



MENTAL HEALTH AND RECOVERY AT THE VA

In order to support the rehabilitation and recovery of every Veteran with a mental illness, VA has identified recovery as a guiding principle for its entire mental health service delivery system. Recovery is a journey that involves developing hope, self-direction, empowerment, respect and peer support.

Mental health impacts how we think, feel, behave, and live. It helps determine how we adapt to a range of demands, relate to others and make choices. Just like physical health, mental health is important at every stage of life and is essential to overall health. Having access to the resources necessary to engage in one's recovery journey is important to all individuals.

DEFINED

In 2012, SAMHSA, the Substance Abuse and Mental Health Services Administration defined recovery as “a process of change through which individuals work to improve their own health and wellbeing, live a self-directed life, and strive to achieve their full potential.”

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that are essential to a life in recovery:

- Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- Home:** a stable and safe place to live;
- Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- Community:** relationships and social networks that provide support, friendship, love, and hope.

LEARN MORE

<http://www.mentalhealth.va.gov/mentalhealthrecovery.asp>

<http://www.samhsa.gov/recovery/>

<http://www.samhsa.gov/MilitaryFamilies/>

