



REHABILITATION & RECOVERY SERVICE

Is a program of the Canadian Mental Health Association, Winnipeg Region. This service works in partnership with people, 18 and over, who have a mental illness, including those with a co-occurring disorder (mental illness and substance abuse or dependence).

This working partnership focuses on choosing and achieving important roles related to:

- a place to live
- meaningful employment or education
- relationships
- meaningful activities

A person's life can be seriously disrupted by a mental illness. It can be difficult to get a vision for the future and to follow a plan to get there.

"Each person has their own unique strengths: values, beliefs, interests and skills."

The service provides an organized step-by-step process to use these strengths to define goals, set a course of action and achieve satisfaction and success in the new role.

Rehabilitation is

More than just finding a job or a home, school or place to meet people.

It is helping people to recover or discover meaningful roles in life such as being a successful and satisfied tenant, employee, student or friend.

The development of the right skills, resources and supports are important so that once the person begins their new role they can achieve success in it.

Rehabilitation requires

The person's active participation.

A lot of work can be required to make a major life change. The more work a person puts into the process, the more likely they will be successful and satisfied in their new role.



www.cmhawpg.mb.ca

Working Together

The partnership between the rehabilitation worker and the person is based on mutual respect. Both have knowledge and ideas to contribute.

Staff assist people to select a place to live, learn, work or socialize from the broadest range of possibilities based on personal preferences, interests and skills.

"People are involved in creating the kinds of lives they want."

After someone has settled into their new environment and has achieved success, then the focus may become developing other meaningful activities and relationships.

Getting involved

- First attend an information session.
- Fill out an application and have a clinical reference completed.
- Then an interview with a staff person will occur to determine need for rehabilitation.
- Once accepted, a Rehabilitation Worker will meet with the person and the planning process begins.



CANADIAN MENTAL
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EXPLORING THE JOURNEY OF RECOVERY WORKSHOP

Recovery

- Is a process that is possible for everyone
- Means that someone is not defined by their mental illness; it is only a part of them
- As people discover who they are and what their strengths are, their experience of illness becomes less prominent

Canadian Mental Health Association, Winnipeg Region offers a variety of workshops based on the recovery concept. Participants start with a 3 hour introductory workshop that focuses on recovery, change and overall health and wellness. This will be followed by an individual planning session with the workshop facilitator. During the planning session the person will have the opportunity to develop their own recovery plan. The plan may include participation in a series of other health, wellness and recovery workshops being offered or other recovery related activities. After the plan has been completed, a follow up meeting takes place with the facilitator to plan the next steps.

CHOICES ARE FOR EVERYONE

If you are interested in finding out more about this program call:

Phone: 204-982-6100 **Fax:** 204-982-6128

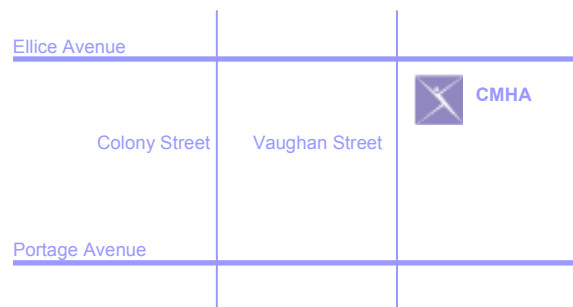
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Rehabilitation & Recovery Service

a program of the



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