

NASMHPD OFFICE OF TECHNICAL ASSISTANCE

Preparing the Adult Mental Health Workforce to Succeed in a Transformed System of Care

Workforce Development Module III An Introduction to Recovery, Hope, and Resiliency

Objectives

At the conclusion of this module, participants will be able to:

1. Describe the concept of Recovery
2. Define the concept of Resiliency
3. Identify some of the key components of Recovery
4. Understand the importance of supporting *Hope* in Recovery

Outline

- ✓ Recovery
- ✓ Resiliency
- ✓ Definitions of Recovery
- ✓ The Arts in Recovery
- ✓ Resiliency
- ✓ Fed Recovery Consensus Statement
- ✓ Recovery and Hope
- ✓ Practice/Exercise