Recovery International

“Recovery International – Power Your Mind”

Accessibility Transcript
The following is a transcript of the audio from the Recovery International Power Your Mind overivew. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Hi everyone. My name is Angela Sullivan, and I'm pleased to bring you a preview of the new youth program called power your mind tools to build resilience from Recovery International.

In addition to these statistics, recently Mental Health America released results of a study conducted in 2020 to understand the impact Covid has had on mental health the proportion of youth in the 11 to 17 age range who accessed screening was 9 higher than the average last year. So, you are not alone and recognizing the need to help young people deal with stress and anxiety. We developed this self-help program the program is in keeping with the Recovery Method with a focus on controlling anger and alleviating anxiety caused by everyday trivial situations - you know those little things that can really add up. The workbook is delivered in seven parts, and we advise that you complete one section each week to allow time for practicing the lessons and the tools you learn. The workbook can be used independently or in a small group workshop setting. Here's a list of all the concepts that are covered in the program. If you are familiar with Recovery International, you will recognize these.

The concepts are told through a storyline approach featuring six main characters the stories cover some typical situations that teens and young adults may encounter. They're dealing with things like anger and insecurity, social issues and temper. We follow them as they apply the training they learn from the Recovery Method to their situations. We're going to look at Max a little bit more closely. Each story is told through this full comic panel page, as we can see here. So, let's meet max.

Here max is waiting outside a movie theater for a friend who is late and he's starting to get worked up. He pauses and thinks about the situation and starts applying some tools he's learned to calm himself. He decides there could be external factors taking place that is causing his friend to be late - you know things she just can't control and aren't her fault. Ultimately Max comes up with a plan B if his friend doesn't arrive on time. Through Max's story you learn to recognize the different types of temper and tools to calm yourself like you see here in the box.

Next, we introduce you to the 4-step Method which is simply an outline of how to think about a situation objectively, identify what kinds of symptoms the situation is triggering, and apply the tools you've learned to de-escalate things and change the outcome. And one other important thing that you learn to do in this program is endorse yourself for trying and improving - just like patting yourself on the back for a job well done.

Here's just a few more sample pages from the workbook. And because I call it a workbook, I don't want you to think of it as work - think of it as exercise for a stronger brain - building your resilience, empowering your mind toward a lifetime of better mental health.

Earlier I mentioned this can be used in a group setting, so if you're part of a youth group. If you would like to have a facilitator or just have questions about the program, please contact me at info@poweryourmind.org. To purchase a workbook go to our website or visit Amazon.

Thank you so much for your time today. I wish you better mental health.

Accessibility Note

This transcript accompanies the video. When exported from Microsoft Word, save it as a tagged PDF to preserve headings, reading order, and accessibility features.