

Impact Story

The principles of recovery are a bridge back to the world

The principles upon which recovery flourishes blend to promote an environment of hope, collaboration, responsibility, and growth. The Recovery College creates this environment.

Respecting these principles of recovery advances this approach through recognition of the diversity each of us brings to the table.

Originally my expectations as an older woman were that I would struggle to relate to younger people in the class and to those from different backgrounds.

I could not have been more wrong.

Not only did I feel respected and valued, but my eyes were opened to our similarities.

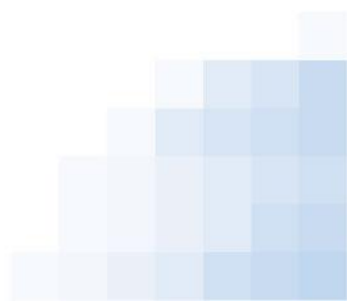
My learning curve did not stop there. I was emotionally moved and educated by my classmates when they shared their ethnic and cultural challenges. Others helped me understand that sexual orientation was a major struggle for many people. The appreciation and sensitivity I assumed were commonplace for others, for these differences, as well as mental and physical disabilities, religious beliefs, and economic differences, to name but a few, were not our reality.

My teachers and staff promoted positive approaches to good mental health and rehabilitation that addressed me as an individual. They encouraged patient interactions while offering psychological perspectives that educated and explained for me many of the challenges I was experiencing.

I am grateful for the education and acceptance I received. I watched myself and others grow and gain confidence through the sharing and understanding we extended to each other.

Being allowed to voice who we were was not only a huge step for many of us, but that sharing also endorsed our identities as individuals, promoted our own feelings of self-worth, and helped build our confidence.

For myself, the principles of recovery were the bridge that led me from fear and loneliness to a place where I felt accepted and valued. That bridge was a path back into the world where I could build a life that let me be the sum of my life experiences while helping me to grow toward my dreams and aspirations.



These principles thrive because they draw on diversity to educate and appreciate the perspectives that have created each of our lives. When others listen without judgment and respect our differences while educating and guiding us, many can walk our recovery journeys with hope and renewed confidence that our lives hold value.

Martha Hopkins, Recovery College student

