After completing Dialectical Behavior Therapy (DBT) through the VA, Army Veteran, Lorelei Lowe, decided to travel. She started with small, local day trips. She moved on to overnight trips and then to driving across the country. Over time, she gained confidence, and decided to plan a trip to the island of Figi. There she fell in love with the landscape and the people. She connected with a native tribe and was later adopted as a member. She decided to take a leap of faith and moved to Figi with her new tribe and family.

Decades earlier, Lowe left the Army with PTSD and self blame over an incident that occurred in the service. She was later injured by a drunk driver and struggled with disability and pain. She said that she felt like her life was broken. She had lost most of her important relationships and her will to life. In 2009, she reached out to the VA and began Dialectical Behavior Therapy (DBT). She said that through DBT, she was able to learn acceptance. She learned that what happened wasn’t her fault. DBT gave her the skills and courage she needed to finally live her dreams. She said that she has learned that she doesn’t need things to be happy. People make you happy. To others struggling she said, “Believe in yourself, not in others’ judgement. Go and live a life worth living!”
The definition of Recovery used in previously issued issues of the Recovery and Wellness Dispatch has been updated by SAMHSA. This updated definition is the product of a collaboration between a wide range of partners in the behavioral health care community. The ten components highlight common experiences of those recovering from mental health and substance use disorders. They work with Veterans to achieve goals for weight loss and smoking cessation. They offer therapy for emotional problems including depression and anxiety without needing a referral to mental health. Services are offered by PCMHI staff physically in the clinic and via telehealth through the Boise

**SAMSHA’s Updated Working Definition of Recovery**

The definition of Recovery used in previously issued issues of the Recovery and Wellness Dispatch has been updated by SAMHSA. This updated definition is the product of a collaboration between a wide range of partners in the behavioral health care community. The ten components highlight common experiences of those recovering from mental health and substance use disorders. Over the next year, we will be going through each recovery topic in the graphic below: Person Driven, Many Pathways, Holistic, Peer Support, Relational, Culture, Addresses Trauma, Respect, and Hope.


**Why I Do What I Do**

“I knew I wanted to focus on Mental Health. You can really see the changes. There is nothing more rewarding”

~ Tracy Baker, RN

“The love I have for helping clients is deep and I don’t really understand it, All I know is that helping Veterans is one of the most meaningful things I do.”

~ Steve Malone, PhD

“To help Veterans make a difference in their own lives.”

~ Tami Drier, LCSW

PC-MHI provides access to licensed mental health providers imbedded in the Primary Care clinics. They offer initial Mental Health treatment, assessment, and referrals to higher levels of care suited to the Veterans needs. They offer Support with medical issues including chronic pain, diabetes, hypertension, and sleep difficulties. They work with Veterans to achieve goals for weight loss and smoking cessation. They offer therapy for emotional problems including depression and anxiety without needing a referral to mental health. Services are offered by PCMHI staff physically in the clinic and via telehealth through the Boise

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**Have Feedback? Contact Keith Lewis at the information below.**

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