

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!

gatewaycommunityhealth
connecting our community





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

Likes Task

Survivors	Volunteers
<ul style="list-style-type: none"> • Take things as they come • Put up with things • Don't enjoy • Go with the flow • Pessimistic • Feel no power to change things 	<ul style="list-style-type: none"> • Trust in own skills and abilities • Confident • Love what you are doing • Excited • Loves a challenge • Doer • Get things done • Take responsibility • Inquisitive • Power to influence
Prisoners	Whingers
<ul style="list-style-type: none"> • Feel isolated & alone • Feel confined • Feel powerless • Feel no hope • Is pessimistic 	<ul style="list-style-type: none"> • Tell people how you feel • Can identify problems • Blame others • Take no responsibility • Feel powerless

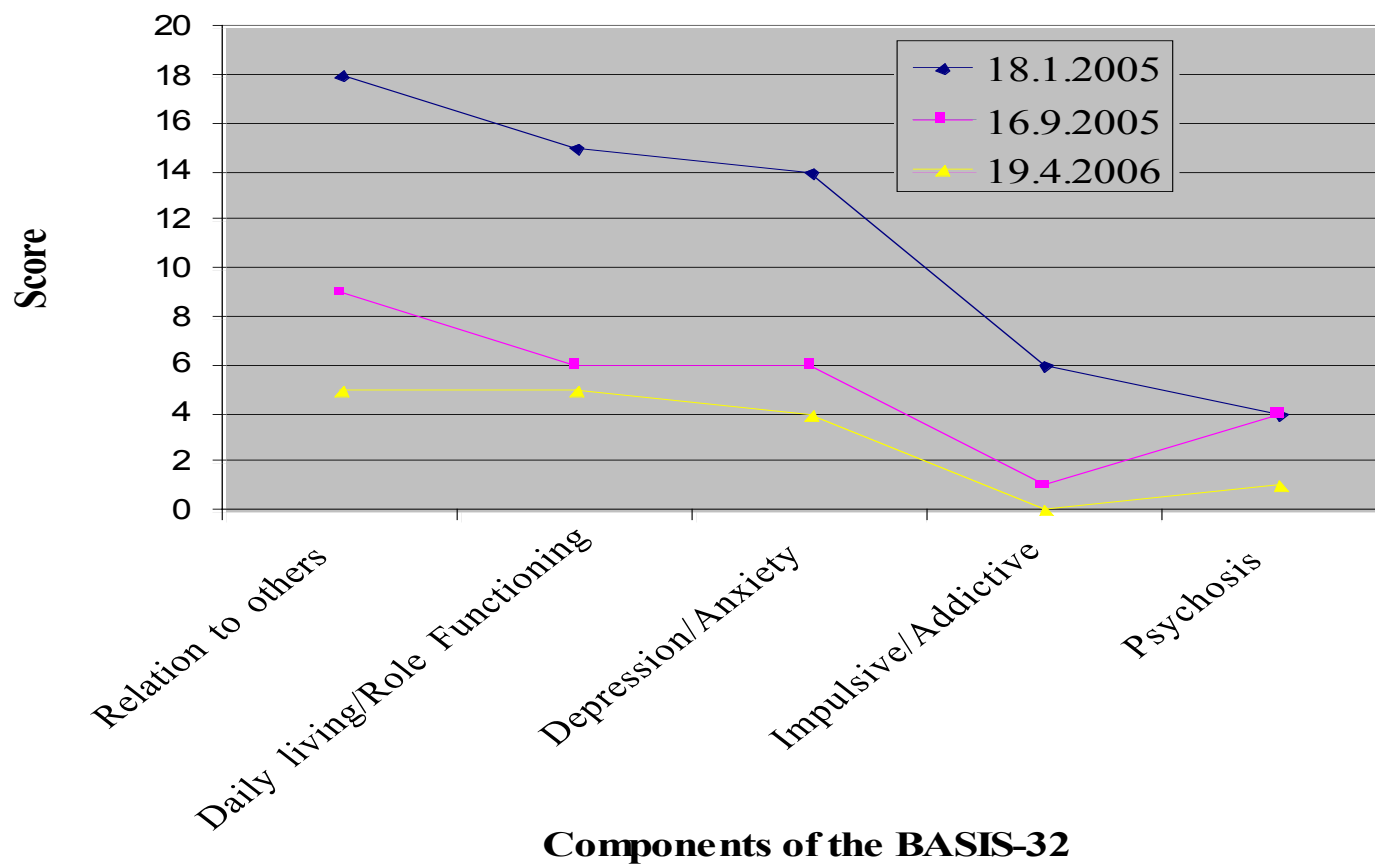
Can't
Express
Feelings

Can
Express
Feelings

Doesn't like

Self Evaluation

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



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

Outcomeso through sharing we become more human!!!

Prof. Kopal Sing

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

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connecting our community



Lauchie!



Shine and you enable others to shine with you!



Susan!

Focused And Determined

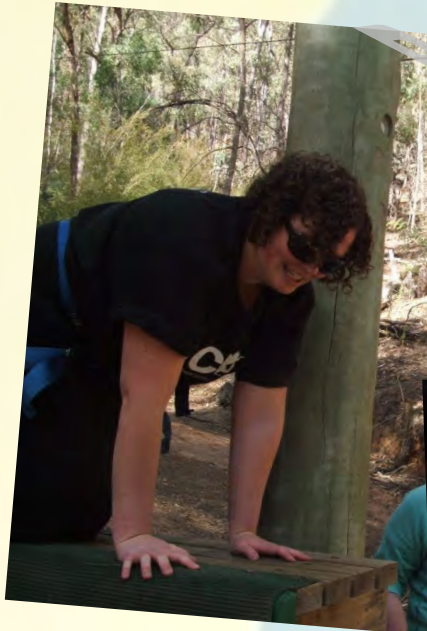


Kelly!



Annie!

Recovery in Action



Matty!



Stacey!



Providing Support & Encouragement



Kellie



Thank you for sharing in our journey

Contact Details:

**Ros Thomas
Mental Health Team
Gateway Community Health
155 High Street
Wodonga Vic 3690
Phone: 0260228888
Email:**

rthomas@gatewaycommunityhealth.org.au

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