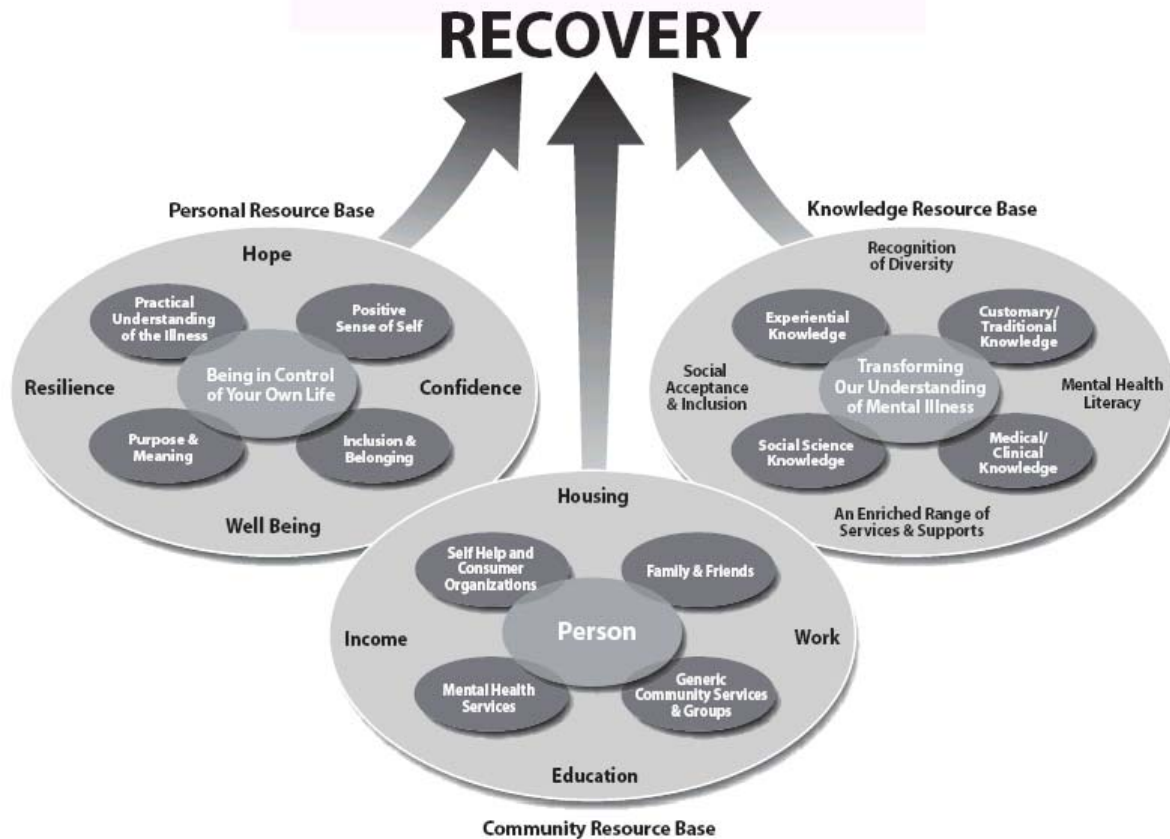


Three Pillars of Recovery



This mirror and the reflections we see in it shape an important part of our identity. For many consumers there is a turning point on the road to recovery, when someone – a family member, a professional, another consumer – recognizes their potential to transcend the illness and infuses them with this belief. Recovery can only exist when consumers receive affirming and positive images and are able to match these in their sense of themselves.

With the tools, the understanding, and the people we now have working towards recovery, it is time to start writing a new story about people with serious mental illness. The story we usually hear is a sad one, about failure, abandonment, and the “plight of the mentally ill”. We hear it over and over, and we need to hear it to the extent that so many people live lives of needless despair in which their gifts and aspirations go unfulfilled. The good news is that a different story, based on recovery, is now being written. Recovery is about success, new challenges met and overcome, and a new and enabling understanding.

We have succeeded in the huge task of imagining recovery, and we have started to build it. Now we will finish the job.