



The group's philosophy is-
"A-ohe hana nui ka alu-ia"

No task is too big when done together

Arizona State Hospital Road to Recovery

Program Description

Road to Recovery is a group offered to patients by referral through forensic rehab at Arizona State Hospital. Road to Recovery encourages patients to volunteer their ideas, time and creative energy to those that need it most. By helping the homeless, struggling families, veterans, people with disabilities and people with serious illness, members of this group learn the importance of selflessness and benefits of giving back to the community. A Road to Recovery member stated that, "It is through helping those in need that we hope to stomp on the stigma that we are not good people, but instead, we are able to be a productive member of the community." The group also serves as a support system for the members,

who share on a personal level with each other in a setting that is comfortable for them. The group meets once a week for an hour to discuss, plan and create ways to give back to the community. The most recent event the group has planned is hosting a booth at the NAMI walk in Phoenix. They have been making ceramic cacti and hand-painting NAMI on each one to help spread the message and the mission of NAMI in Phoenix.

Examples of how Road to Recovery is giving back...

Mental Health Awareness
On May 24, 2013 Road to Recovery hosted a successful "Mental Health Walk" within the Arizona State Hospital facility. The group asked for any donations to be sent to the National Alliance for Mental Illness (NAMI) as a way to reach out to the community. The group continues to plan and organize events to support mental health awareness and care.

Life's First Aid
The group assembled "Life's

First Aid" kits that were donated to NAMI. In the kits were things such as a tissue (to dry tears of joy and sorrow), a band-aid (for all the scrapes that come to us and will heal with time), etc. These kits were given to individuals and families dealing with mental illness to offer hope and understanding of mental illness.

Letters to the Troops
Road to Recovery also reaches international lengths by writing letters in support of U.S.A

troops serving over seas. The group encouraged involvement from all patients at Arizona State Hospital to contribute letters of support and encouragement to the men and women defending American freedom.

Blessing Bag Project
The Road to Recovery group has put together bags to give to the homeless. Included in the bags were items such as sunscreen and hygiene items, as well as snacks.