



TMHA Wellness Centers: Wellness Philosophy and Language

'Life House is a safe and friendly community where you can be yourself, share experiences and grow in your recovery'

'Hope House is a safe, welcoming place of acceptance, education, support and commitment. We are friends sharing in growth, learning new skills & tools, and enjoying activities together (with a great cat!)

'Safe Haven is a wellness community where dreams and hopes are achieved using our gifts and strengths to support each other'

HOPE: Hope is the beginning. It's the thought that things can get better, a feeling of courage with a spark of new energy. Hope creates a turning point; it plants the seed of dreams. It is a vision for the future, learning to focus on the positive. We are holders of hope, for ourselves and each other.

EMPOWERMENT: Living mentally and socially well requires effort. The Wellness Center's are not problem solvers for our members. The lead role in the service partnership is with the receiver of services. Empowerment promotes self-advocacy and supports the new paradigm of mental health support services – the receiver takes the lead and does not give power away.

RELATIONSHIPS: Healing happens in relationships. We value and nurture relationships based on kindness and mutual respect. Maintaining a positive focus and having compassion helps us to create a community with valued roles for everyone and causes us to celebrate diversity. Acceptance of each other's past and present struggles allows us to bring light to our strengths as individuals, constantly strengthening our social and supportive relationships.

WELLNESS: Wellness is a choice, a decision made by an individual to strive for health in all aspects of their life. Wellness is a state of complete physical, mental, and social well-being, not merely the absent of illness or infirmity.

COMMUNITY: Imagine a community where "everybody knows your name and they are always glad you came". A place where members work together to bring out everybody's best. We catch each other when we start to fall and share what's been learned so all can benefit. In spite of our past, we are valued for our experience and counted on to contribute.

- Peer operated
- Future focused
- Community integrated
- Committed to education
- Person centered
- Relationship based
- Committed to personal wellness
- Crises prevention
- Strengthened through fun experiences

RECOVERY: Not just an inspiring belief, but a practical process that people have to work hard on. Not merely a gathering back of what was lost, but a transformation into a new, more whole, human being.

WELCOMING: To promote the on-going interactions among people that encourages belonging and group participation.

LEADERSHIP: is a powerful tool for communicating the messages of hope and choice.

“Peer Leadership”: through personal experience peers engage members who may not have been willing to share information or ask for support from an identified “professional”. Ability to connect through common experience and offer strong and unique angles of support.

“Staff Leadership”: based on the principles of *empowerment*, it is the ability to walk-along-side members through life, acting as a sounding board, guide, support, and holder of hope.

PERSON CENTERED: People and their strengths are the focus of our community, not their illness or struggles. By viewing each member as a person first and focusing on their strengths, we have a much clearer vision toward a positive recovery.

Moving from a Problem or Deficit Orientation	→	... to a Strengths Orientation
Instead of focusing on my problems, symptoms and deficits ...	→	I am primarily concerned with what I want, desire and dream of.
I don't spotlight my pathology and difficulties ...	→	I seek to understand, use and build upon my positive talents, skills, knowledge and abilities.
Rather than see myself as my diagnostic label...	→	I see myself as a unique human being, with a strong mind, body and spirit .
Instead of letting others' perspectives guide and sometimes limit my choices ...	→	I honor my own standpoint, values and beliefs. I know that life holds many possibilities. I can choose a positive direction.
I don't believe that my past predicts a negative future ...	→	I am concerned with the here and now and moving toward a positive future.
Rather than focusing on my functional deficits, the things I cannot do ...	→	I know that I have many coping skills. I've made it this far and I know I will make it in the future. I have many skills and can learn new skills if I need to.
Instead of letting professionals who know "what is best for me" control decisions in my life ...	→	I have the right to explore choices and make my own decisions.
Instead of feeling that it doesn't matter if I'm irresponsible because that's part of having mental health struggles...	→	I take responsibility for the outcomes of my decisions. I have primary authority and ownership for my life and self-direct my recovery.
Rather than focusing on my problems so that my life seems limited and stagnant ...	→	I am actively learning, growing and changing.
I don't let the people around me reinforce my limitations ...	→	I seek relationships, role models and helpers who support and encourage me in my recovery journey.
I no longer see my contacts and resources as limited. I don't have to rely on the mental health system to meet all my needs...	→	I actively explore my community and find friendship, inspiration, help and desirable resources all around me.