



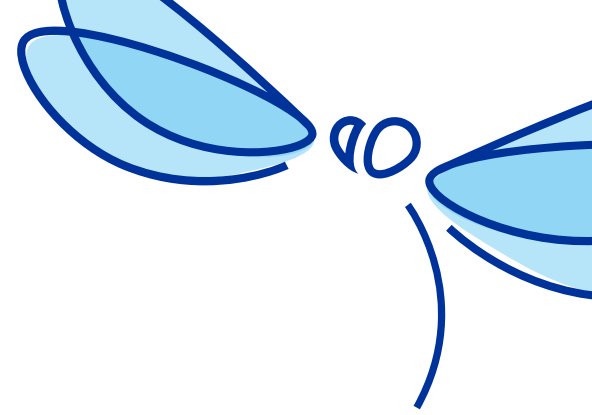
MENTOR TASK 5.3

Workshop: preparation for co-trainers



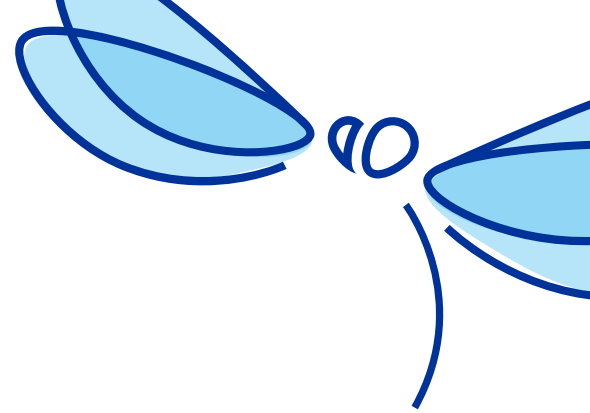
Co-funded by
the European Union

Topics for today

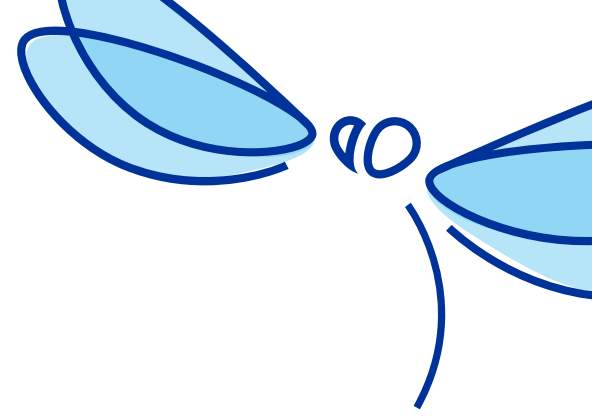


- Basics of PLE-Trainings
 - Basic assumptions
 - We knowledge
- Structure of the three PLE courses
 - Roles, actions and awareness of PLE in the field of mental health
 - Health and Wellbeing
 - Empowerment
 - Recovery
- Roles and function of co-trainers

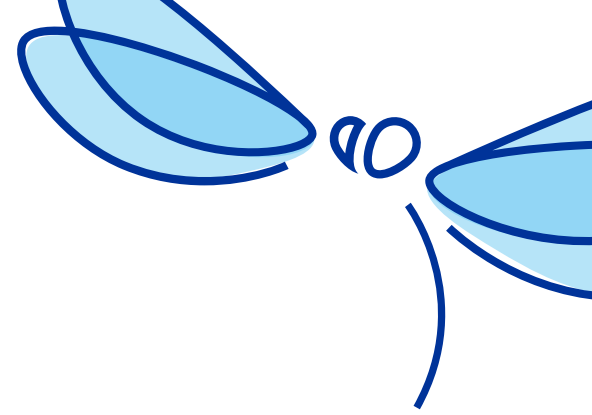
Basic assumptions



- Every person is unique. This is also reflected in how mental crisis manifest themselves, how they are experienced and which paths lead to recovery. Even if people in mental crises don't go through the same thing, they can empathize with others affected – they know the emotional pain, the feeling of loss and hopelessness, but also the process of getting back on their feet, drawing hope and approaching life anew.



- Recovery does not necessarily mean healing. The recovery approach is not limited to fighting the disease, but is oriented towards life satisfaction. Reducing or completely regressing unwanted symptoms can be an important goal, but it is only one aspect. Recovery includes relationships, social inclusion, participation, and overall well-being.

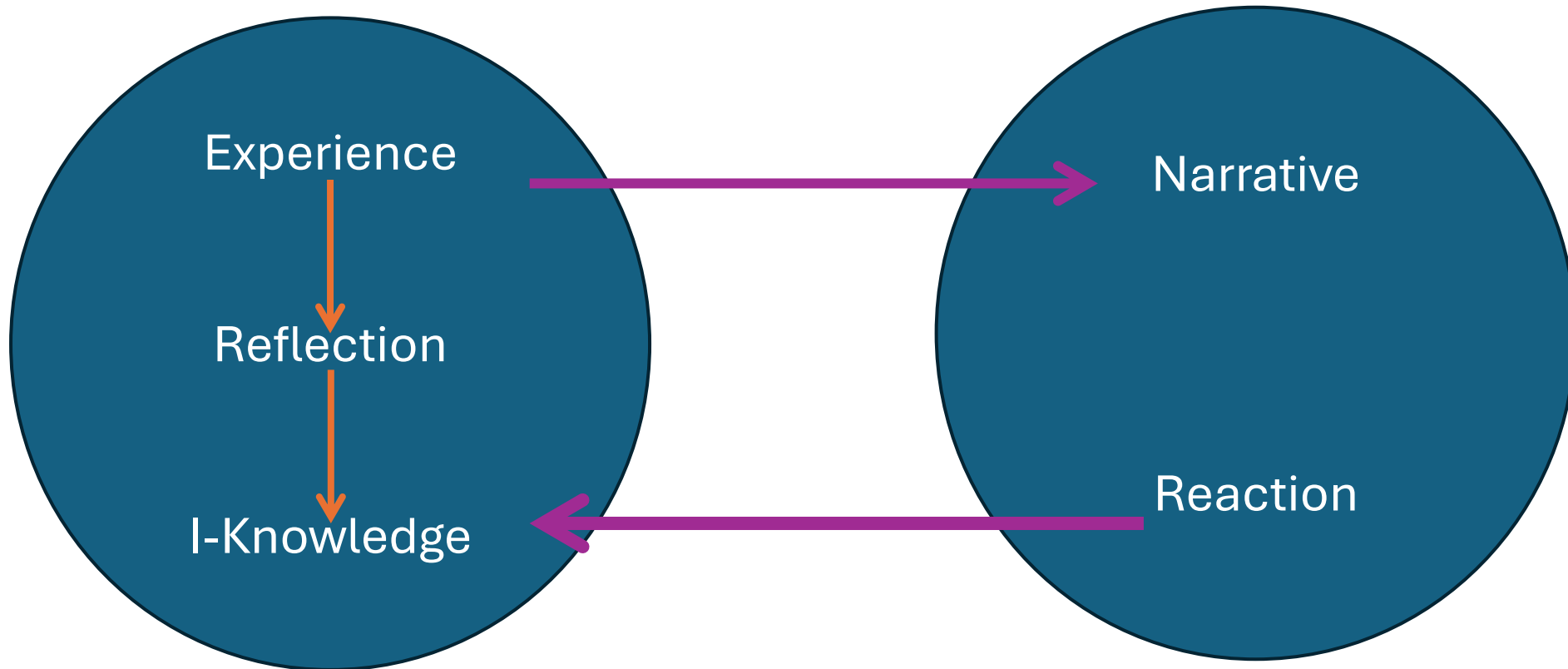


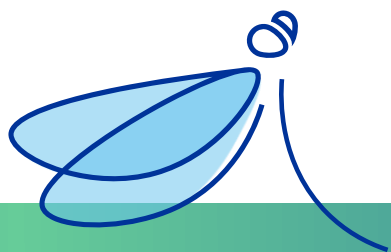
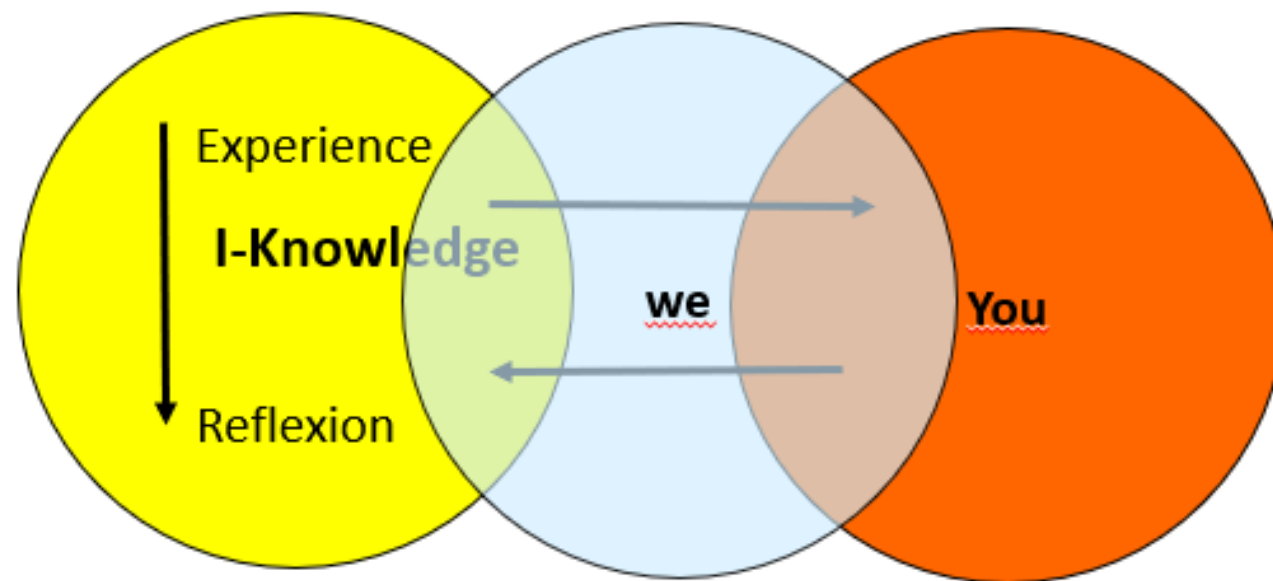
- The basic idea of the recovery approach is originated in the USA, Australia and Great Britain and was developed by psychiatric experts. Access to resources and the idea of empowerment are important keys in the recovery process, which can be conveyed better by no one than by people who have already walked "in the same shoes".

The main principles of Peer support

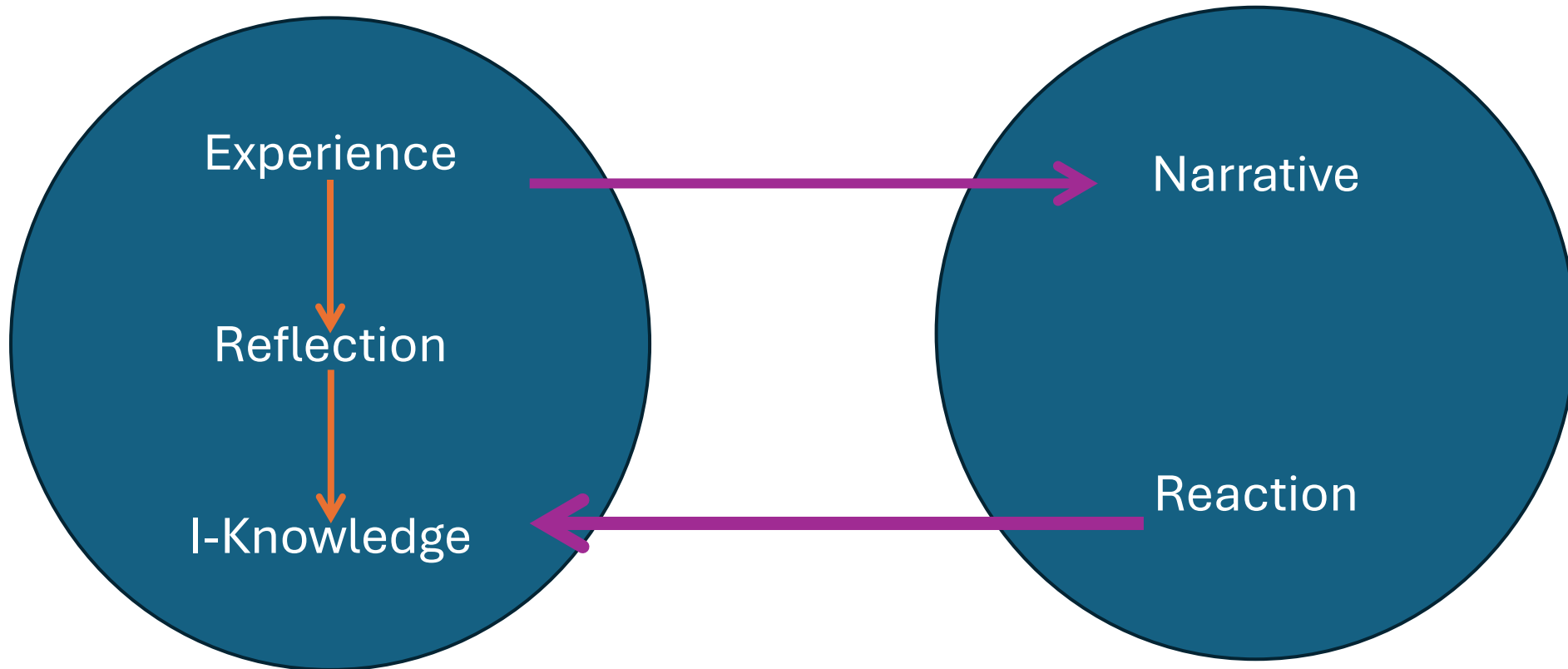
- Perception and promotion of individual resources and abilities
- Support for self-determination
- Learning on a reciprocal basis and on an equal footing
- Understanding that conflicts and crises are a path to growth
- Create dialogues
- Honest, direct communication
- Flexible limits
- Understanding that emotional upheavals have a purpose
- Empathy and responsibility
- Conviction that recovery is possible for everyone
- Mutual appreciation
- Promoting the assumption of responsibility for one's own life

I-Knowledge

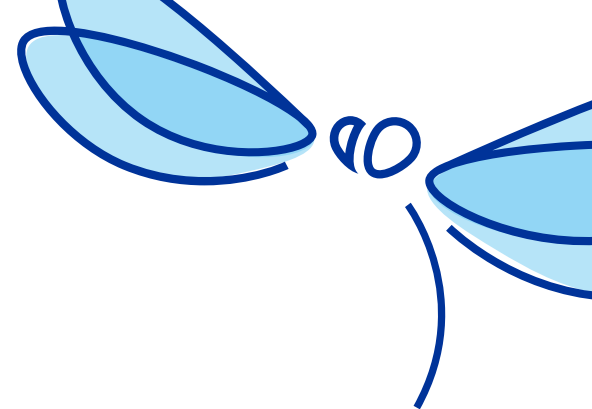




I-Knowledge



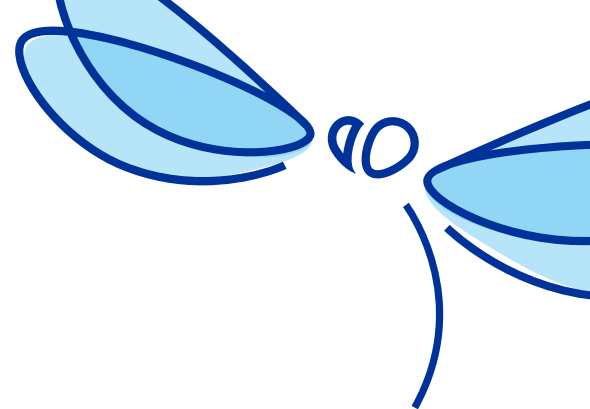
Structure of PLE Modules



Roles, actions and awareness of PLE in the field of mental health

- **roles of PLEs in the field of mental health**
 - Support worker, advocacy, counseling, board member, researcher
 - Working with clients / m.h. staff / managers / decision makers / planners / researchers
- **Mandate / Representative**
 - Individual opinions, group member / elected person,
- **Challenges**
 - Power issues, Role definition, Knowledge / information, Tokenism
- **Speaking about experiences**
 - Self disclosure, kitchen and living room versions
 - Proximity and distance
- **Individual and collective experiences**
 - the approach of experienced based knowledge

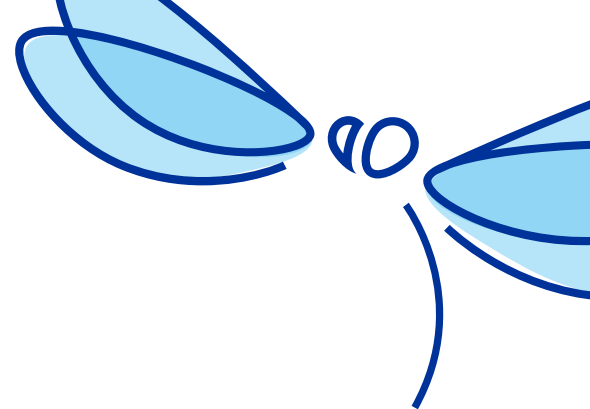
Health and wellbeing



- Definitions of health
- Reflection of experiences with health and well-being.
- Salutogenesis
- Resilience
- Improvement of wellbeing

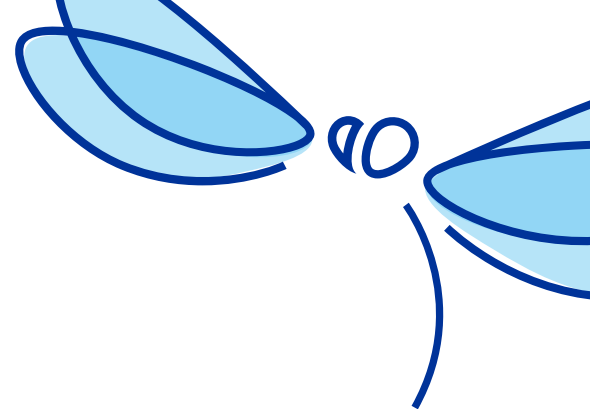
Empowerment

- concept of empowerment
- The Learned Helplessness
- Stigmatization
- Processes of losing and regaining control over life
- What has been discouraging, what strengthening?
- The experience of getting a diagnose?
- How can I use this knowledge to support others
- How can I use this knowledge to make statements about a m.h. organization or a care system?

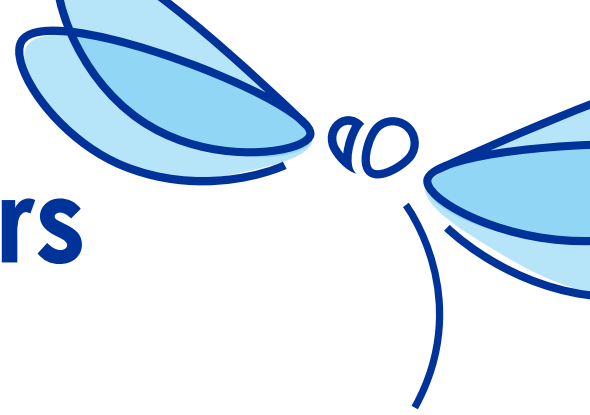


Recovery

- Exploring the concept of recovery.
- Success stories.
- Individual and collective recovery processes ?
 - Goals
 - Support
- Transformation of this knowledge to
 - Supportive attitudes and actions
 - Assessment and Evaluation of mental health services, systems and structures



Roles and function of Co-Trainers



- Translation
- Leadership of the national group
- „Midwife“ to initiate exchange
- Being approachable after the workshop



Thank you for your attention

Contact: joerg.utschakowski@gesundheit.bremen.de



Co-funded by
the European Union