

*Recovery is not
managing illness*

It's discovering wellness

*Recovery is not fixing what's
broken*

*It's finding wholeness,
meaning, and purpose*

A love for life

Recovery is a journey

*A reconnection to self,
others, nature, and Spirit*

*A willingness to forgive, an
openness toward
reconciliation*

A search for peace ...

-Author: Duane Sherry



Who to Call When Help is Needed:

24 hr Crisis Phone Lines

- Kids Help Phone.....1-800-668-6868
- Crisis/Sexual Assault 24 hr line.-888-292-7565
- Domestic Violence Line.....-877-977-0007
- Klinik Community Health.....1-888-322-3019
- MB Suicide Line1-877-435-7170
- RCMP (Flin Flon).....204-687-1422
- Flin Flon General Hospital.....204-687-7591

Day Support Phone Lines

- NHR Child and Adolescent Mental Health Program and Intake Services.....204-687-1350
- MB Farm & Rural Support Services.-
1-866-367-3276
- AFM Northern Region1-204-627-8140
- AFM Toll Free Line.....1-866-291-7774



**NORTHERN
HEALTH REGION**

RECOVERY



**What does “Recovery”
mean
for my child ?**

RECOVERY



Why talk about Recovery?

Recovery is about improving the lives of children, youth and their families.

What are some concepts of Recovery?

- Full participation in community life
- Life planning for youth and family that focuses on quality of life
- Changes in self perception, not seeing self as “sick”
- Emphasis on self-monitoring and self-management
- Promoting support from multiple sources
- Strengths oriented language and thinking
- A **hopeful** perspective

What about Hope?

Having a sense of hope is paramount in recovery.

“Hope is a desire accompanied by confident expectation”



Recovery involves the way individuals think, act and feel about themselves and the possibilities in their lives.

Having a sense of hope is the foundation for recovery.

Even the smallest belief that one can get better can fuel the recovery process.

Individuals must develop and internalize their own sense of hope.

Who aids in Recovery?

Parents and other caregivers of children and youth bear the responsibility to provide basic physical, social and emotional support for the developing child.

Support from peers, family, friends and mental health professionals is essential for recovery from mental illness.

It is especially beneficial to have multiple sources of support. This not only reduces an individual's sense of isolation, but also increases their activity in the community, allowing them to fully participate in society.

Recovery is
possible and does
happen