

# *Taking Flight*

A Briefing from Project GREAT  
Georgia Recovery-Based Educational Approach to Treatment

## ANNOUNCEMENTS

### **MCG Hiring Second Peer Specialist**

Some time fairly soon this spring, a new MCG peer specialist will join Gareth Fenley to spend more time on the 3 South inpatient unit and in other settings with residents, students, patients, faculty and staff.

### **Project GREAT Hits the Road**

Both psychiatry and psychology residents are signing up for day trips to help deliver Recovery-based trainings to Georgia community service providers. Interested? Contact Dr. Alex Mabe.

## A RECOVERY STORY

“For months I sat and smoked cigarettes until it was time to collapse back into a drugged and dreamless sleep. But one day something changed... A tiny, fragile spark of hope appeared... I rode in the car, I shopped on Wednesdays, and I talked to a friend for a few

minutes... I took responsibility for my medications, took a part-time job, and had my own money... I went to school to become a psychologist so I could work with disabled people.”

~Patricia Deegan, PhD

## LEARNING POINTS

Hope is about having the “Will” and the “Way.” The “will” is about conveying the message that people with mental illness can recover and can have meaningful lives.

**Q:** What is the “Georgia definition of recovery”?

**A:** “Recovery is the process of gaining control over one’s life – and the direction that one wants that life to go – on the other side of a psychiatric diagnosis and all of the losses that are usually associated with that diagnosis.” (Appalachian Consulting Group.)