

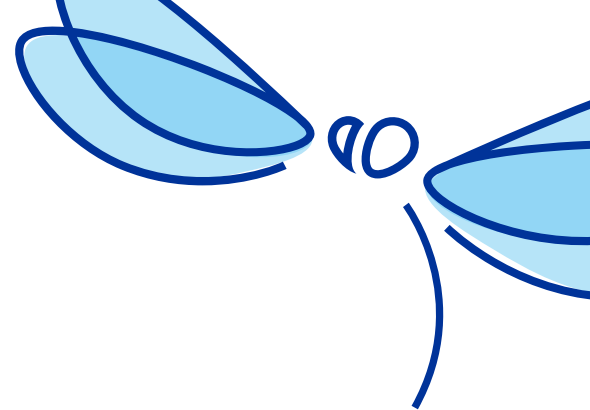


MENTOR TASK 5.3

Workshop: Roles and actions of PLE in the field of mental health



Co-funded by
the European Union



Workshops and Participants

1st workshop roles and actions (31st March; 1-5 pm)

- PLE, Co- Trainer, m.h. professionals

2nd-4th Workshop (1st April; 29th April, 21st May; all 1-5 pm)

- PLE, co-trainers

5th Workshop Evaluation for co-trainer (2nd June; 1-4 pm)

- Co-trainers

6th Workshop policy makers (9th June; 1-4 pm)

- Policy-/decision makers, PLE, m.h. professionals

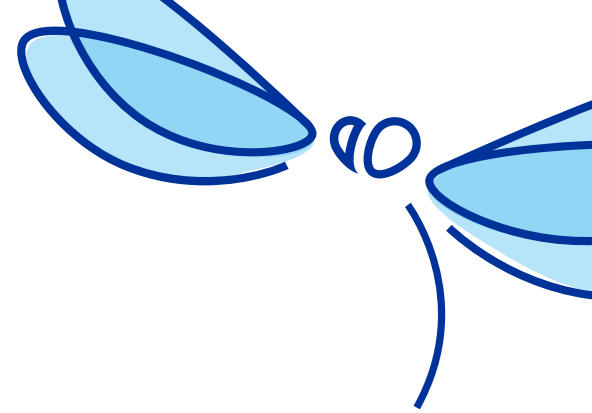
7th workshop M.H. Professionals (18th June; 1-4 pm)

- m.h. professionals, PLE

Topics for today

Topics of this module

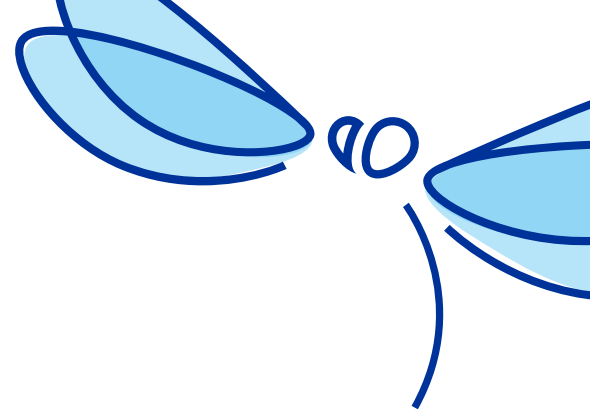
- Basic assumptions
- roles of PLEs in the field of mental health
- Mandate
- Individual and collective experiences
- Challenges
- Speaking about experiences
- Short introduction of the upcoming modules
 - Health and Wellbeing
 - Empowerment
 - Recovery



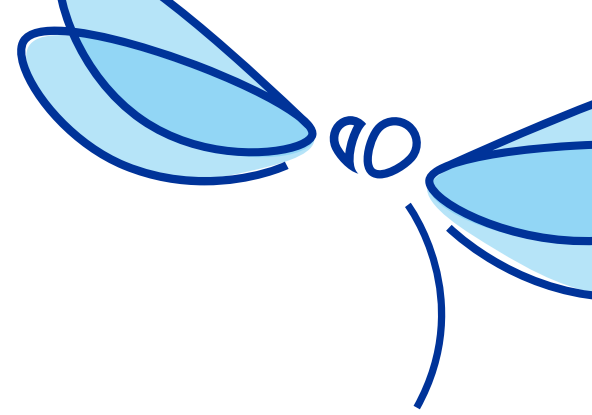
Introduction

- Latvia
- Ukraine
- Italy
- Romania

- Introduction by countries
- Please switch off your picture if you don't introduce your country

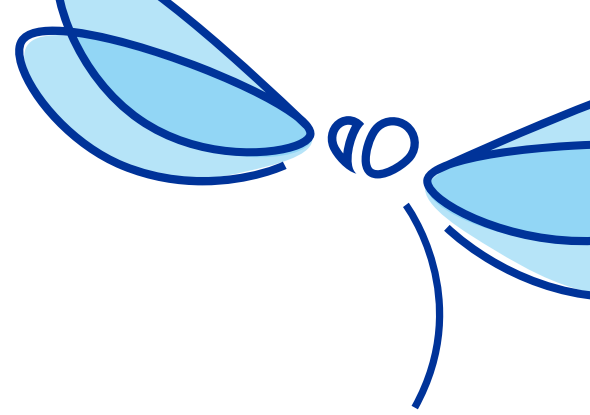


Basic assumptions



- 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.

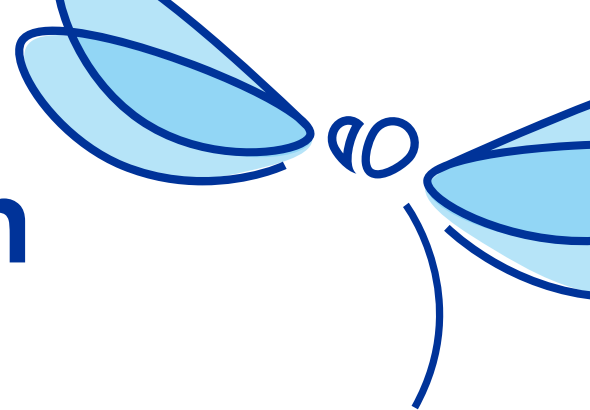
Basic assumptions



- 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.

Basic assumptions

- 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".



PLEs in the field of mental health

Roles:

- Activist, Support worker, peer-advocate, counseling, board member, researcher

Exercise in small groups

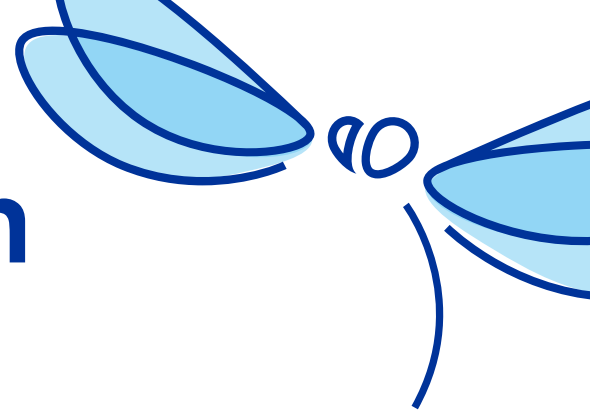
- Which roles do you currently hold?
- Which roles do you want to hold in the future?

Please write down: to fill your role

- 1. What are good conditions
- 2. what are the obstacles

20 minutes

PLEs in the field of mental health

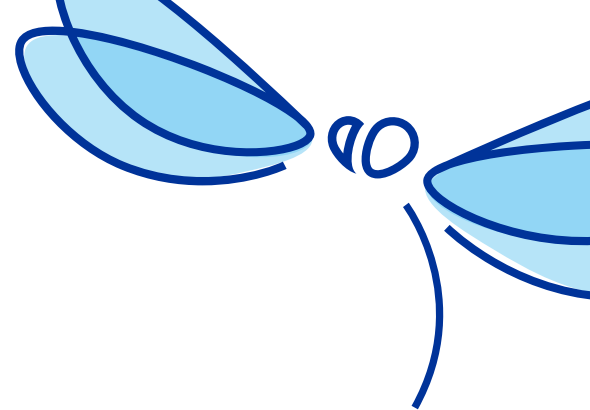


Levels

- Working with clients
- Mental health (m.h.) staff
- managers
- decision makers / planners / researcher
- Public

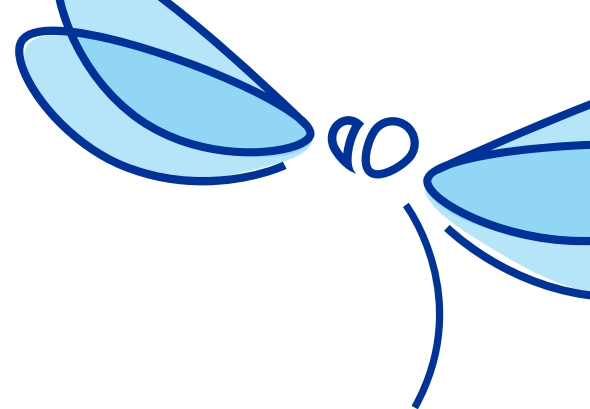
Mandate

- Individual opinions
 - group member
 - elected person
 - Representative
-
- What background do you need?
 - Individual and collective experiences
 - Individual and collective knowledge



Challenges

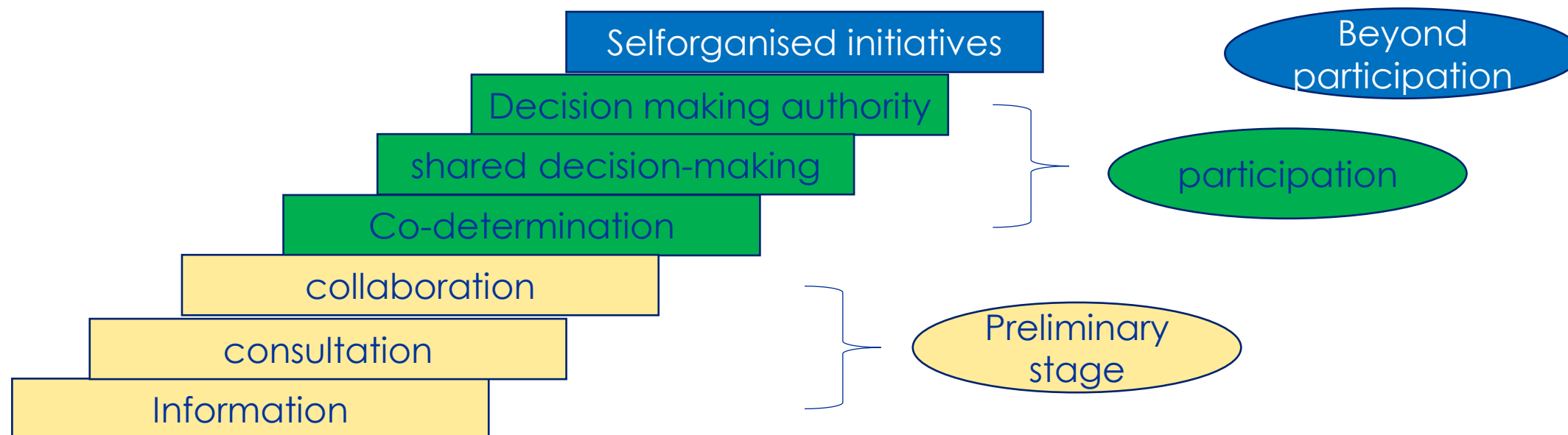
- Power issues
- Role definition
- Being (not) informed
- Transparency
- Tokenism



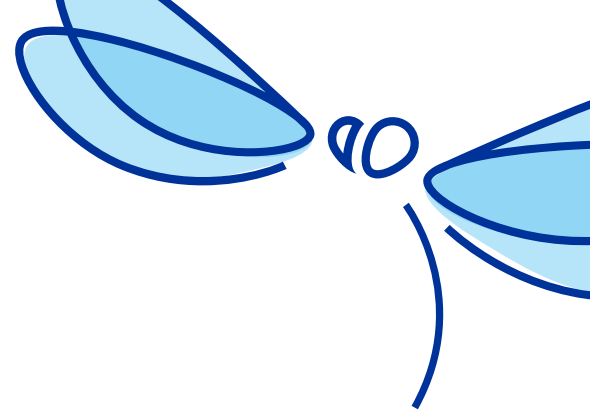
Power issues

Levels of participation

(Participation Pyramide by Straßburger/Rieger, 2014)



Role definition



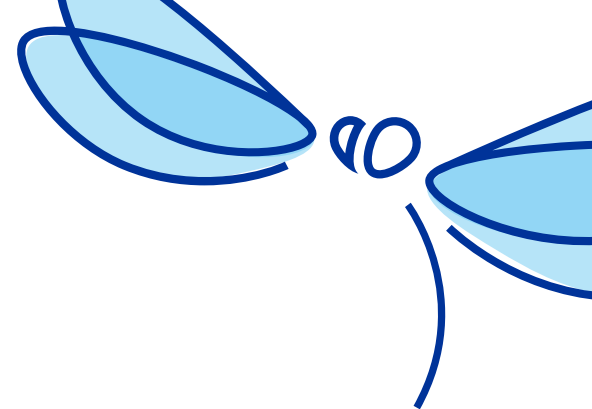
- The more unclear the role, the more likely misunderstandings are to arise
- The clearer the framework, the safer the PLE and the colleagues
- Important: not an assistant, not a showpiece, but an expert from experience
- The clearer the framework, the more effectively the expert knowledge can be used

Tokenism

Something that a person or organization does that seems to support or help a group of people who are treated unfairly in society, such as giving a member of the group an important or public position, but which is not meant to make changes that would help that group of people in a lasting way.

(Cambridge Dictionary)

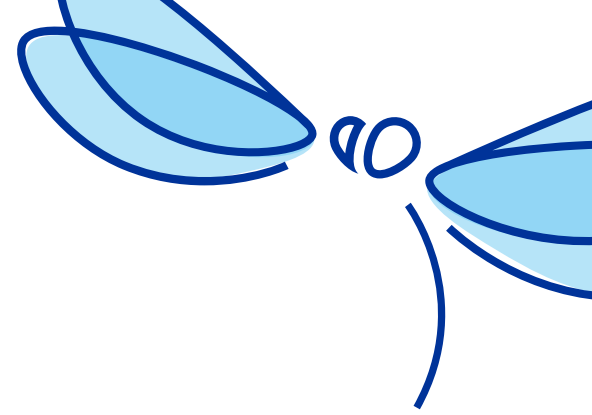
Collective knowledge / We-knowledge

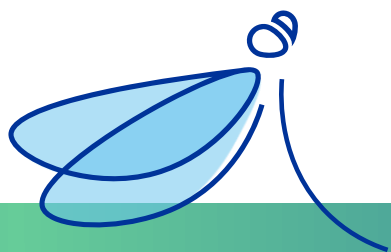
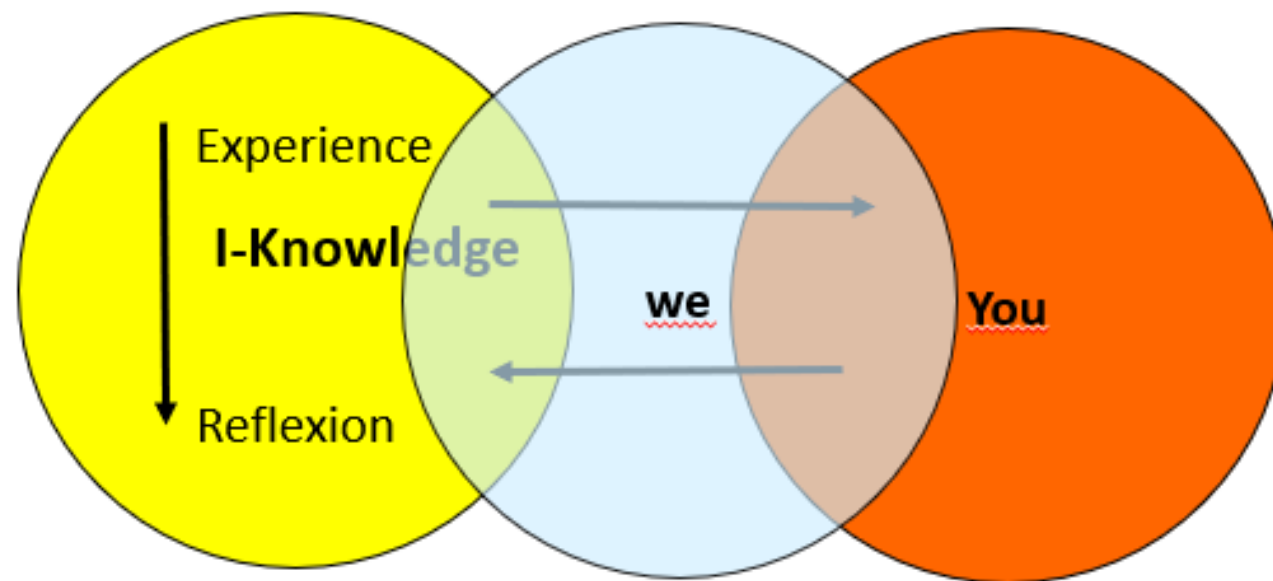


- From experience to knowledge
 - Reflection of experience
 - I-Level: Diary, writing down dreams, writing a poem, writing down my recovery story
- **DO YOU HAVE MORE EXAMPLES?**
 - I-You Level: talk with a friend, telling my story to....
- Developing collective knowledge
 - Exchange in a self-help group
 - Talking in a Triologue group (more information on triologue: Schaefer, Selo, Stehlin, Wagenblast & Bock, 2021; [Link](#))
 - Exchange in a professional PLE Group

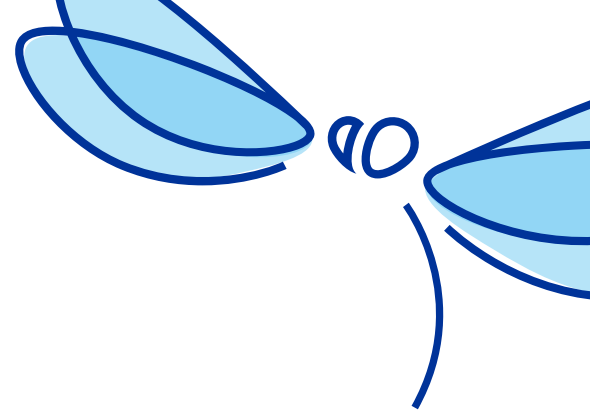
Collective knowledge

- What happens?
 - Recognition of shared experiences and common understandings
 - Understanding of the diversity of experiences
 - Recognizing the emotional pain, the feeling of loss and hopelessness, but also the process of getting back on your feet, drawing hope and approaching life anew.
 - Awareness of similarities and differences.
 - Understanding of experiences and attitudes that I have not made myself.
 - Understanding of what I can't understand (at the moment).

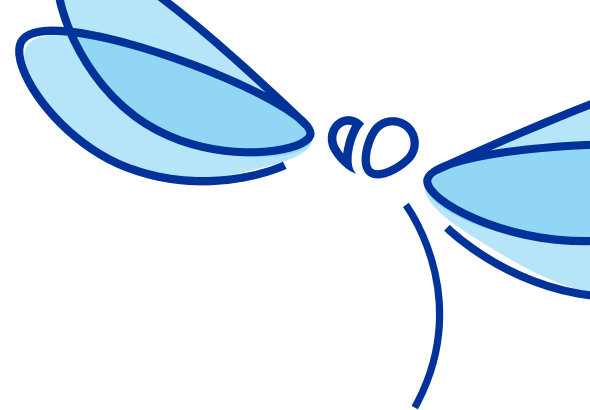




Discussions in small Group



- Did you understand the concept of we-knowledge
 - Collect questions for the plenary
- Where is/could be a place to produce we-knowledge?
 - SLIDO
 - 30 minutes



Speaking about experiences

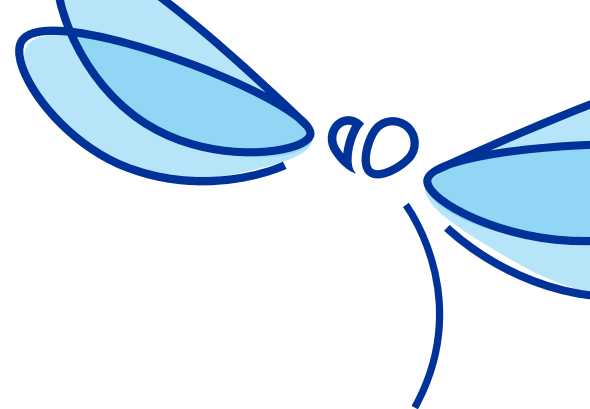
- Self disclosure, kitchen and living room versions
- Proximity and distance

Short introduction of the following modules



- Health and Wellbeing
- Empowerment
- Recovery

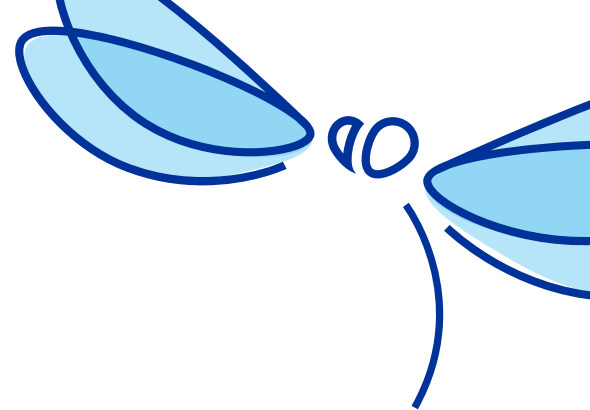
Health and wellbeing



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

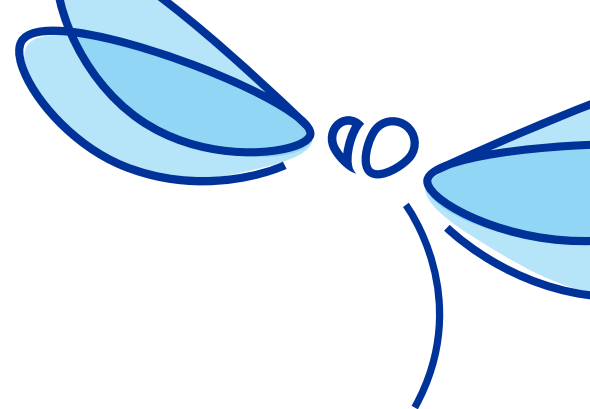
Empowerment

- 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



Evaluation – thank you taking part in our survey!



<http://survey.iss.it/scic/index.php/733455?lang=en>



Thank you for your attention

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