

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 exposés 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.”



The Recovery x-Change logo was inspired by the belief that while some medications may be helpful in the recovery process - they are only one of the tools necessary for a wellness recovery action plan - 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 “chronic” illness to self-directed wellness. **The Recovery x-Change:** Where recovery isn't just a dream!

“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.

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Changing the paradigm from “chronic” illness to self-directed wellness

Recovery is not about finding a miracle cure or returning to how things used to be. It's about finding a happier, healthier, more sustainable life that recognizes the past, accepts the limitations of the present and is full of hope for the future. (Simon Heyes)

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What is the Recovery x-Change

For far too long people diagnosed as “mentally-ill” 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.

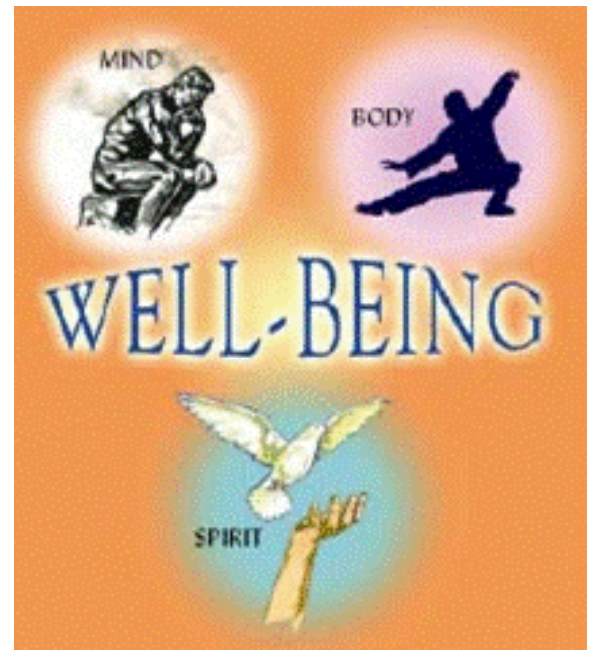
If you could convert your site into an environment more conducive to recovery, would you? If you had the power to inspire your clients with hope and the belief in recovery, would you? If you could offer your clients an arsenal of wellness management tools and techniques would you? If you answered yes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



Our trainings include:

- **Stress Management**
- **Advanced Directives**
- **Self-Directed Wellness Management (WRAP)**
- **Nuts & Bolts of Advocacy**
- **Change from the Bottom-up**
- **Building Recovery Friendly Environments**
- **Art of Recovery:
A Pocket Guide on Recovery**
- **Getting and Keeping the Job**
- **From Restraints to Recovery:
Pioneers who inspired hope and recovery (a visual essay)**
- **PsychoMedia: Stigma and the media (video)**
- **Stop the stigma:
Recovery is Real (video)**
- **Is Your Humanity Worth Defending
A history of empowerment and the peer support movement**

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. We envision a day when the use of terms like non-compliant and treatment-resistant will be replaced with terms like person-centered and strengths-based. Our main objective is to inspire hope and the belief in recovery.



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