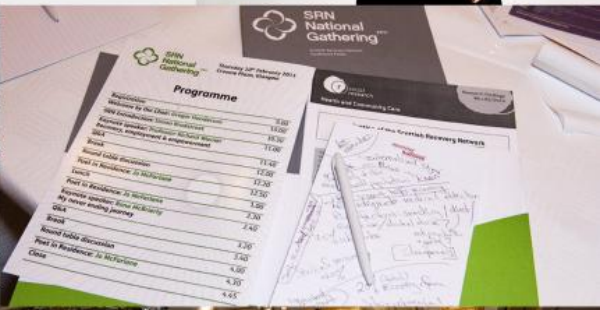
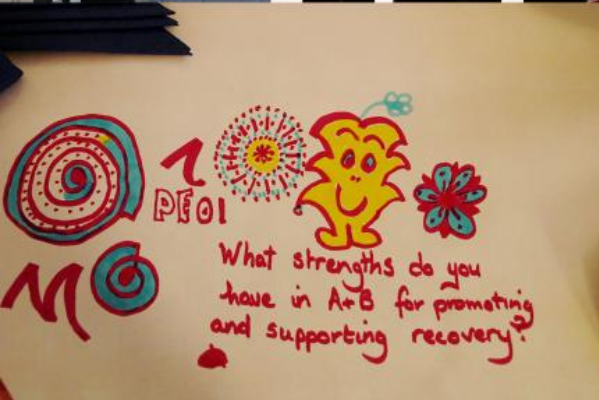


**Simon Bradstreet**  
National Director of the  
Scottish Recovery Network





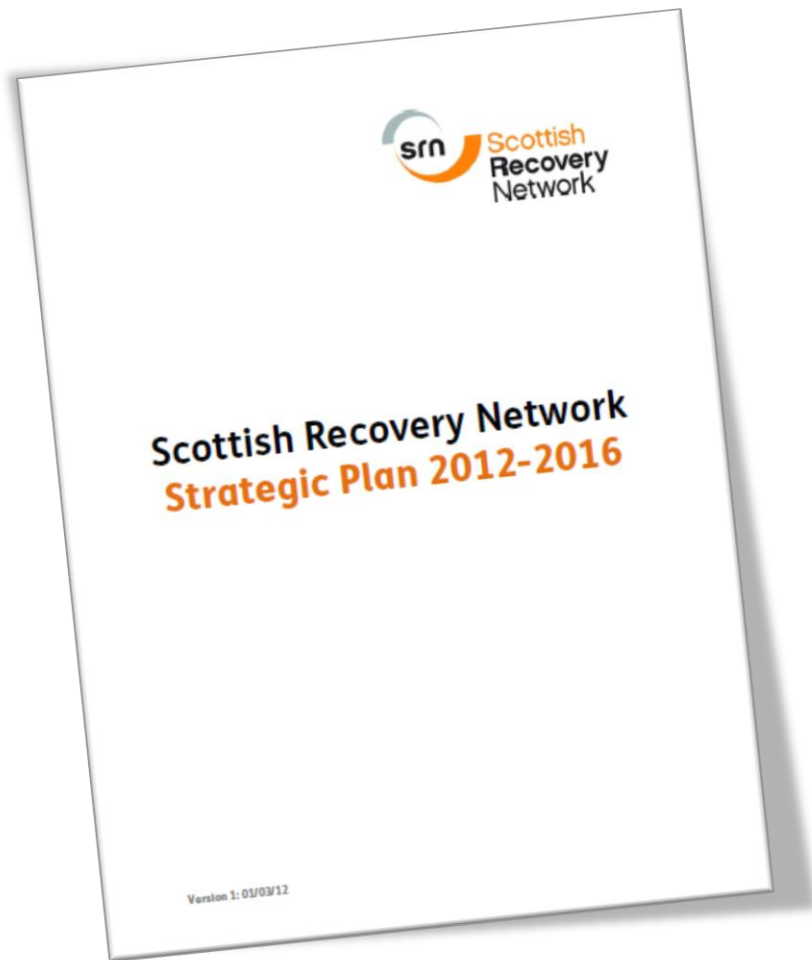
Recovery  
is just the  
Beginning





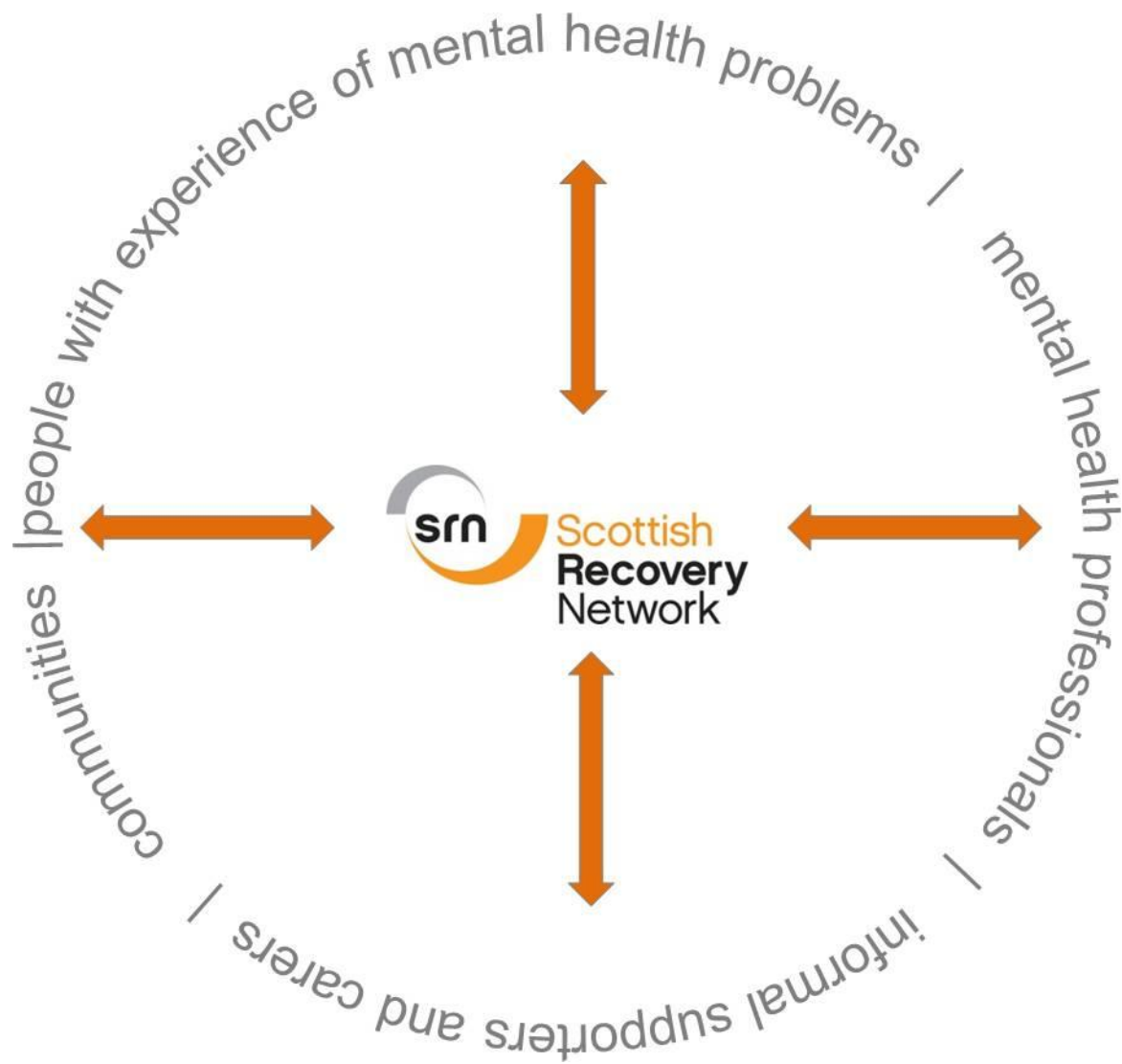
Our vision

*A Scotland where mental health  
recovery is a reality for all*



## Our goals:

- Raise awareness of recovery
- Encourage empowerment
- Develop the evidence base
- Influence policy and practice



# What is recovery

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- Unique experience with common themes
  - Hope, belief and identity
  - Empowerment and control
  - Meaning, purpose and opportunity
  - Relationships
- Spirituality and recovery
- A process rather than an event
- Not necessarily easy but possible



# What is recovery

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*“Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual’s recovery... is a unique and deeply personal process.”*

Journey’s of Recovery, Scottish Recovery Network, 2006

# Work programmes

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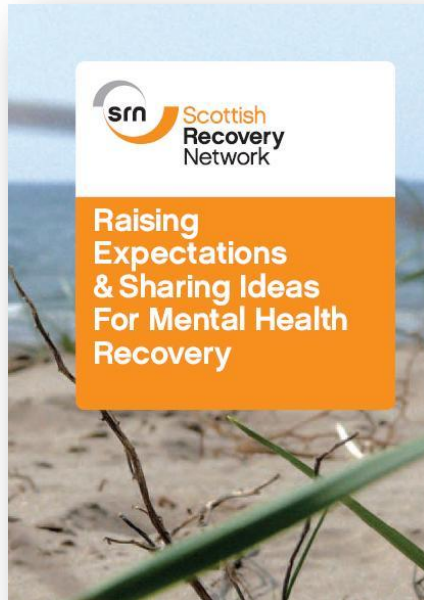
- Continued support:
  - Scottish Recovery Indicator (SRI)
  - Peer support
  - WRAP
- Renewed emphasis on communications





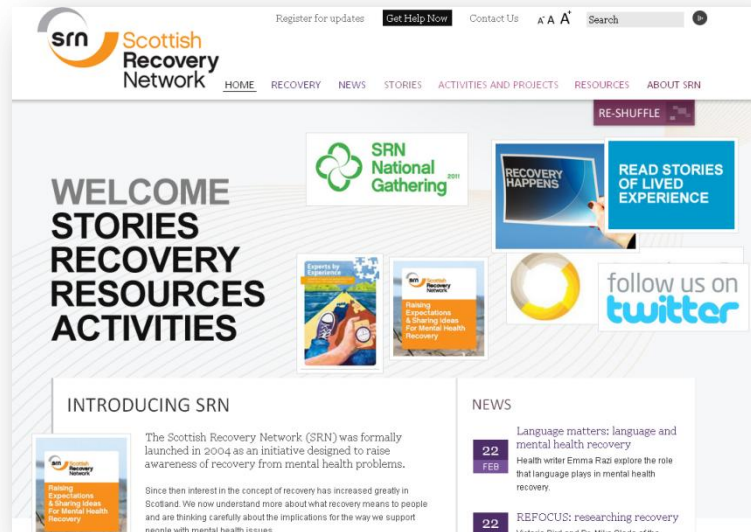
# New projects

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- Recovery and empowerment learning
- 'Right to Recovery' programme
- Research partnership
- Policy programme
- Professional Training & Learning Programme

# Find out more



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