

Overcoming Barriers to Wellness Recovery

Through Volunteerism, Peer
Support, Leisure Activities
and Travel

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What's It About?

Whole health looks beyond medical charts with listings of our tests, and treatments

Wellness recovery looks to non-invasive ways to move forward with our lives



“Occupational Relevance”

Finding life satisfaction through whole health and wellness recovery pathways. This boosts individual “buy-in” for self-care, in turn giving back to the community – creating sustainable community wellness.



Statistics: Time Use Changes Post-Injury/Wellness Status Change

- Within 1 month to 1 year, most individuals do not return to work.
- 60-80% of individuals with disabilities remain unemployed.
- Maintenance time increases: no established routine.
- There is an increase in unoccupied time: how you choose to spend this time will greatly impact your wellness recovery.



Statistics on Negative Uses of Unoccupied Time

- 30% of individuals leave their home less than once a week.
- 31% watch more than 6 hours of TV a day.
- ~10 hours of gaming (anecdotal).
- Involvement with online sports betting (data pending).



Positive Use of One's Time & the Benefits to Wellness Recovery/Sustainable Community Wellness

- Physical Fitness
- Relaxation
- Socialization
- Stress Relief
- Accomplishment
- Independence
- Self-Worth
- Escape
- Challenge
- Mastery
- Decreased Incidence of Medical Complications
- Life Satisfaction
- Recidivism Rate Improves for the Justice-Involved



An Active Wellness Recovery Lifestyle Can Include:

- Volunteerism
- Peer Support
- Leisure Activities
- Travel
- Hobbies
- Friendships
- The list is endless.....Examples from my life: sailing, thrift store shopping, church, and memberships with health/safety groups.



Potential Barriers to Wellness Recovery

Intrapersonal

- Skill limitation
- Lack of knowledge/awareness

Interpersonal

- Negative attitudes/perceived stigma
- Dependence on others
- Poor communication

Structural

- Architecture, environmental, or physical obstacles
- Financial restrictions
- Lack of transportation



To Ensure Pathways to Wellness Recovery are Safe, Inclusive & Joyful:

Be Mindful Of Such Considerations As:

- Outing Preparation
- Fatigue Management
- Wheelchair Mobility
- Consideration of Visual Accommodations
- L/G/B/T/Q/I/A Cultural Competence
- Environmental Stimulation Management
- Time Management
- Transportation Options
- Community Resources
- Masking/Proof of COVID Vaccines
- AED Availability
- Food Allergies



“Rocky Side Community Park” Clean-up Day



- Increased Physical Activity
- Adequate Ratio of Youth-to-Adult Supervision
- Instilling A Real Sense of Hometown Pride
- Partnering with Other Local Non-Profits
- Bottled Water, Snacks, SPF & PPE Provided
- Provided Transportation
- Local News Coverage
- Part of 11 State Great-Ohio River Sweep!

Volunteering Options...

- Community Facilities
- Community Events
- National, State, Local Disability Advocacy
- National, State, Local Parks & Rec Sites



“The Lincoln Pioneer Village & Museum” Rockport, IN – 100% Volunteer-Powered!



Interpretive Guides, Docents and Cabin Hosts; A
Multitude of Volunteer Options!

Peer Support

- Gain self-worth helping others making transitions into finding their “new normal”
- Removing stigma and in the process dispelling myths
- Giving hope through sharing lived experiences
- Directly Benefiting Sustainable Community Wellness



Leisure Activities Can Happen Anywhere; You Can Never Exhaust A List of Fun Things To Do

- City parks
 - Bird Watching
 - Picnicing
- Library
 - Book Club
 - Hot Spot Checkout
- Arts & Music
- Sudoku
- Cooking



- Generational Sharing

Creativity!

Socializing!!

Resiliency!!!





I, Am
Very
Greatful
FOR... Come
ing to visit
& Exercise



Why Travel?

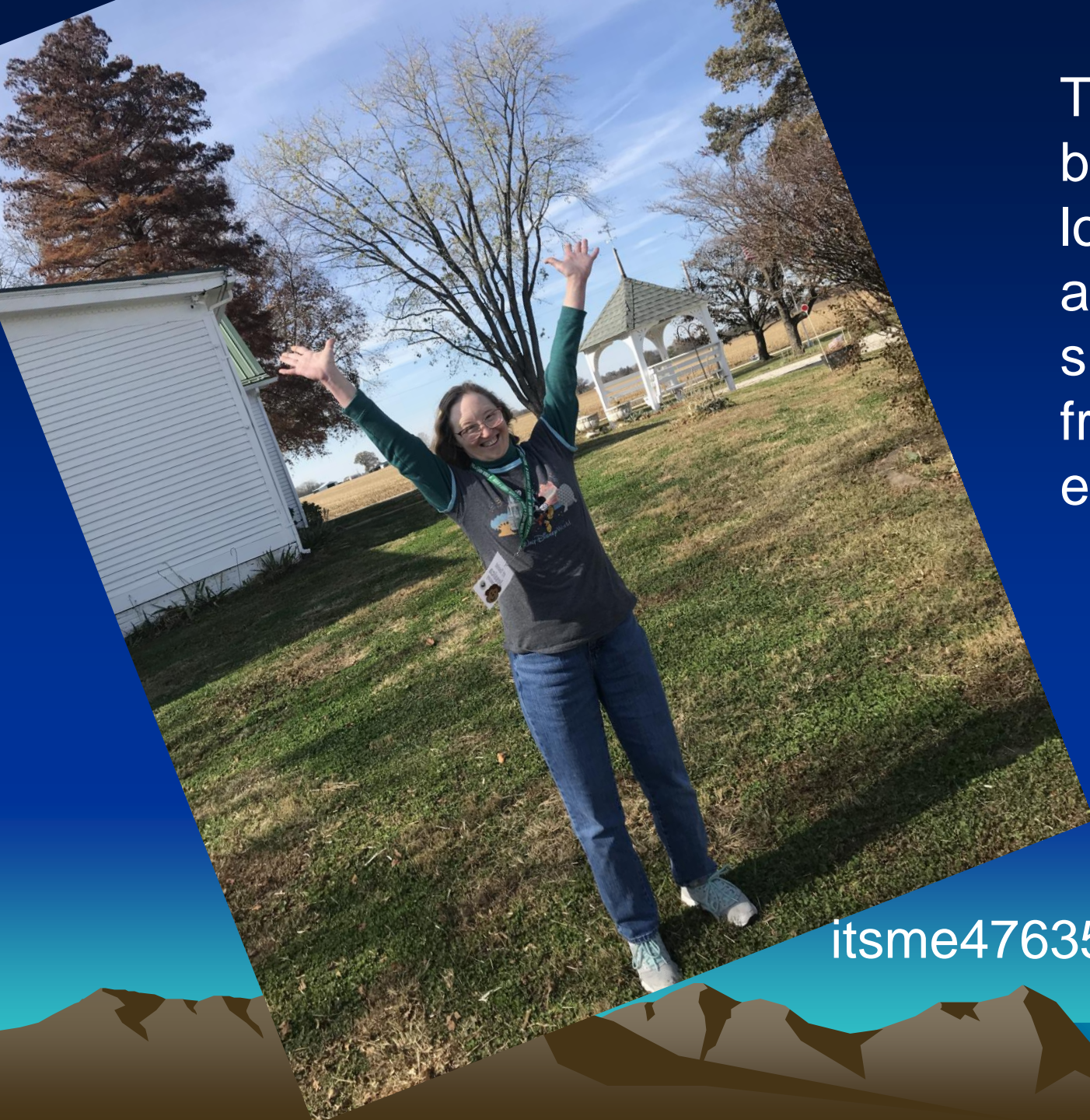
- Broadens Life Experience
- Socialization
- Making New Friends
- Skill Development
- Increased Independence
- Character-Building
- Shared Experiences with Peers



Wish You Were Here!



Trips, Inc.: All-Inclusive Vacations



Thank you for
being such a
loyal advocate
and continued
supporter of
freedom from
exclusion!

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