

www.recoveryawareness.org

The dream when we developed the Center For Recovery Awareness, housed at Café Can Do, was to extend our capacity by including a focus on mental illness recovery.

Our work was grounded in the following values:

Recovery is personal

Recovery must be inclusive of family and friends

Recovery must have a human face

That the language of recovery must include

themes of hope, change, and self-determination

Café Can Do is pleased to unveil today a significant statewide resource for mental illness recovery including a web site based on real people, real stories and real passion for recovery.

This came to fruition because of two significant reasons. The first is that the State of Michigan Department of Community Health and Summit Pointe had the vision and knowledge of **mental illness recovery is essential** to the continuum of care for mental health services. They provided funding for this effort. The second was the commitment of consumers - both those of us with a diagnosed mental illness and those of us who do not have a diagnosed mental illness to come together - to struggle, debate, rejoice, and learn from the scientific community but mostly from each other about the faces of recovery.

We are indebted to the steering committee and work teams who did the hard work of believing in themselves, believing in the process and staying committed. We knew each step of the way, often baby steps, that the development of the web site was not only essential for our community but also essential for the State, the Nation and the International community.

Promoting Recovery, Reducing Stigma, Facilitating Independence

These are the central themes that developed. The result of these closely held themes, allowed each of us to contribute to the body of knowledge about recovery.

The information is universally available through our web site

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