

Road to Recovery (R2R)

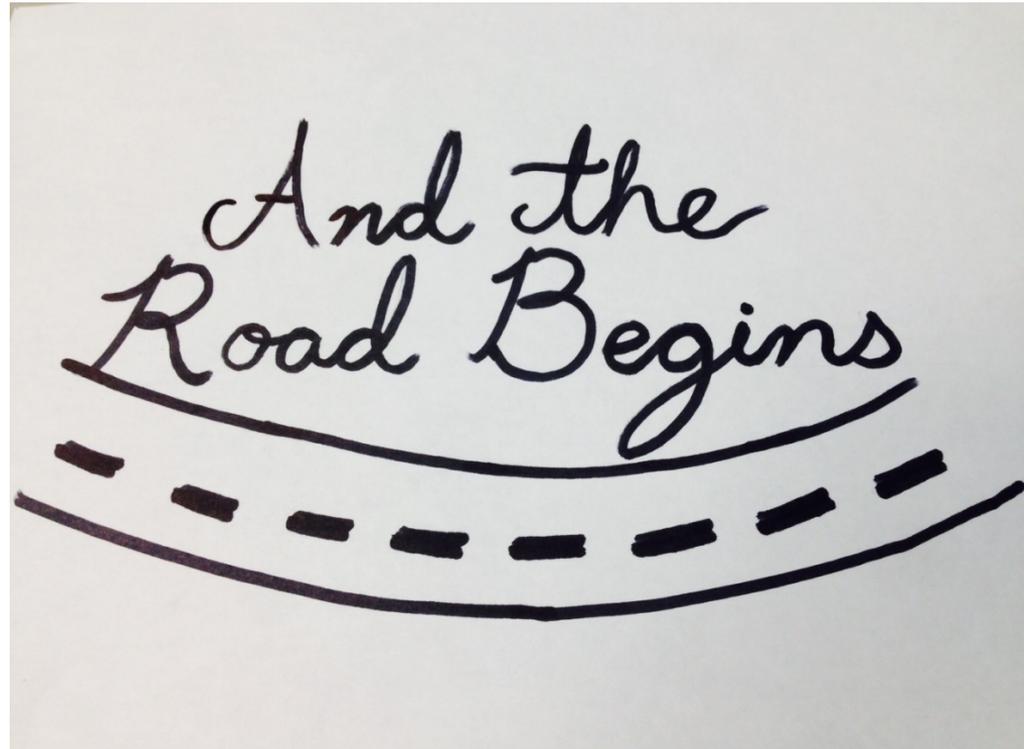
Introduction By: Diane Flanagan

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And the Road Begins...

- ▶ The R2R group met for the first time in November 2012 as a volunteer service oriented group to help patients within the hospital and the community.
- ▶ To educate the community at large about mental illness.



My Vision for Road 2 Recovery is...

Freedom inside and outside these walls.

Freedom wherever freedom calls.

Once you free your mind,
you've freed yourself.

So expect freedom and nothing else.

Getting out and doing good,
so we can express **Road 2 Recovery**
to everyone as we should.

- Thomas

Christmas Cookies- Vicky

- ▶ Hello, my name is Vicky. I joined Road 2 Recovery on November 20, 2012. It's an honor to be here today. As you know, I am here to talk with you about what we do in Road 2 Recovery.



- ▶ On December 20, 2012, we made peanut butter cookies. We know that the peanut butter cookies are inspiring to make and they help us encourage one another on how it is to be appreciative and makes the room feel harmonious. When we get together as a group, the time we put into making these cookies seems very short. We enjoy baking cookies for other units because it makes us feel needed and it is for a good cause to help others. It makes us feel excited, sympathetic, and reliable to do better and be more creative next time.

Blessing Bags- Donyale

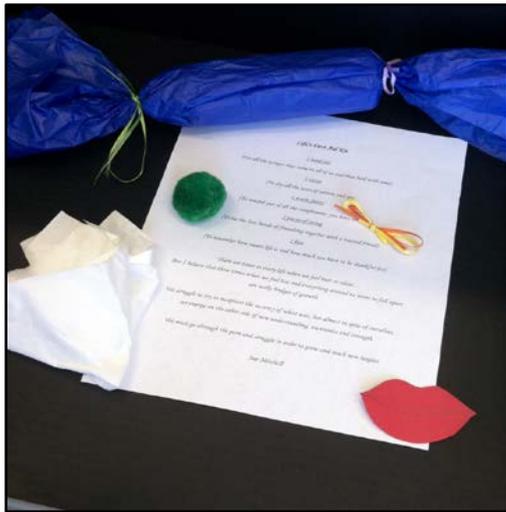
- ▶ Hello, my name is Donyale. I would like to thank everyone for participating today! In Nov. of 2012, I was asked if I would like to be a part of a really great group called “Road 2 Recovery.” In the group, I would be given the opportunity to help others in many different ways.
- ▶ One of the ways I was able to help was in January of this year. The group and I came together and decided that a donation drive to sponsor Blessings Bags for the homeless would be beneficial to the community.



- ▶ Therefore, we set out bins, flyers, and sent the word, “ that we were collecting donations for the homeless.” Before long, we collected hygiene, undergarments, foods, and other necessities. We were able to fill about 200 of these 1 gallon bags that were passed out at the largest homeless shelter here in Phoenix. All of the bags were truly a blessing, because they were filled with love, grace, and a handwritten note of encouragement from each one of us.

Life's First Aid Kit- Sheri

- ▶ Hi. My name is Sheri. I have been with Road 2 Recovery since November 12, 2012. I love all the things we have and will accomplish through our group.
- ▶ We did the Life's First Aid Kits on March 13th. We gave them to Aggie Brazil from NAMI to give to families and people with mental disabilities. We made roughly 67.



Here is what is in a Life's First Aid Kit...

- 1 Band Aid-For all the scrapes that come to all of us and that heal with time...
- 1 Tissue-To dry all the tears of sorrow and joy...
- 1 Warm-fuzzy-to remind you of all the compliments you have received...
- 2 Pieces Of String-To tie the last bonds of friendship together with a trusted friend...
- 1 kiss-To remember how sweet life is and how much you have to be thankful for...

There are times in every life when we feel hurt or alone... But I believe that these times when we feel lost and everything around us seems to fall apart are really bridges of growth.

We struggle to try to recapture the security of what was, but almost in spite of ourselves, we emerge on the other side of new understanding, awareness, and strength...

We must go through the pain and struggle in order to and reach new heights ...

-Sue Mitchell

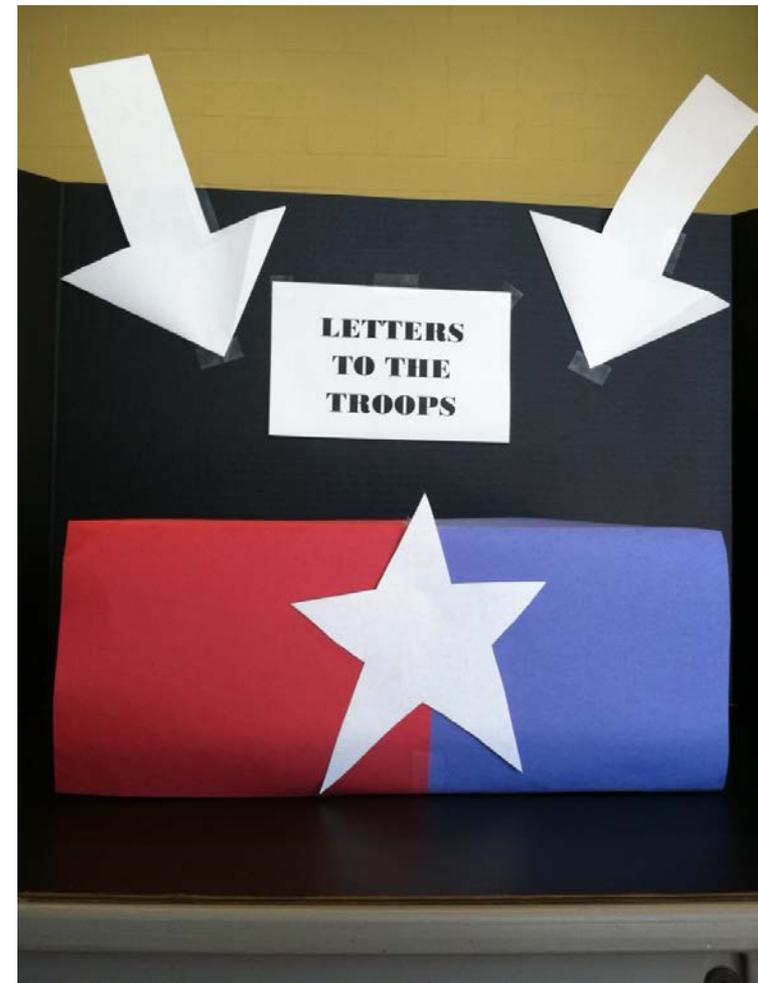
NAMI Walk- Joe



- ▶ NAMI is the National Alliance on Mental Illness. It is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research and is committed to raising awareness and building a community of hope for those in need.
- ▶ The NAMI walk is held in 84 cities across the country. These walks are sponsored to raise awareness and support those with mental illness. By educating people about mental illness and stamping out the negative stigma about mental illness, NAMI helps build family to family support groups. Arizona State Hospital (ASH) held its NAMI walk in May 2013, which helped educate patients about famous people with a mental illness. By having this walk, it shows that mental illness affects a broad range of society. The NAMI walk for Phoenix was held on October 19, 2013.

Letters to Troops- Cindy

- ▶ My name is Cynthia and I've been with Road 2 Recovery for about a year, since November 2012. We do many things for organizations that need help to serve people with needs. My nephew is in the Army and has served in Iran and Afghanistan. I understand how it feels to have a loved one in harm's way and far from home. Road 2 Recovery sent letters out to the troops that were written by peers and staff at ASH. We sent the letters to my nephew to distribute to the soldiers in Denver, Colorado, where he is stationed. We were sent back calendars and labels with my name and address on it, as well as stickers for celebrations. The outcome was pleasant and appreciated by the soldiers. Thank you for coming to this committee and letting us share what we do for our group.





Putting It All Together

- ▶ Road 2 Recovery is a community support service oriented group. Road 2 Recovery has been offering humanitarian services for a year and due to its success a second recovery group (Beginning Road 2 Recovery) has been formed incorporating the same motives and values. One of the goals of the group would be stomping out the negative stigma of mentally ill people and re-sculpting the image. Whether it is assembling blessing bags or first aid kits, Road 2 Recovery takes pride in going above and beyond when giving back to the community on and off the facility. When relating the words of the FISH philosophy to our experiences we acquire from the group, having fun is the first and foremost rule. Activities such as going away parties for the O.T. students is just some of the fun we have. We individualize the support and needs of the people on a case to case basis. Taking care of the community on and off the facility is how we show that we are service oriented. We are helpful to any and everybody who needs support.