



Your recovery journey

Recovery is a journey toward the life you want for yourself.

A mental health or addiction condition doesn't have to stop you from moving forward. How might your life be different if you were managing your mental health condition so you could feel good in your daily life? What does a full, satisfying life look like to you?

- Feeling confident about yourself?
- Having a sense of purpose?
- Having a job?
- Being in a romantic relationship?
- Living on your own?
- Helping others?



You might feel many different ways about recovery.

Which of the following best describes how you feel?

- I want to manage my condition, but I don't really know how.
- I want to manage my condition, and I feel confident I can.
- I know how to manage my condition, but it's not really a concern for me right now.
- I don't know how to manage my condition, and I'm not worried about it.



Sources:

Appalachian Consulting Group, What is this thing called recovery? A look at 5 stages in the recovery process, Ike Powell, 2009.

SAMHSA's Action Planning for Prevention and Recovery: A Self-help guide.

The information in this document is for educational purposes only. It is not to be used as medical advice.

We can translate this at no cost. Call the Member Services number on your member ID card.

Podemos traducir esta información sin costo. Llame al número de Servicios a Miembros que figura en su tarjeta de identificación de miembro.

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Moving through the stages of recovery

Mental health recovery doesn't happen all at once. You may move through stages. You might feel many different ways about recovery.

Stages of recovery

1. **I feel completely overwhelmed.** It's hard for me to make it through the day. My symptoms are severe.
2. **I feel limited by my illness.** I'm not sure what a better life looks like or how to get there.
3. **I feel like a better life might be possible,** but I'm not sure how to get there, and I'm scared.
4. **I feel like I could handle making some small changes towards living a better life.** I'm ready to take small steps outside my comfort zone.
5. **I feel hopeful and excited about my recovery.** I can do it. I'm ready to take steps toward the life I want.

It's important to be patient with yourself as you move through the stages. Try not to rush through them. Give each stage the time it needs. Each person needs a different amount of time.

Taking small steps

Recovery doesn't happen in one day. Some people find it helpful to take small steps like:

- Waking up and getting out of bed
- Taking a shower
- Eating regular meals
- Spending 30 minutes outside
- Making a phone call to a supportive person
- Attending a religious service or community event
- Volunteering to help someone else

What are some other small steps you can take?

Talking with someone

Sharing your thoughts and feelings about recovery can help. Who can you talk to?

My case manager:

My primary medical provider:

A friend, family member or other supportive person:

Avoiding negative self-talk

Recovery starts from the inside out. For some people, it's easy to get caught in a loop of negative thoughts or self-talk. This can cause a downward spiral of emotions.

What do negative thoughts and self-talk sound like? How can you change negative self-talk to positive self-talk?

| Negative self-talk | Positive self-talk |
|---|--|
| "I don't think this is going to go well." | "I'm going to do the best I can." |
| "I can't believe I made a mistake like that." | "It's okay. Everyone makes mistakes." |
| "This just proves I'm a failure." | "What can I do differently next time?" |

Would you say these same things out loud to a friend? If not, it might be time to take a look at your self-talk and work on being kinder to yourself.

A peer support specialist is someone who knows how recovery feels because they're on their own recovery journeys. They're here to help support you. **Call Member Services at 1-800-901-0020 (TTY 711) to learn more.**

Keeping your body healthy

Keeping your body healthy can help with mental health recovery. Which of these are you already doing? Which can you try?

- I eat healthy meals.
- I get enough sleep to feel rested each night.
- I walk or am active each day.
- I do activities for fun.



Member Services:

1-800-901-0020 (TTY 711)

24/7 NurseLine:

1-800-901-0020 (TTY 711)



You're not alone.

You might be surprised to know that 1 in 5 people have a mental health condition. **Recovery is possible.** It's OK to ask for help when you feel like you need it. We can help you find resources or get the care you need.

Additional resources

The Anthem HealthKeepers Plus Disease Management Centralized Care Unit has a program for members with mental health conditions.

How can we help?

- Personal help with managing your condition
- Help with coordinating care between your PCP and other specialists
- Information about local support services for your condition
- Information about resources in the community
- Phone calls to you and your doctors to track progress

For more information about disease management programs:

- Call us toll free at 1-888-830-4300 (TTY 711). You can reach us Monday through Friday from 8:30 a.m. to 5:30 p.m. local time.
- Review your Anthem HealthKeepers Plus member handbook.
- Visit www.anthem.com/vamedicaid.

Free apps

Many people with mental health conditions find smartphone apps to be helpful tools for their recovery journey. Apps can help you relax, manage stress and avoid negative self-talk. For a list of free, helpful apps and other tools for your recovery journey, visit www.anthem.com/vamedicaid.



Organizations

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- National Alliance on Mental Illness: www.nami.org
- Depression and Bipolar Support Alliance: www.dbsalliance.org
- Mary Ellen Copeland website and the WRAP (Wellness Recovery Action Plan): www.copelandcenter.com
- International Association of Peer Supports (iNAPS): www.inaps.org
- PMHCA (Pennsylvania Mental Health Consumers Association): www.pmhca.org
- SAMHSA: www.samhsa.gov
- Mental Health America: www.mentalhealthamerica.net