

# A Public Health Model of Pathways in the Recovery of Adult Mental Health

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# Recovery

of mental & emotional order  
abilities  
respect  
independence  
citizenship

For informed choice & speaking for oneself  
For seeking help: mental health or addiction services, family, self-help groups, friends or faith communities  
For seeking public entitlements  
Choice of treatment, self-help and/or rehabilitation  
For self-management of disabling conditions

# HOPE

**Anguish**

Disorder  
shame  
Isolation

Addiction  
Abuse/Trauma  
Incarceration  
Discrimination  
Disability  
Poverty

**Action Plan**

**Awakening**

To trust in one other person  
To anger  
To belief in self  
To moments of clear thinking  
To personal state as a woman or man  
To faith or love  
To the police as society's front line

**Self & Shared Determination**

In pursuit of employment and a home  
In pursuit of happiness & well-being  
In pursuit of valued social roles  
Taking pride in survivor skills & powers  
Remembering that one is not alone  
Reclaiming one's cultural or spiritual values as a person with a future

**Will to Survive**