

New to the
Recovery x-Change
Anti-stigma video series:

In our efforts to eliminate the #1 Barrier to Recovery, the **Recovery x-Change** is pleased to announce a series of exposé's on stigma. **PsychoMedia** is the combined effect of exploitation movies and biased news reports which stereotype users of mental health services leading to the implied conclusion that all people labeled mentally-ill are violent and deranged. The most common denominator in all forms of discrimination is to promote fear of, and demonize, the group you are targeting. By employing psycho stereotypes the media cleverly equates depraved and demented movie characters as accurate depictions of "the mentally-ill."



www.recoveryxchange.org

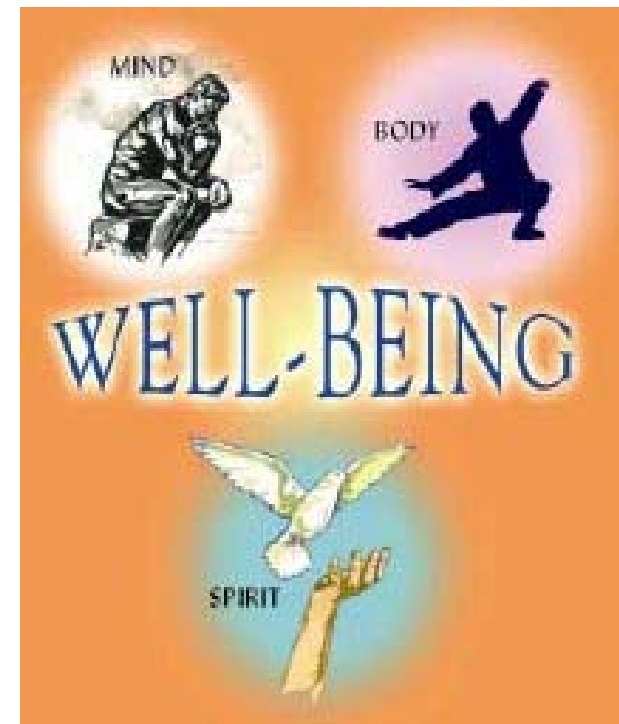
The **Recovery x-Change** logo was inspired by the belief that while medications can be helpful in the recovery process, they are only one facet of an integrated approach necessary for recovery and so our logo puts a recovery-focused spin on the traditional pharmaceutical symbol. The "x" identifies the need to x-terminate the belief that recovery is not possible and the "Change" identifies the need to change the paradigm from one of "mental illness" to one of mental wellness. **The Recovery x-Change:** Where recovery comes to life!!!



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Recovery x-Change



Changing the Paradigm from Mental illness to Mental Wellness

"Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others recovery implies the reduction or complete remission of symptoms."

The President's New Freedom Commission Report on Mental Health: Achieving the Promise, Executive Summary, July 2003

What is the Recovery x-Change

For far too long people diagnosed with mental illnesses have been told that recovery for them is not possible. This antiquated belief has led to a system of services that are driven by treatment plans with an emphasis on diagnoses and symptomology, vs. recovery plans with an emphasis on skills and strengths. The Recovery x-Change is a wellness management training partnership of peer specialists and providers committed to the belief that with the appropriate supports and resources recovery is possible for anyone.

If you could convert your site into an environment more conducive to recovery, would you? If you had the power to inspire your clients with hope and the belief in recovery, would you? If you could offer your clients an arsenal of wellness management tools and techniques would you? If you answered yes to any of these questions then the Recovery x-Change was started for you!

Our trainings include:

- **Stress Management**
- **Advanced Directives**
- **Building Recovery Friendly Environments**
- **Self-Directed Wellness Management**
- **Nuts & Bolts of Advocacy**
- **Creating Change from the Bottom-up**
- **Art of Recovery:
Pocket Guide on Recovery**
- **Physical & Mental Health:
Bridging the Gap**
- **Peer Support Slide Show**
- **Restraints to Recovery:
A Multimedia Essay of the
NYS Recovery Movement**
- **Employment and Benefits**
- **PsychoMedia: Media and
the stigma debate (video)**
- **Recovery is Real (video)**



In Stop the Stigma: Recovery is Real a co-founder of the Recovery x-Change shares his own real life journey of recovery from major depression and bi-polar disorder.

All of our training sessions are facilitated by experienced trainers who live recovery on a daily basis. Our recovery consultants and trainers bring with them years of experience from both a provider and a consumer perspective. They include a licensed psycho-therapist, a certified psychiatric rehabilitation practitioner, a certified WRAP trainer and a disability benefits specialist. Our mission is not to undermine or replace any existing service plans, but to enhance and compliment them with wellness management tools and techniques. Our main objective is to inspire hope and the belief in recovery.