



MENTOR TASK 5.3

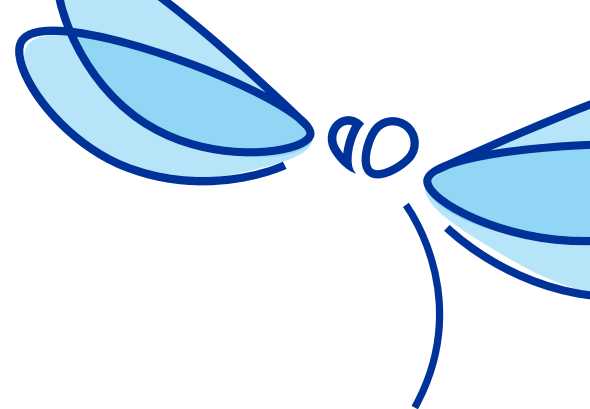
Workshop: Recovery



Co-funded by
the European Union

Agenda

- Introduction to Recovery
- Recovery Pioneers
- Aspects of Recovery
- Own Definitions of Recovery
- Recovery Factors
- Recovery Process
- Accompanying Recovery



Key Principle

A key principle is: “the person first” – this means that individuals with mental health problems are, first and foremost, people with resources and talents, with hopes and dreams, strengths and weaknesses.

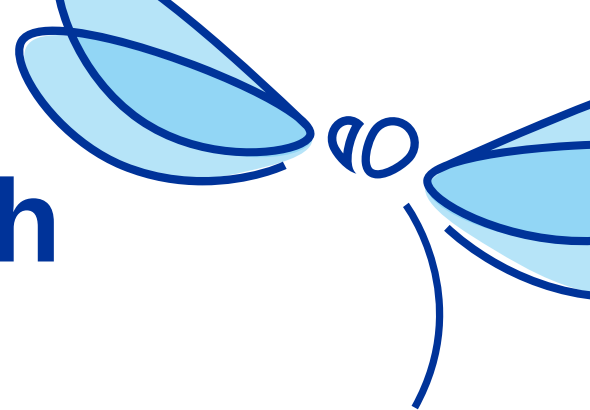
People with these experiences no longer want to be seen or described as cases or disorders or as vulnerable people dominated by symptoms and diagnoses, but rather as equal citizens with a variety of roles, abilities, and qualifications. (Source: EX-IN Curriculum, page 26)



Experiences of recovery are based on many insights about helpful and hindering factors from user movements in many countries, which show that well-being and recovery are realistic goals for everyone.

Mental health problems are often individualized, but the perception of social factors makes it clear how important secure housing, meaningful employment, sufficient income, family and friends, and recovery-supporting services are.

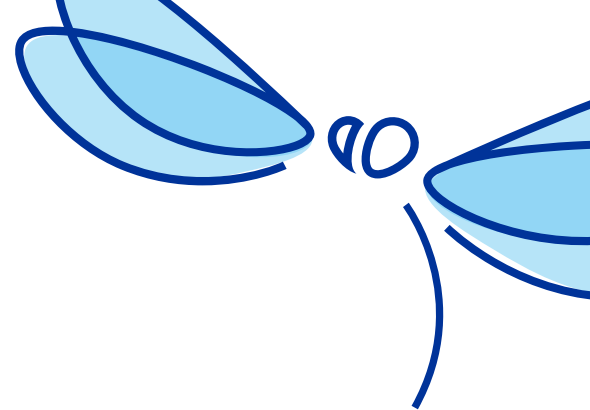
Origin of the Recovery Approach



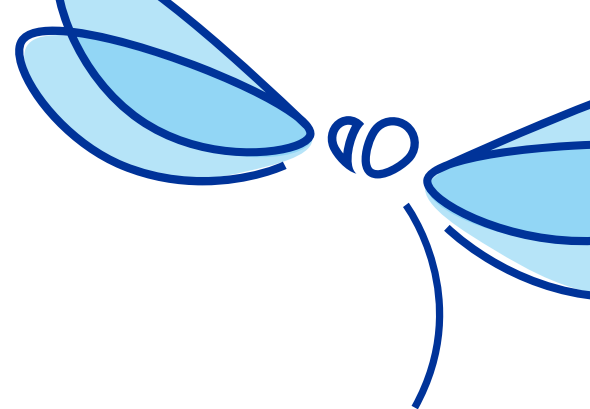
- From the Anglo-American world
- Initiated by people with psychiatric experience
- Through exploration of their own experiences
- Increased research

Hope – Power – Meaning

Lived experience and research have shown that there is a realistic chance of recovery from severe mental illness.



Our Working Definition

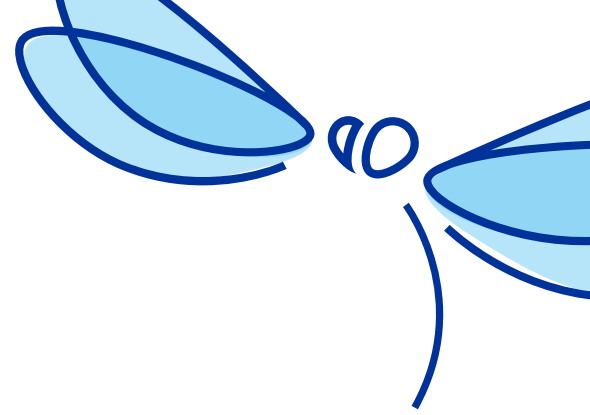


“Recovery is a process in which the affected person deals with their illness, leading them to be able to live a satisfied, hopeful, self-determined, and active life despite their mental health problems.”

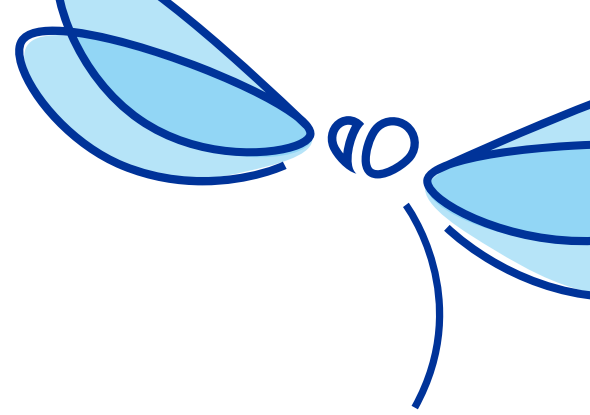
Based on the experiences of Patricia Deegan and sociologist William Anthony from the USA

Recovery

- Is more than coping with symptoms
- Does not necessarily mean complete healing
- Can mean a person is changed by the MH condition
- Can develop with, without, or despite psychiatry
- Includes the environment



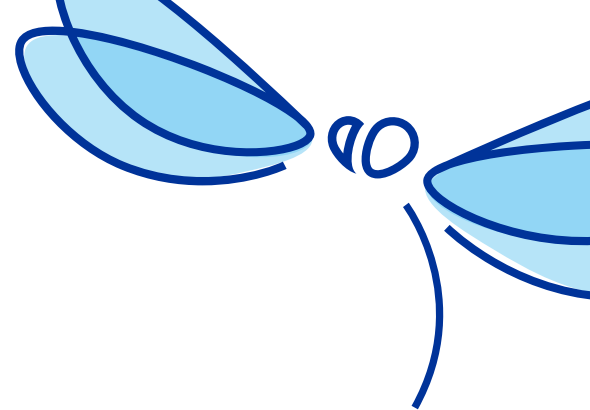
Underlying values



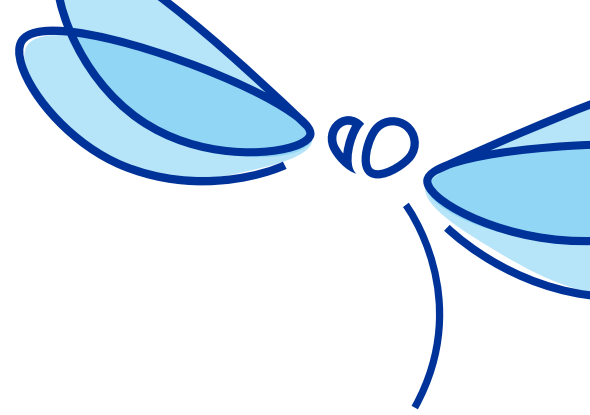
- Every person carries the potential for recovery within themselves
- Recovery is an individual journey and process
- Every person can take responsibility and be involved in all decisions that affect them
- Everyone knows what is helpful for them

Recovery Pioneers

- Pat Deegan (Hope)
- Mary Ellen Copeland (W.R.A.P.)
- Ron Coleman
- Helen Glover (Holders Of Hope)
- Dan Fisher & Laurie Ahern
- Wilma Boevink (Self-help)

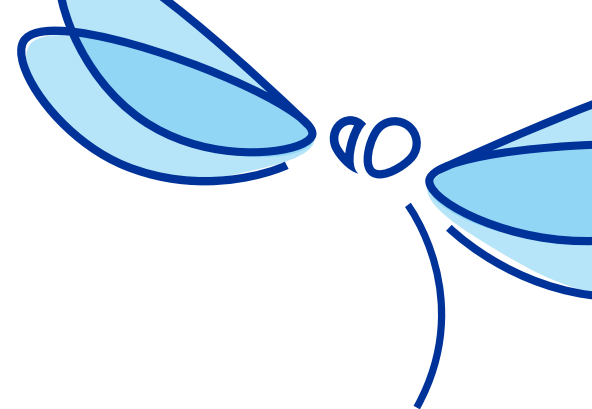


Pat Deegan (USA)



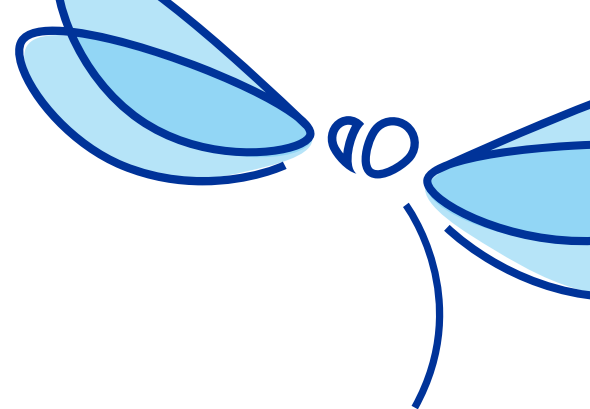
- ‘Giving up’ had a protective function for her, preventing her from continuing to fail and be hurt. “
- The real ‘conspiracy of hope’ is connected to the question: What needs to change in the environment so that a seed can grow?
- Hope and biological life form an inseparable connection.

Ron Coleman (UK)



- Recovery is an act of liberation, reclaiming one's own experience.
- It's not just about empowerment, but also about regaining. The most important thing is to regain (self-)control.
- *From victim to victor!* The greatest obstacle to recovery is ourselves. We always have the choice to take this path.

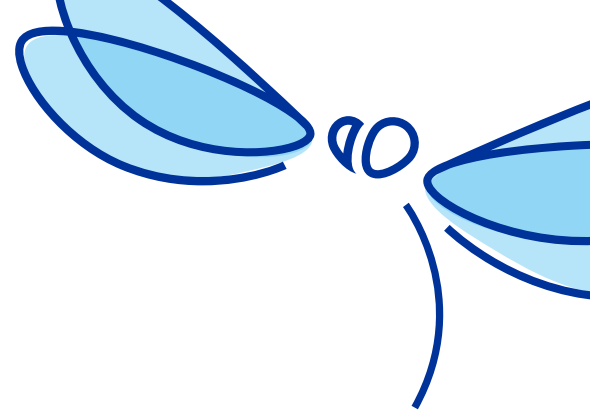
Mary Ellen Copeland (USA)



The six main factors for recovery she identified:

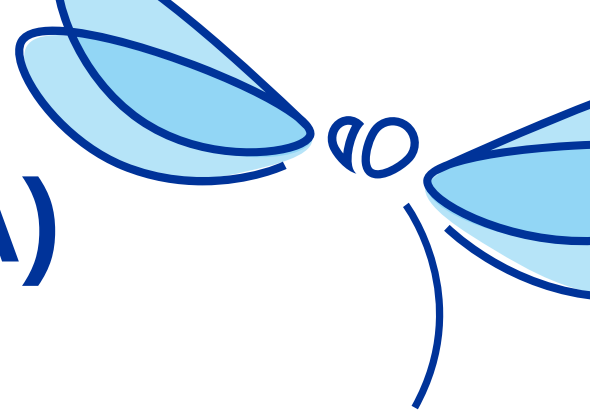
- There is hope!
- Each individual is responsible for their well-being.
- Information & education must accompany this journey.
- *Self*-advocacy to get what we need.
- We grow by taking *positive* risks.
- We need mutual help & relationships.

Helen Glover (Australia)



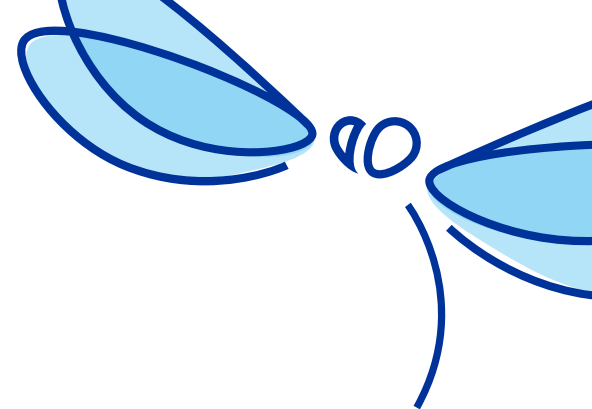
- “Keeper of hope”
- She names “the will to hope” as a crucial competence for professional helpers.
- H.G. is an advocate of preventive measures.
- Her recovery consists of turning the rollercoaster of life into a comfortable path. She still wants to experience many ups and downs, but no longer wants to lose control.

Dan Fisher & Laurie Ahern (USA)



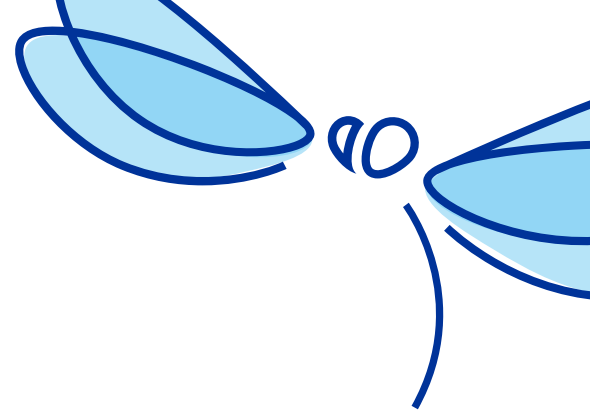
- Belief in recovery
- This requires people in the environment who believe you are capable of eventually living your own life, having your own dreams, friends, job, and home.
- “None of us would try so hard if we thought it was pointless.”

Wilma Boevink (Netherlands)



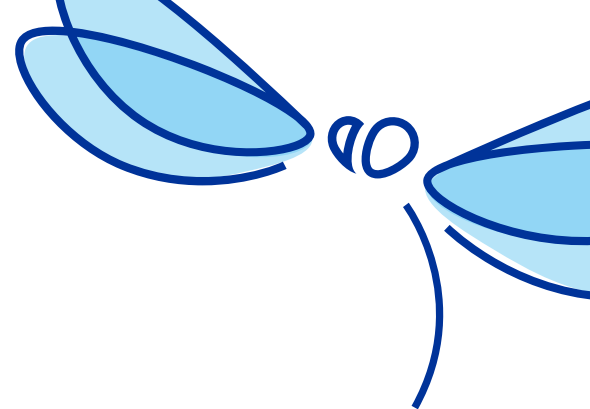
- Self-help and user-driven initiatives
- Recovery initiatives – also outside the field of psychiatry
- Recovery – giving what happened its own meaning
- Recovery as a political issue

Recovery = New Life

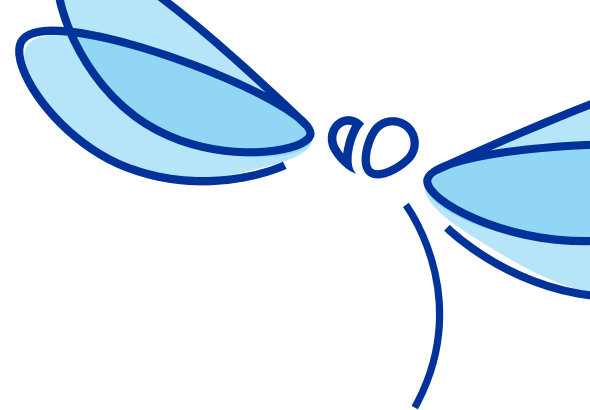


Recovery does not mean returning to a state before the crisis, but **striving for something new.**

Recovery as a vision

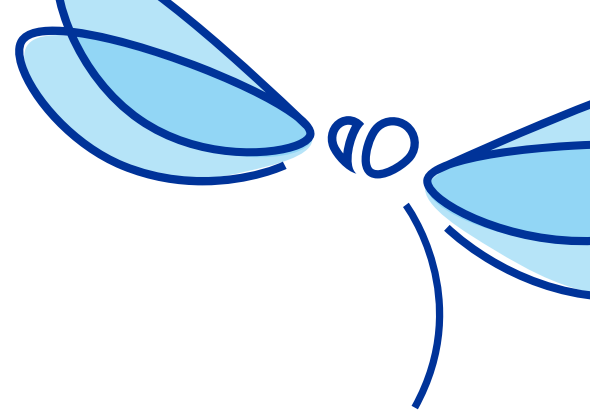


Recovery can also be described as a **vision**, as a **guiding principle**. Instead of focusing on symptoms and their improvement, the recovery approach aims to support an individual in their own personal development, to develop self-esteem and identity, and to find an important, meaningful role in society.



Recovery = Individual

The recovery process is absolutely personal and individual. It cannot be professionally created or passed on from the outside. The recovery process is also not linear, but consists of many small beginnings and steps (including setbacks!).



Recovery = Independence

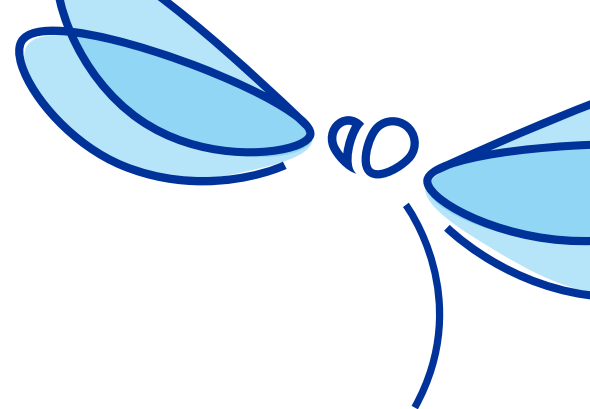
Recovery does not necessarily mean restoring full functionality without support (including medication);

Recovery means developing appropriate support and coping strategies that enable one to deal with psychiatric experiences and not be dependent on psychiatric services.

Recovery = Social Process

Recovery is not only an individual, but also a deeply social process. The entire social environment must *recover together*. The affected person and their reference persons form a “recovery unit”.

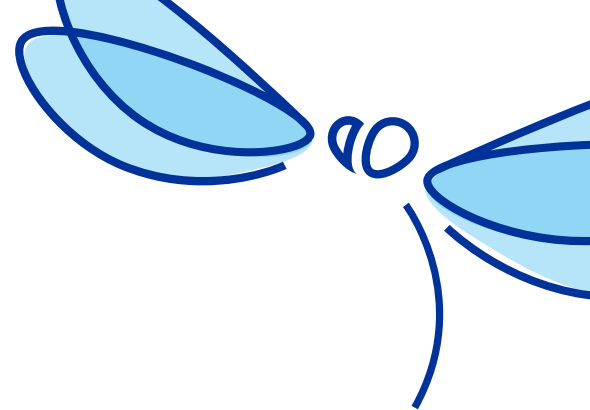
Group work



From your experience: What are recovery factors?

- 20 min time
- Please decide who will make a little presentation of results

RECOVERY FACTORS- Breakout session 2



- journaling
- self-knowledge
- family supports and group supports
- continuity of the support
- know to have a support
- acceptance
- reducing stigma
- responsibility
- loving yourself
- good professional help

RECOVERY FACTORS - Break out session 1

Acceptance of the need for help and subsequent access to services despite the stigma

Acceptance of the need for pharmacological support

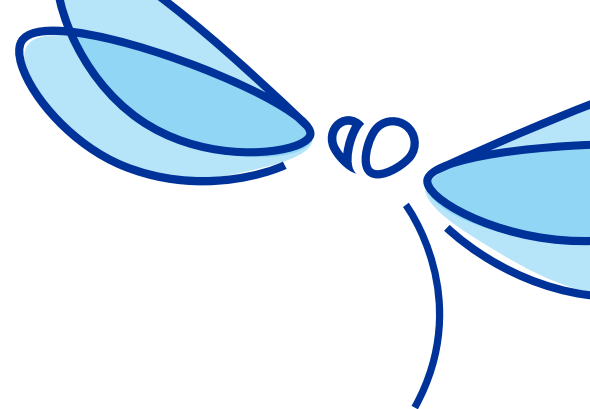
Continuity of the therapeutic relationship & Peer dialogue

The moment I realized I could make decisions for myself

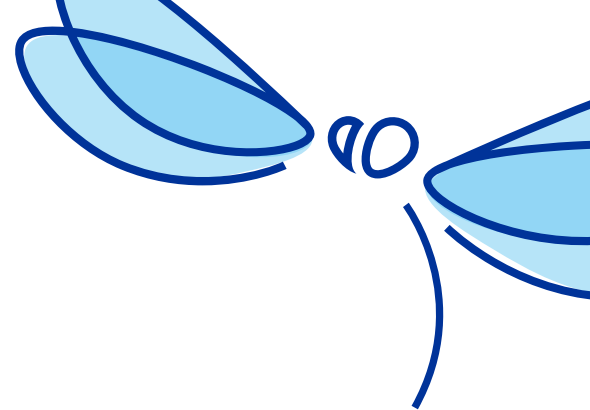
Awareness of the situation, of the relationship with others, and of my own responsibility. Stopped using long-term, harmful coping mechanisms. Ability to understand and self-determine with medications while respecting the doctor's role. Learn how to use your mental challenges to understand yourself better

Recovery Factors I

- Hope that recovery is possible
- Control, taking responsibility for one's life
- Self-determination, decision-making power
- Resuming social connections/roles
- Personal value (finding meaning in the crisis)
- Identity, self-discovery
- Developing strategies that promote personal (mental) well-being, self-help
- Resilience



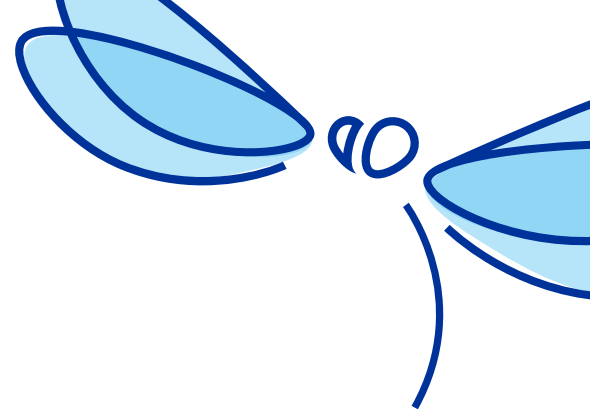
Recovery Factors II



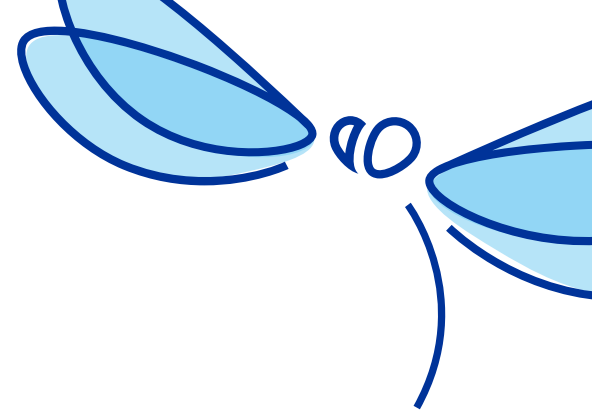
- Overcoming stigma, redefining one's own identity
- Severe mental illness / high level of suffering / experiencing (and surviving) suffering
- Becoming aware that change is possible
- Individual strategy for change, “action plan”
- Determination, committed engagement
- Stabilization, building inner security
- Regaining ability to act / control
- New life (emerging from the crisis strengthened and changed)

Social Process

- Growing discomfort in the old “role”
- Searching for alternative role models
- The turning point – changes in the environment

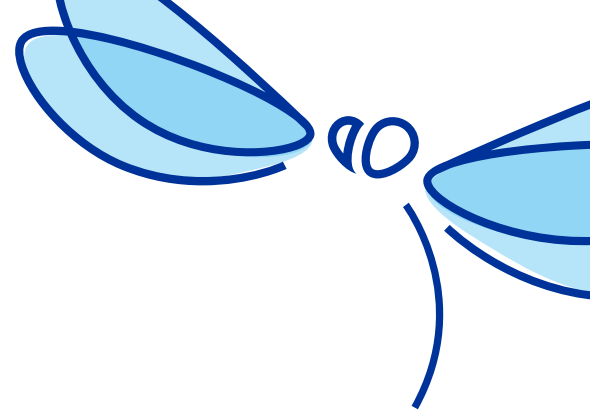


Recovery-Promoting Factors



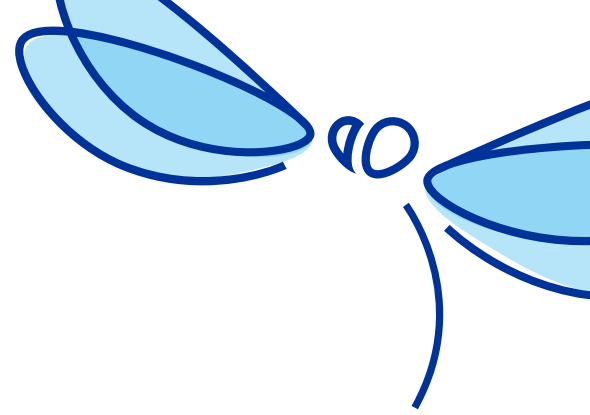
- Willingness to change
- Great suffering
- The social environment/peer support
- Control over the recovery process
- A strategy for the recovery process
- Resources (social, financial, practical)
- Hope

Recovery-Preventing Factors



- Isolation, lack of communication
- Hopelessness / stigmatization
- Fear of change, denial of the situation
- Lack of support from the social environment
- Lack of resources (money, education, job, housing)
- The (psychiatric) health system

Recovery Support Work

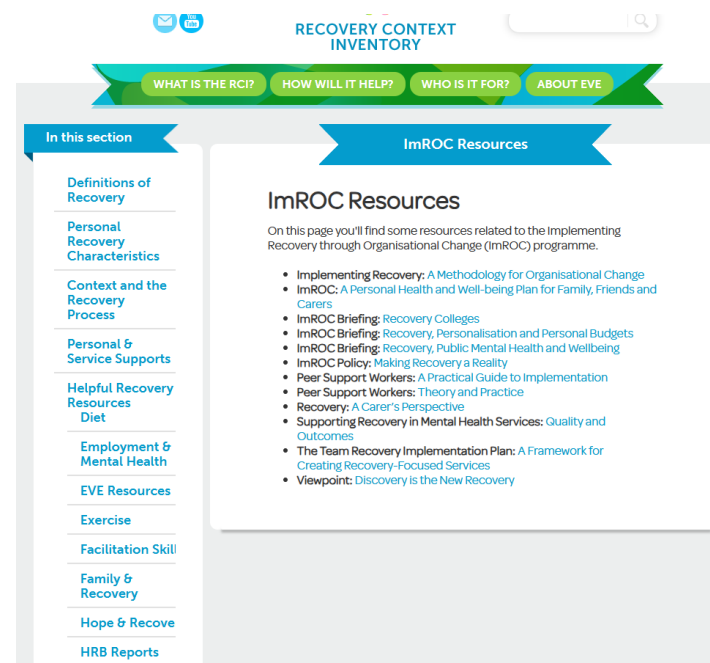


How could you support someone's recovery journey?

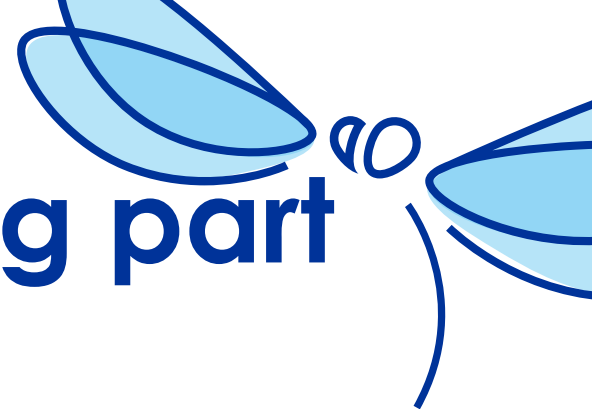
- Action level
- Attitude level
- A success story
-

Material

- [100 ways to support recovery 2nd Ed. – Recovery Library](#)
- [ImROC Resources - Recovery Context Inventory](#)
- [Recovery toolkit: Derbyshire Healthcare NHS Foundation Trust](#)



Evaluation – thank you for taking part in our survey!



<http://survey.iss.it/scic/index.php/127861?lang=en>



Thank you for your attention

Contact: joerg.utschakowski@gesundheit.bremen.de



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