

# recovery cup game

## Rules and Instructions

1. The game board is unrolled and laid on a table, taping it down if needed to keep it flat.
2. The two packs of cards should be placed near the board, ready for play.
3. Every player gets a cup and a game marker. The game marker is placed on the board where it says 'Start'.
4. There should be a lot of game pieces of one colour (e.g.: green), and a few of another (e.g.: blue). The blue pieces represent genetic vulnerability to mental illness, the things a person is born with which makes them more likely to experience illness. The other pieces represent the 'environmental factors', which are things that happen during a person's life, or things they do, that may trigger psychotic symptoms.
5. Each player in turn rolls the dice. The number rolled is the number of blue genetic vulnerability pieces that get put in that person's cup. The rest of the cup gets filled to the top with the other colour of pieces. A full cup means that person has active psychosis symptoms – delusions, hallucinations and paranoia. Psychosis is a set of symptoms that are part of several mental illnesses, such as schizophrenia, bipolar disorder or clinical depression. All players start out with a full cup.
6. The person who rolled the highest starts the game first, by rolling the dice again and moving their game marker along the board. They may go forward or backwards or follow any branch of the board they wish, as long as they only go one direction within a turn. This means that you can go forward or backward, but only forward or only backward in a single turn.
7. When a player lands on a space that has a picture on it, they pick up and read aloud a card from the matching deck and do what it says. Then their turn is over.
8. The game is won when every player's cup is less than half full.

Permission is granted to copy this document for non-profit educational purposes. This game was created by Sophia Kelly, DVATI for the BC Schizophrenia Society. Funding for this project was provided by BC Mental Health and Addiction Services, an agency of PHSA. Electronic copies of this game and instructions are available at [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) or [www.bcscs.org](http://www.bcscs.org) This game is not suitable for children under 6 as game pieces may be a choking hazard.