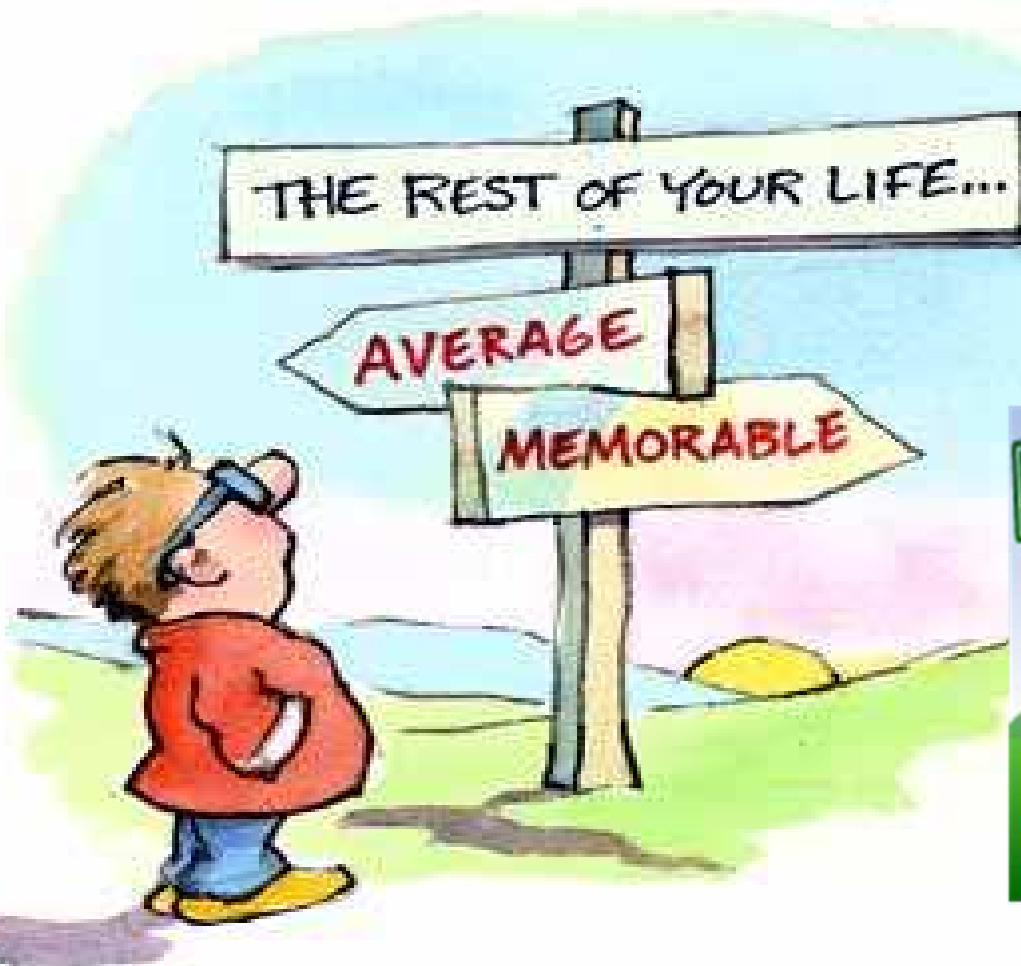


Taking Control of My Recovery



'I'm A Patient Get Me Out Of Here!'

‘ONLY YOU, CAN TAKE **CONTROL** OF
YOUR RECOVERY’



MAIN AREAS FOR ASSESSMENT



time to change



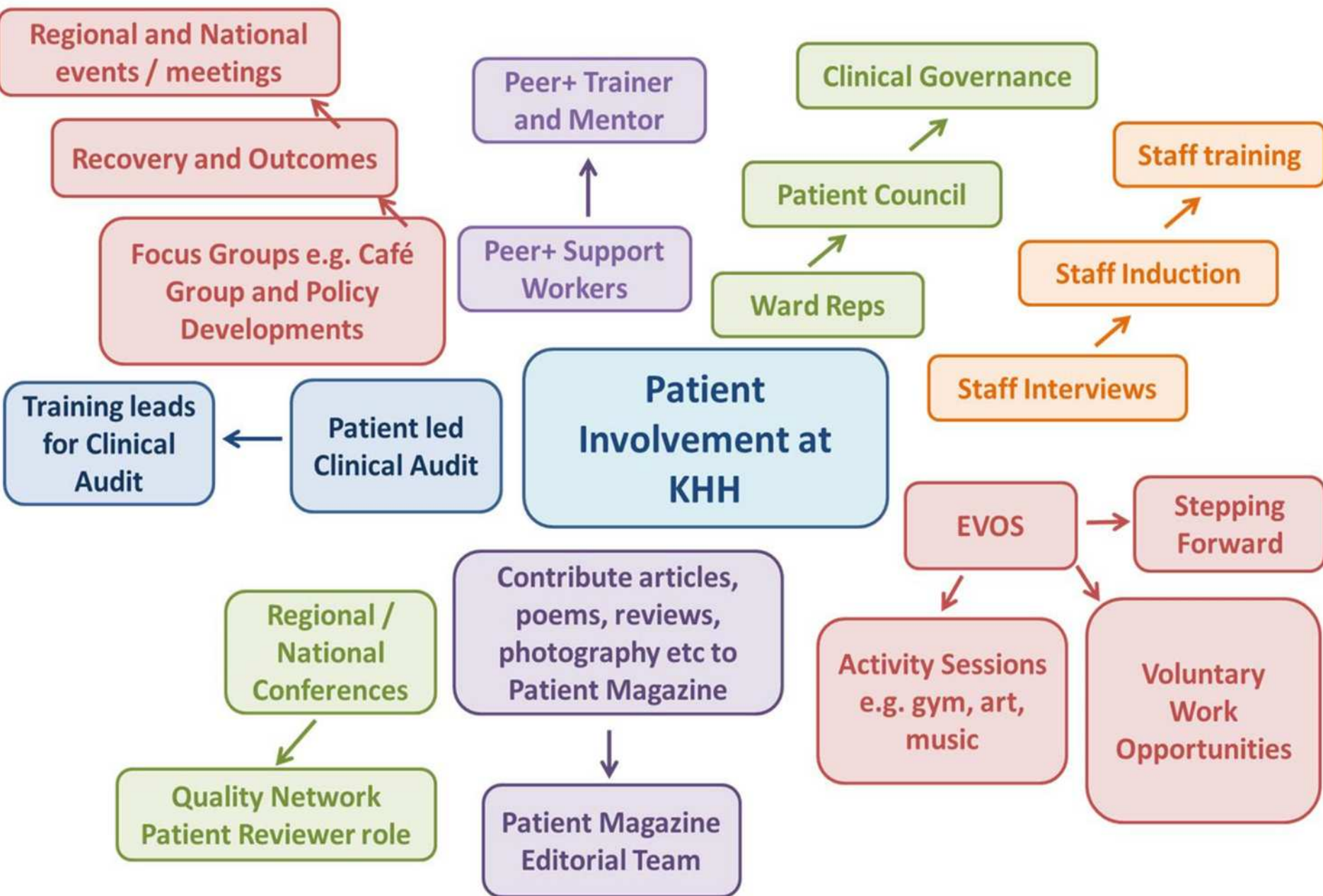
MY SHARED PATHWAY:

- A. My Mental Health Recovery
- B. Stopping My Problem Behaviours
- C. Getting Insight
- D. Recovery from Drug & Alcohol Problems
- E. Making Feasible Plans
- F. Staying Healthy
- G. My Life Skills
- H. My Relationships

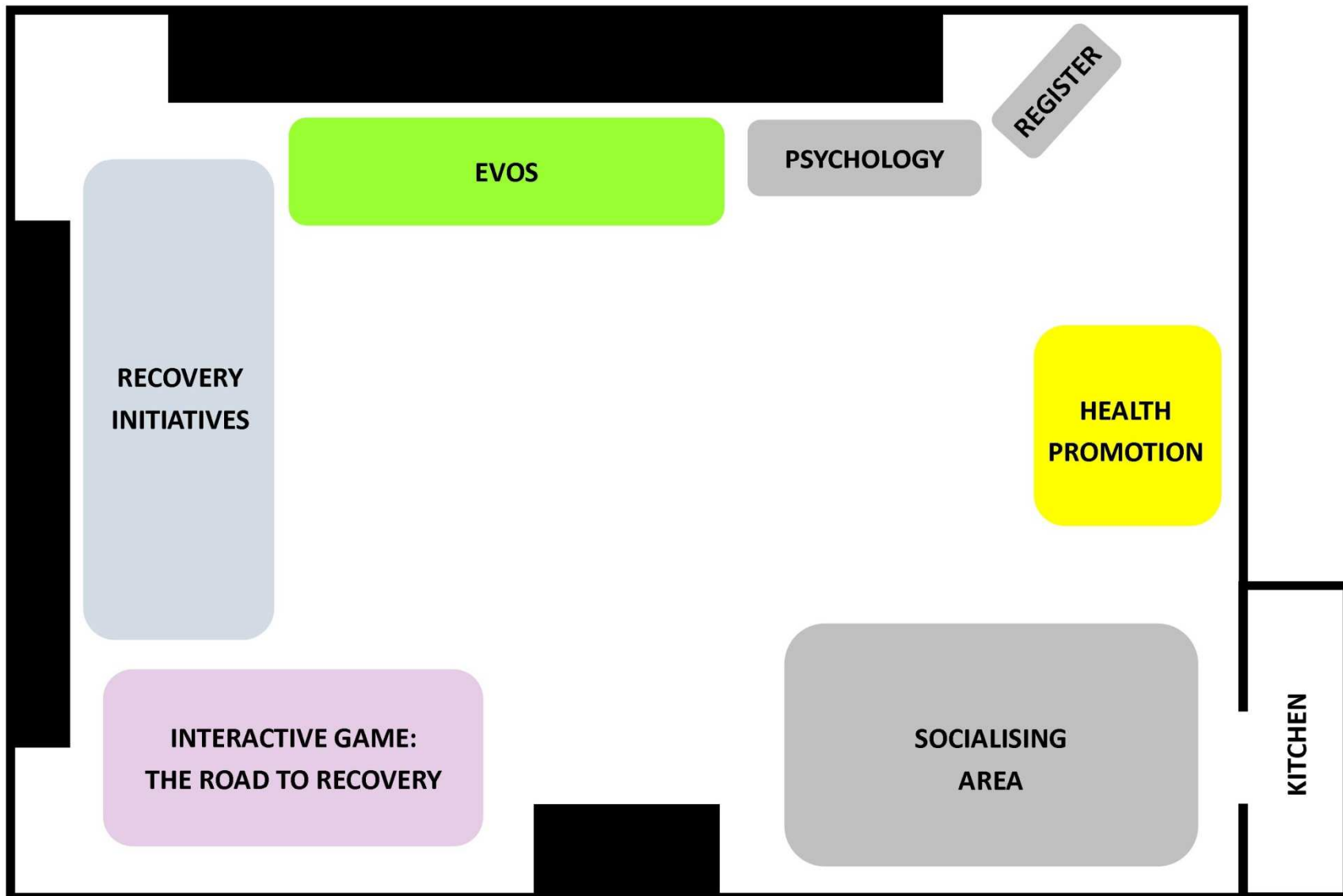
PATHNAV

1. MENTAL HEALTH RECOVERY
2. INSIGHT / UNDERSTANDING MY ILLNESS
3. PROBLEM BEHAVIOURS – RISK / AGGRESSION
4. PHYSICAL HEALTH / SELF CARE
5. INDEPENDENT LIVING SKILLS

Opportunities for me to engage in My Recovery



FLOOR PLAN FOR RECOVERY FAIR, MAY 8TH



RECOVERY FAIR



- INTERACTIVE
- ALL WARDS INVITED
- PATIENT DRIVEN



“Even when opportunity knocks you still have to get up off your seat and open the door!!”



**Seize the
opportunities
that present
themselves!**