher than for many physical illnesses. SOURCE: www.mentalhealthreporting.org

WEBSITES

with information about Mental Health and Recovery

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| www.dshs.wa.gov | www.nwseedsofchange.org |
| www.nostigma.org | www.mhselfhelp.org |
| www.halfofus.com | www.nami.org |
| www.mentalhealthreporting.org | www.nmha.org |
| www.whatadifference.org | www.samhsa.gov |
| www.promoteacceptance.samhsa.gov | www.nimh.nih.gov |

WALKING IN RECOVERY

A User's Guide for Community Outreach

The Recovery Movement in Washington State has been gaining momentum in recent years. As more people with personal experience with a mental health issue step forward to share their stories, more of our communities are understanding what mental health recovery entails.

Walking In Recovery conveys to viewers that recovery from a mental health issue is not only possible, but happening every day. The video includes the real-life stories of people of different ages, all living in the state of Washington and relaying important messages about self-realization, resiliency, meaning and purpose in one's life, and the power of support from peers, family, health professionals and the wider community.

Understanding what it takes to recover from a mental illness is important. When people have the tools and support they need for recovery, they benefit personally, and their community as a whole becomes stronger. Mental health recovery is a real return on investment for all of us.

The recovery perspective needs to be shared broadly. With the availability of this video tool, anyone can carry the recovery message forward with minimal effort and engage in conversations that will make a difference in the health and wellness of people of all ages.

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How to Present "Walking In Recovery"

This video is most effective when presented to a group along with personal sharing and discussion. To prepare an outreach program, find one or more people whom have traveled the recovery journey to introduce the video and talk about their own experience of recovery. Some ideas for sharing the video include:

- ▶ Show the video at trainings and events where any of the following will be in attendance:
 - Mental health providers and social service staff.
 - General healthcare providers and hospital staff.
 - Police officers and first responders.
 - Boards of social service and healthcare providers.
 - Community service clubs such as Rotary, Lions and Elks.
 - Meetings and support groups for families and others living with mental health challenges.
- ▶ Ask for air time for the video to play on public access or university/college television stations.
- ▶ Ask your local library to carry a copy of the video.
- ▶ Work with your local school district. Show the video in health classes and after-school activities.
- ▶ Church groups may find the video a helpful tool to connect to their congregation and community.
- ▶ Post a link to the video (www.dshs.wa.gov/dbhr/video.shtml) on your agency's website.
- ▶ Share with anyone who can benefit from the information!

Q & A Session: Engaging Viewers in Discussion

An effective way to engage a group and help them learn more about a topic is to ask for their thoughts about mental health and recovery, both before and after watching the video. You can either have people write their responses privately or ask for discussion

among the group. Here are some questions you can use with your audience. Adapt these or choose others to fit your needs:

- ▶ What do you think are the causes of mental illness?
- ▶ How widespread do you think mental illnesses are?
- ▶ Once someone is diagnosed with a mental illness, how likely is it that they will have a meaningful life?
- ▶ How many people do you believe are able to recover from a mental illness?
- ▶ How willing would you be to interact with someone who has a mental health diagnosis?
- ▶ What are your biggest concerns about being with a person with a mental health condition?

Key Messages to Share

The key message to share with your friends, family and community is that mental health recovery does happen. Here are a few other key messages:

- ▶ Mental health issues are very common and affect us all. Use some of the facts provided in this Guide to make the point.
- ▶ Serious myths and misinformation exist about mental illnesses and recovery. These lead to major barriers in medical care, employment, housing and relationships.
- ▶ A definition of recovery as defined by the National Consensus Statement on Mental Health Recovery can be downloaded from: <http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/>
- ▶ We know what it takes to recover from a mental health issue. Go to www.dshs.wa.gov/geninfo/pubs3.html (click on "Mental Health") for free copies of "Elements of Recovery". Use as a handout and discussion piece.