

Description of CooperRiis Recovery Domains

1) **Social/Community/Connectedness**

This domain refers to one's ability to connect to others in healthy, balanced, and functional manner. It refers also to the ability to maintain appropriate boundaries and the capacity to develop authentic emotional intimacy which in turn leads to rich and meaningful relationships. The acquisition of effective interpersonal skills including listening skills, nurturing skills, empathy, and conflict management skills also falls within this domain. Additionally, this domain refers to the sense of pride, acceptance, and belonging that is fostered by being a contributing and valued member of a caring community.

2) **Spirituality**

This domain refers to one's sense of inner peace and harmony. It also refers to a sense of hopefulness, a passion for life, and a sense of appreciation and gratitude. Spirituality often offers a sense of clarity about one's values and one's sense of purpose and meaning in life. An individual may obtain spiritual nurturance in a variety of ways including practicing a certain faith, spending time in nature, or using modalities such as yoga or meditation as a means of becoming more centered, more reflective, and more peaceful.

3) **Purpose/Productivity/Fulfillment**

This domain refers to the sense of accomplishment and fulfillment that derives from meaningful and rewarding activities. Having the opportunity and initiative to become a contributing and productive member of a community is central to this domain whether it be through employment, education, volunteer opportunities, or general acts of good will. Mentoring, role-modeling and other leadership opportunities can also foster a sense of fulfillment, purpose, and productivity.

4) **Empowerment/Independence**

This domain refers to the development of attitudes and behaviors which foster increased independence and an increased sense of control over one's life and one's own recovery process. Increased self-confidence, motivation, responsibility, and self esteem are all associated with this domain. An increased ability to self-monitor and to be proactive in order to decrease symptoms and problems also contributes to empowerment as well as increased functional coping abilities and decreased reliance on self-destructive or dysfunctional ways of coping. Intentionally fostering functional and adaptive ways of thinking contribute to empowerment (as opposed to negative thinking patterns that contribute to suffering). Willingness to take risks in order to grow also fosters independence and empowerment.

5) Emotional and Psychological Health

This domain refers to an overall sense of well being and emotional stability. The ability to monitor emotional states, recognize warning signs, and to implement proactive strategies to effectively manage one's emotions contribute to emotional and psychological well-being. The ability to self-soothe and to nurture one-self is also important. This domain also refers to symptom reduction and/or management which often entails increased insight, improved self care, a willingness to seek help, and a healthy medication optimization approach. For an individual with an ongoing health challenge, developing a healthy sense of self often includes recognizing that he or she is a unique, complex, and multi-dimensional person who refuses to be defined by their challenges. Instead, the individual recognizes and honors their unique skills, characteristics and interests, and pursues activities and relationships that provide pleasure and fulfillment. Making play and humor a priority contribute to emotional and psychological health as well as feeling capable of obtaining the quality of life for which one strives.

6) Physical Wellness

This domain refers to one's ability to take care of basic physical needs such as hygiene and healthy sleep patterns as well as other physical wellness domains such as regular exercise and a healthy diet. Physical wellness also refers to the conscious decision to adopt a healthy lifestyle. Avoiding habits and behaviors that negatively impact physical health such as smoking, eating unhealthy foods, and abusing substances such as caffeine, alcohol, and drugs is also important. Physical wellness is positively impacted by a variety of self care and stress reduction activities and behaviors such as exercise, meditation, massage therapy, acupuncture, and yoga.

7) Intellectual/Learning/Creativity

This domain refers to the willingness and desire to learn and to challenge oneself mentally and creatively. This reflects a curiosity about the world around us and a desire for and openness to multiple growth opportunities. Taking risks and challenging oneself often promotes learning and growth. For an individual with an ongoing health condition, a constant desire to learn more about the process of recovery is also important. A willingness to tap in to and to actualize creative energy is helpful as well.

Cooper Aji's Creativity Query

Name _____

Date _____

When was the last time you had a flash of inspiration? (A hunch that proved correct to an unexpected idea?) Would you like to share what it was?

- a. When do you feel most alive?
- b. When are you happiest with yourself?
- c. If you block yourself from being creative, what thoughts prevent you from following through?

What kinds of feelings do you experience during/after a burst of inspiration?

What are your sources of inspiration? (Nature, music, travel, meditation, dreams, beach, museum)

Name a person who inspires you. What qualities do they resonate with you?

Is there a time of day where you feel more creative? How will you honor your creative time during the week?

What enriched your life as a child? (Did you like to play in the woods? The sand? Building forts? Dress up? Being with animals? Did you enjoy art, swimming, dance reading, singing, acting, etc?)

If you were an animal, what would you be?

What are your favorite aspects about yourself? (Ex: honesty, efficiency, humor, playfulness, openness, persistence, gentleness)

- a. How do you express these qualities in your life?
- b. What do you admire about yourself? (Remember to define yourself as WHO you ARE, not by what you DO.)

Please specify your past and present creative interests.

When it comes to the arts I like to:

- Sing
- Dance
- Paint
- Draw
- Sculpt What medium? _____
- Play with clay Potter's wheel? _____
- Play a musical instruments What kind? _____
- Act
- Stage design
- Work backstage
- Be in the audience
- Fabric Arts (sewing, designing clothes, etc.) explain _____
- Fiber Arts (Knitting, crochet, felting) explain _____
- Film –motion pictures
- Photography
- Other
- Write (poetry, stories, non-fiction, journaling etc)

I like to work with:

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Oils | <input type="checkbox"/> Metal |
| <input type="checkbox"/> Acrylic paint | <input type="checkbox"/> Fabric |
| <input type="checkbox"/> Watercolors | <input type="checkbox"/> Paper |
| <input type="checkbox"/> Pencil | <input type="checkbox"/> Film |
| <input type="checkbox"/> Pastels | <input type="checkbox"/> Collage |
| <input type="checkbox"/> Clay | <input type="checkbox"/> Other |
| <input type="checkbox"/> Stone | |
| <input type="checkbox"/> Wood | |

What would you create if you could not fail? (You have unlimited time, materials, knowledge, help and money)

Start to think about ways to express yourself. What would that look like? Are there certain creative things you would like to learn? Are there ways to begin a representation of your recovery story? What do you need to begin? What community resources exist that could support your creative endeavors?

CooperRiis Spirituality Assessment (Version 2)

-What gives you a **sense** of peace and serenity?

-Is there anything you hold onto in difficult times?

-Do you follow any spiritual path or practice? If so, how would you describe it?

-Do you carry out any specific practices as a part of your religious or spiritual life (i.e. praying, meditation, reading spiritual texts, attending services/ceremonies, sitting with nature, hiking, music, etc.)?

-What, if any, significant spiritual experiences have you had (e.g. mystical experience, near-death experience, 12 step spirituality, drug-induced, dreams, etc.)?

-Do you believe in a higher power (God or any other)? If so, what important experiences and thoughts have you had about God/higher power?

-How would you describe your Higher Power? (Loving or stern? Personal or impersonal?)

-Do you have a desire to grow spiritually? Do you have specific ideas about how you would like to grow?

-For some people, their religious faith or spiritual beliefs act as a source of comfort and strength in dealing with life's ups and downs. Is this true for you and if so, how?

-What role does your spirituality play in your recovery? Would you like that to change in any way?

-How would you like your CooperRiis experience to affect your spiritual life?

-Are there any religious or spiritual practices you'd like to continue while at CR?

-Is there anything your team or the Cooperriis community can do to help support you on your spiritual path? (more church/spiritual center trips, speakers, discussion groups, spiritual literature study, ceremony, etc.)

CooperRiis Value Statement on Spirituality

A variety of case studies, research studies and surveys show evidence that religious and spiritual convictions, beliefs and practices have a positive correlation with mental/emotional wellness and recovery. More specifically, beliefs, convictions and practices often help to reduce mental health symptoms, provide a fulfilling view of life even when symptoms persist and accelerate the process of recovery.

The CooperRiis Community has recognized the importance of Spirituality throughout its existence as evidenced by the inclusion of spirituality as one of the seven domains of recovery and wellness. Spirituality was included as a domain based on a grounded theory analysis of actual recovery experiences. This research indicated that spirituality often serves as a source of hopefulness that fuels healing and growth early in the recovery process and that it also contributes to meaning in life and quality of life as the recovery process unfolds.

The definition of the CooperRiis Spirituality Domain is as follows:

“This domain refers to one’s sense of inner peace and harmony. It also refers to a sense of hopefulness, a passion for life, and a sense of appreciation and gratitude. Spirituality often offers a sense of clarity about one’s values and one’s sense of purpose and meaning in life. An individual may obtain spiritual nurturance in a variety of ways including practicing a certain faith, spending time in nature, or using modalities such as yoga or meditation as a means of becoming more centered, more reflective, and more peaceful.”

CooperRiis considers it an imperative to address spirituality as part of the treatment/recovery process. With this imperative there is also responsibility and intentionality regarding how spirituality is approached. On the one hand we must not promote a particular religious view or proselytize. On the other hand we must not ignore, avoid or evade the spiritual needs of anyone. As a healing community we must be receptive and responsive to the expressed interest of all for support with spiritual aspects of their recovery.

Definitions, Concepts, and Competencies

SPIRITUALITY INCLUDES BUT IS NOT LIMITED TO RELIGION - There are many ways to define “spirituality” and “religion”. Spirituality may be defined as a person’s desire to belong to something greater than themselves and a belief system or life philosophy that provides meaning, purpose and direction in life through the use of practices that generate hope, inner peace, comfort and support. Religion may be defined as a faith tradition of like minded people who follow a particular set of beliefs, creeds and sacred texts expressed in rites, rituals and worship which connect believers with that which is Holy/Divine.

SPIRITUALITY IS A CORE COMPONENT OF CULTURAL COMPETENCY - Cultural competency refers to an honoring, respecting, appreciating and understanding of diverse ethnic and cultural influences necessary for effective practice to support recovery. It includes competency around language, knowledge, skills and attitudes informed by one's cultural circumstances. It strives to move from a posture of tolerance to a culture of acceptance of diversity which also serves to reduce the exclusion of individuals from community because of race, gender, religious beliefs or sexual orientation. Spirituality represents a core value within many ethnic and cultural communities and is often considered a primary resource. Faith based organizations are a vital source of community leadership for individuals, families and neighborhoods. Therefore, spirituality can be regarded as an essential connector for ethnic and cultural communities and for understanding wellness, illness, intervention and recovery.

SPIRITUALITY IS PART OF A HOLISTIC APPROACH TO MENTAL HEALTH – We know that physical health can influence an individual's mental health. The same is true for spirituality. Understanding spirituality as an element in wellness promotion and mental health recovery brings us closer to dealing with the whole person. Spirituality can be a powerful tool to inspire hope, create motivation, and promote healing. By integrating spirituality and multicultural factors into prevention and treatment, a greater appreciation of the "whole person" is emerging in the mental health field.

SPIRITUAL EXPERIENCES CAN OCCUR DURING EXTREME STATES – Some people experience extreme states with a spiritual component that can support the journey toward wellness and recovery. For some, this can be a life-changing event. Too often, this spiritual component has been ignored, labeled or confused with delusions or other symptoms. We need to respond respectfully and appropriately when anyone asks for assistance with these experiences.

ENGAGEMENT OF FAITH-BASED ORGANIZATIONS – Some residents find that participation in faith traditions or faith based organizations serve as a source of coping and/or social support when struggling with mental health issues. Some faith communities have become "welcoming congregations" to people with mental health issues, and others have adopted mental health advocacy as part of their social justice agendas. There may be opportunities for future collaborative efforts. We also acknowledge that some individuals and families have experienced traumatic interactions with religious communities. In these instances, it is important to provide a safe environment for talking about these experiences in an open and accepting way.

THE PARAMOUNT IMPORTANCE OF RESIDENT CHOICE – We support resident choice in matters of spirituality and/or religion. This includes a choice NOT to engage around issues of spirituality. We are enriched by an open, welcoming, and non-judgmental stance toward spiritual, religious, and cultural beliefs, practices, rituals, values, theologies, and philosophies – including non-belief or non-practice. We welcome the opportunity to be enriched by the wisdom that others have gleaned from their own spiritual path and/or life experience.

Wellness Table

<p>Exercise at least three a week.</p> <p>and maintain that I am in a healthy weight range</p> <p>I get at least 7 hours of sleep every night.</p> <p>I eat fruits and vegetables everyday.</p>	Physical Wellness
<p>I engage in an activity that nurtures my sense of hopefulness at least once a week.</p> <p>I have moments every day where I feel at peace.</p> <p>I spend time doing things that are meaningful to me at least once a week.</p> <p>I am aware of my basic values and am true to them most of the time.</p> <p>I am clearly working towards goals that have given me my life.</p> <p>I am comfortable with the degree of independence I have in my life.</p> <p>I have become good at managing the symptoms of my leading condition and challenge me.</p> <p>I am comfortable with my ability to be assertive when I need to.</p>	Empowerment Independence
<p>I find ways to express my creative energy at least once a week.</p> <p>I perceive myself as open to learning new things on an ongoing basis.</p> <p>I seek out learning opportunities at least once a month.</p> <p>I am a creative problem solver.</p>	Creativity Intellectual
<p>Most of the time, I have some awareness about my mood and I state.</p> <p>I engage in activities that help me stay emotionally grounded at least once a week.</p> <p>I feel informed enough about any emotional challenges or health conditions that I have.</p> <p>I make my emotional health a primary priority.</p> <p>I spend my time and energy doing something that is meaningful to me at least once a week.</p> <p>I have a clear direction for myself in terms of what I want to do with my time and energy within the next 12 months.</p> <p>My work is a reflection of my values.</p> <p>I have a sense of contributing to others at least once a week.</p>	Emotional Psychological
<p>I have at least one person in my life that I trust.</p> <p>I spend special time with supportive friends at least once a week.</p> <p>I have a sense of belonging to some sort of group or community.</p> <p>I communicate authentically with others several times a week.</p>	Social
<p>I spend my time and energy doing something that is meaningful to me at least once a week.</p> <p>I have a clear direction for myself in terms of what I want to do with my time and energy within the next 12 months.</p> <p>My work is a reflection of my values.</p> <p>I have a sense of contributing to others at least once a week.</p>	Purpose Productivity Fulfillment

* Created by CooperRiis Healing Community