

## The Statistics

Contrary to popular belief, the prognosis for patients with mental illness is good.

For example, results from seven follow-up studies of patients with the diagnosis of schizophrenia, over a period of 22 to 37 years, with 115 to 502 patients showed that 49% – 84% of patients fully recovered and /or significantly improved from their illness.

## The Journey

Consumer Services at the RBWH are dedicated to supporting consumers in their Recovery Journey. Recovery means that people with mental health issues can take control of their lives and live in a positive and fulfilling way in the community.

People on their Recovery Journey actively participate in all aspects of life – work (volunteer or paid), home, social, and hobbies, with a focus on health and happiness. People on the Recovery Journey may need to continue to take medication, and they may occasionally have relapses, but they use these experiences to learn, grow and prosper.

People on the Recovery Journey work in equal partnership with their treating team to take control of their mental health issues. The Recovery Journey is about a positive mindset and a belief that we can live happy and fulfilling lives despite mental health issues.

Queensland Health  
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## Self Determination

- I choose who can and can't come into my home.
- I choose where I live and who I live with.
- I choose my own friends.
- I decide whether or not to have a partner.
- I have people in my life who respect my values and choices.
- I decide how to be part of my community.
- I stand up for myself to get what I need.
- My human rights are respected.
- I'm free to choose my goals.
- I choose my medical doctor.
- I freely choose the medical treatment I get, and the type of help I want.
- I decide how involved I want to be in my medical treatment.
- I have the money I need to live the life I want.
- I feel responsible for my financial future.
- I choose what kind of work I do.
- I can deal with prejudice and discrimination.
- I choose whether to receive treatment for mental health problems.
- If I need one, I'm able to choose my psychiatrist.
- I manage my mental health problems.
- I set the goals for my mental health treatment.



Queensland Government



# Recovery

Consumer & Carer Services

## Recovery

Recovery is not the same thing as being cured. Recovery is a process not an end point or a destination. Recovery is an attitude, a way of approaching the day and facing the challenges.

Recovery is the urge, the wrestle, and the resurrection. Recovery is a matter of rising on lopped limbs to a new life. Recovery is not a linear process marked by successive accomplishments. The recovery process is more accurately described as a series of small beginnings and very small steps.

Professionals cannot manufacture the spirit of recovery and give it to consumers.

Recovery cannot be forced or willed. However, environments can be created in which the recovery process can be nurtured like a tender and precious seedling. To recover, psychiatrically disabled persons must be willing to try and fail, and try again.

*Dr. Patricia E. Deegan*

