Young People’s Program

Gateway Community Health

Our Recovery Journey’s from Lived Experience
Aim of Young People’s Program

To promote recovery for young people 16 – 26 years who have been given a mental health diagnosis
Identified Needs by the Young People

- Connection – Social Connection
- Understanding of Mental Health & Wellbeing
- Engagement and Meaningful Activity
- Day by Day functioning
- Life skills
Objectives

To promote hopefulness and enhance motivation towards individual recovery for participants.

To increase participant’s knowledge and understanding of and confidence in, utilizing a comprehensive range of life skills.

To enhance the knowledge, skills and capacity of carers – to both support young people’s recovery and ensure their own wellbeing; and

To promote service delivery partnerships and to provide advocacy for this group of young people and their carers.
Engagement
Connecting, caring & contributing
Importance of Self Awareness in our role as worker’s – The Hope Holder😊

The Personal:
• Intent- (...to make a positive difference)
• Values – our values guide us – what do I stand for
• Belief’s – (hold them gently) Watch for judgments!
• Attitudes – we can choose our attitude and how we respond
• Perceptions
• Listening skills/ability to be fully present
• Knowledge & experience
• Language/body language
Building the Relationship

- Active listening/sharing self
- Explore life experiences: Creating Context
- What have they tried so far?
- Explore experiences with services
- Gain an understanding of YP’s perspective -
  - Normalise and validate experience
  - Share knowledge/offer opportunities for change, new ways of thinking
Recovery through experience and action!
Recognise and Respect Internal Barriers

- Lack of hope – self belief
- Self fulfilling prophecies
- Negative sense of self & self talk
- Fear of becoming unwell again

“These internalised beliefs about ourselves are often the result of years of dealing with providers who focus solely on symptoms and pathology and little or no focus on skills and strengths” Kraner
Holding Onto Positive Expectation

Hope is holding onto positive expectations; you need to believe that change can occur.

Taking risks and doing the committed actions in your valued direction makes this possible.

Kelly Bayley
Helpful Attitudes/Actions

Respectful
Understanding and appreciating of where we are at!
Being listened too
Staying on our level
Sharing knowledge with us
Being positive about Recovery
Being motivational
Giving Coping Strategies
Being solution focused
<table>
<thead>
<tr>
<th>Survivors</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Take things as they come</td>
<td>• Trust in own skills and abilities</td>
</tr>
<tr>
<td>• Put up with things</td>
<td>• Confident</td>
</tr>
<tr>
<td>• Don’t enjoy</td>
<td>• Love what you are doing</td>
</tr>
<tr>
<td>• Go with the flow</td>
<td>• Excited</td>
</tr>
<tr>
<td>• Pessimistic</td>
<td>• Loves a challenge</td>
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<tr>
<td>• Feel no power to change things</td>
<td>• Doer</td>
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<tr>
<td></td>
<td>• Get things done</td>
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<tr>
<td></td>
<td>• Take responsibility</td>
</tr>
<tr>
<td></td>
<td>• Inquisitive</td>
</tr>
<tr>
<td></td>
<td>• Power to influence</td>
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<table>
<thead>
<tr>
<th>Prisoners</th>
<th>Whingers</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Feel isolated &amp; alone</td>
<td>• Tell people how you feel</td>
</tr>
<tr>
<td>• Feel confined</td>
<td>• Can identify problems</td>
</tr>
<tr>
<td>• Feel powerless</td>
<td>• Blame others</td>
</tr>
<tr>
<td>• Feel no hope</td>
<td>• Take no responsibility</td>
</tr>
<tr>
<td>• Is pessimistic</td>
<td>• Feel powerless</td>
</tr>
</tbody>
</table>

- Can express feelings: Connected community
- Can’t express feelings: Gateway head
- Likes task: Connecting our community
- Doesn’t like: Gateway head

- Life Quadrants
  - Survivors
  - Volunteers
  - Prisoners
  - Whingers
Self Evaluation

Results of self evaluation (BASIS-32) demonstrate improved results over time for one participant.

Components of the BASIS-32

Score

Relation to others
Daily living/Role Functioning
Depression/Anxiety
Impulsive/Addictive
Psychosis
Groover’s Group “Movin On”

Explore:
- Life Skills
- Thinking Styles
- Understanding Emotions
- Habits-behaviours
- Mindfulness-Acceptance Commitment Therapy
- Non Violent Communication Skills/Conflict Resolution
- Strengths based activities
Groovin Groover’s Rehearsal
Advantages of Group Work

Provides the opportunity to explore, share and practice life skills

- Building meaningful relationships
- Communication Styles- verbal/non-verbal
- Understanding & dealing with Conflict
- Learning Life Skills
Groover’s Group “Movin On”

Experiences

Recovery is an active process
- Gain an overview of the recovery process
- Share experiences of recovery and healing
- Look at internal & external barriers to recovery
- Identify & share what has been helpful in recovery
Outcome ....so through sharing we become more human!!!

Build Self Awareness & identify unique skills and strengths, abilities to assist in overcoming vulnerabilities

Identify Personal:
- Intent
- Values
- Belief’s
- Attitudes
- Listening skills/ability to be fully present
- Knowledge & understanding
- Language/body language
- Build relationships and increase support networks

Thus increasing participant’s knowledge and understanding of and confidence in, utilizing a comprehensive range of life skills.
Aims of HARD Project

Hope And Recovery Dvd

- Appreciate and celebrate our own recovery
- Connect/share experiences and build relationships
- Learn and grow
- Inspire hope in others – make a difference
- Provide a personal perspective for workers’
- Contribute in creating a paradigm shift in the treatment for mental health
- Promote the HV Approach within Clinical Services
- Tackle personal and community stigma
- Highlight the importance of attitudes/beliefs
- Identify what helps and hinders
- Demonstrate Recovery and Healing
Engaging, connecting and building relationships, through challenge.
Hard Project Participants!
Connecting, Caring & Contributing
Barriers We Face

• Recovery process is undermined by the overlapping of the clinical model on the individual and their supports.

• Misunderstanding and non acceptance of the recovery model by services and the broader community

• People continue to be trained at schools, universities, further education providers and in workplaces in the unhelpful / dangerous medical model
Impact of Barriers

• Diagnosis sets you apart excludes you from all your connections. Leaving you isolated and disconnected from life.

• Losing your sense of self is a debilitating experience.

• We can only truly define ourselves through our relationship with our world. (Kellie Comans Beyond Psychiatry)
Programs

- Movin On
- Enhancing Recovery for Parents
- HARD Project -
- Kids In Kontrol 12-15 year olds
- Revivify North East
- Thrivers – Informants for Mental Health Clinical Services
- Community HV Group
- Consumers as Consultants
Sharing the Learning's.

TheMHS    Townsville
Lauchie!

Shine and you enable others to shine with you!
Susan!
Kelly!
Annie!

Recovery in Action
Matty!
Providing Support & Encouragement
Thank you for sharing in our journey

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References


Harris, R (2007). *The happiness trap; stop struggling, start living*. Wollombi; Exisle Publishing Ltd.

www.actmindfully.com.au


www.cultivatingsuccess.org