

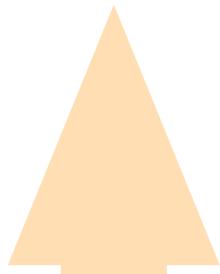
appendix b: stages of recovery

Progression through stages is not fixed; stages are arbitrary divisions in a continuous journey. Stages can experienced in various orders (e.g., may not go through them in the order they are listed, some may be skipped or revisited along the way.

**unaware/
dependent**

Stages Of Recovery

**Aware/
Interdependent**



	Early Signs	Crisis	Recuperation	Rebuilding	Life Beyond Illness
Experience of III Relative	Unusual or disturbing changes in thoughts and/or moods; possible substance use	Fear; frustration; confusion; helplessness; anger, resistance to "anything wrong"; relief; overwhelmed; exhaustion; ashamed; pain of stigma	Feelings of helplessness; despair; isolation; dependent on others; angry; difficulty holding onto hope; loss of identity; low energy and motivation; challenge of lingering frustration & managing symptoms/ side-effects; beginning to adjust to having a mental illness	Increased hopefulness; gradual acceptance of illness; awareness that "I am not my illness"; increased desire to be self-sufficient; confusion; better understanding of illness & ways to stay well; overcoming stigma; active coping; strengthening relationships with others	Sense of well-being; self-identity; optimistic and hopeful outlook; increased self-confidence & sense of control over the mental illness; work through setbacks and disappointments
Needs of III Relative	Reassurance; trust; support in accessing help before symptoms get worse	Accessing mental health help; basic daily care; protection from harm; consistent love & assurance; low stimulation; undemanding scheduled activities; support with treatment plan	Assistance with needs; provision of safe & healthy environment; education about illness management; increased physical & cognitive stimulation; support to become more responsible for self & to renew interests and activities	Building empowerment & increased self-sufficiency; increased responsibility for personal decision making & mistakes; learning to set realistic expectations and manage stress; ongoing encouragement & belief in success of ill relative	Ongoing illness management & relapse prevention; supportive work/education environments; opportunities to socialize and contribute to their community

	Early Signs	Crisis	Rebuilding	Life Beyond Illness
Experience of Family	Confusion; worry; denial	Fear; shock; denial; lack of acceptance of diagnosis; resistance to change; confusion; guilt; grief; relief; overwhelmed; ashamed; pain of stigma	Increased understanding of illness; more optimistic about future; holder of hope; frustration with setbacks and time it can take to see improvements; frustration with mental health system	Encouraged by progress; improved coping strategies; overcoming stigma; ongoing ‘dance’ between loss and hope; illness begins to take a “step back” in the family’s life; renewed focus on having fun together
Needs of Family Caregivers/Members		Support in getting help for ill relative; understanding early signs of mental illness	Assessment of strengths/ capabilities of family to provide care & supports needed; information about services & supports for ill relative and themselves; education about mental illness; practical support & recovery; compassion & empathy from professional care team	Maintaining focus on family needs as a whole; begin transitioning -- starting with small steps; collaboration & communication with care team; opportunities for respite or “time out”
Treatment/ Programs to Consider	Early intervention		Medication; hospitalization; treatment planning & discharge planning	Medication; ongoing mental health care; mental illness education; peer support; additional therapies or counselling; supported or independent living

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