

PRINCIPLES OF BEHAVIORAL HEALTH RECOVERY

- ♦ Recovery emerges from hope
- ♦ Recovery is person-driven
- ♦ Recovery occurs via many pathways
- ♦ Recovery is holistic
- ♦ Recovery is supported by peers and allies
- ♦ Recovery is supported through relationship and social networks
- ♦ Recovery is culturally based and influenced
- ♦ Recovery is supported by addressing trauma
- ♦ Recovery involves individual, family, and community strengths and responsibility
- ♦ Recovery is based on respect

Behavioral Health and Recovery Division

Department of
Community and Human
Services

206-263-9000

WA Recovery Help Line
1-866-789-1511

24 Hour Crisis Line
1-866-4-CRISIS



2020 King County Recovery Poetry Contest Winners

Rising Above It All: Wellness, Resilience & Recovery



FIRST PLACE ART “Together in Recovery”

**By Campbell Tr Schleiffers
& Julia Raymond**

I Can Do This

I can do this if I try
I can do this before I die
I am strength, in many forms
I am sentient, competent, and warm

I sometimes meet resistance
I will certainly need your assistance
In this or that instance, there might be
A setback, due to happenstance
But I will recovery, no matter the
circumstance

So I offer encouragement to everyone
Draw strength from your life, from the
Sun
From each other, from your sheer will
We are our own Cities on a Hill

Gordon Hanson— 1st PLACE

Rising Above it All, One Step at a Time

Rising above it all, one step at a time
Becoming whole
Thinking social
Strong mentally
Connected environmentally
Calm emotionally
All in one
To be able to self-nourish
To love and
Be responsible for one self
Start embracing change
While living in the moment
One day at a time
In the right direction
Make self purpose grow
Corrections glow
One idea at a time
To follow up on
Make up your mind
That change can be done
Reaching out to the top
Where recovery is the stop
Do maintenance with help
From the right pill at the right time
Self awareness stimulated
Sharing happy thoughts
With newly formed connections.

Clemens de Kok— 2nd PLACE

This Girl

This girl I knew grew up too fast,
And nothing she did could erase her past.

She thought it'd be easy with drinking,
Everybody asked, "Oh what was she thinking?"

Because of that question and all of the stares,
She drank more-nobody cares.

Until one day she drank one too many,
Got taken to the ER and got sick plenty.

"You are lucky to be alive," the doctor did say,
"Slow down girl, you don't want to die this
way."

She told the doctor that she needed some help,
Teary eyed and slurred speech it came out a
yelp.

A few hours later she was headed to Seattle,
"Lord," she prayed, "Please help me with this
battle!"

In detox she heard of the rehab upstairs,
"I'm getting up there," she said, "where
everybody cares."

28 days later they taught her everything she
needed to know,
With her knowledge and certificate, she was
ready to go.

Thank you to the staff at Recovery Place
Seattle,
I'll never forget who taught me how to win this
battle.

Brianna Vrooman— 3rd PLACE