
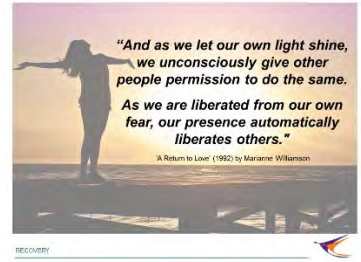
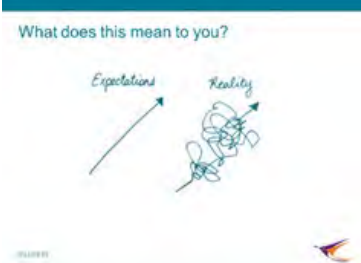
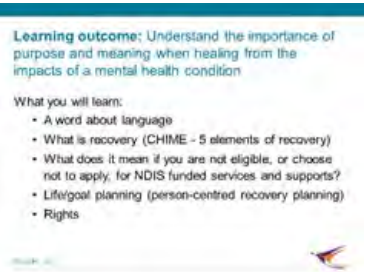

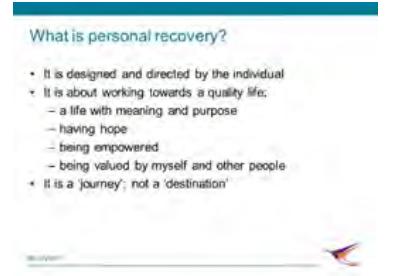




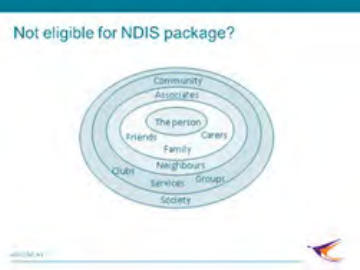
## MHCC NDIS CEEP Project Trial Trainer Guide: Module 1 – Recovery


Slide/s	Time	Key message/s	Resource/s
<p>Prepare 3x labelled Butcher paper – <b>Recovery</b> and <b>Other Expectations</b> and <b>Recovery-meeting expectations</b>            Have MHCC Recovery Oriented language Guides available</p>			
<p>1.</p> 	<p>0 – 1 min (1 min)</p>	<p>For the next hour we will be thinking and learning about Recovery and understanding the importance of living a life with purpose and meaning when healing from the impacts of a mental health condition.</p>	<p>PPT in all sections</p>
<p>2.</p> 	<p>1 – 2 min (1 min)</p>	<p>Inspiring quote – present and briefly discuss. Link to notions of living a life with purpose and meaning when healing from the impacts of a mental health condition.</p> <p>In the ideal world, community service workers could:</p> <ul style="list-style-type: none"> <li>• feel confident about working alongside people living with mental health conditions</li> <li>• create an environment that supports and enables people to make and realise their own choices in recovery</li> </ul> <p>Working in mental health is all about working with the person. It's about people connecting with other people. You, the person, are the tool most useful to people living with mental health conditions.</p>	
<p>3.</p> 	<p>2 – 9 min (7 min)</p>	<p><b>Activity Question</b>  <b>What does this mean to you? – Use post-it notes to write what recovery means to you in respect to these two lines. Bring responses to the butcher paper – trainer read them out.</b>          Is this your experience or the experience of someone you care for or someone you support?</p> <p><b>Recovery</b> is a process, a journey-not a destination, a way of life, an attitude, and a way of approaching the day's challenges.          Involves trial and error. Does this work or not? Good days and bad days.          Getting to a better life and working to maintain this.</p>	<p>Post-it notes</p> <p><b>Butchers Paper - Recovery</b></p> <p>Markers</p> <p>Blu Tac</p>



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		<p>It is not a perfectly linear process. At times our course is erratic, and we falter, slide back, regroup and start again (Deegan, 1988)</p> <p><b>Hope</b> - Recovery provides the essential and motivating message of a better future: that people can and do overcome the barriers and obstacles that confront them. Hope is internalised, but can be fostered by peers, families, friends, providers, community workers, and others. Hope is the catalyst of the recovery process.</p>	
<p>4.</p> 	<p>9–11 min (2 min)</p>	<p>Introduce learning module and draft learning outcome.</p> <p><b>Learning outcome: Understand the importance of purpose and meaning when healing from the impacts of a mental health condition</b></p> <ul style="list-style-type: none"> <li>• A word about language</li> <li>• What is recovery (CHIME - 5 elements of recovery) <ul style="list-style-type: none"> <li>➢ Connectedness</li> <li>➢ Hope and optimism</li> <li>➢ Identity</li> <li>➢ Meaning and purpose</li> <li>➢ Empowerment</li> </ul> </li> <li>• What does it mean if you are not eligible, or choose not to apply, for NDIS funded services and supports?</li> <li>• Life/goal planning (person-centred recovery planning)</li> <li>• Rights</li> </ul> <p>Briefly reference what you will learn and then ask if people have other expectations of this session. Document other expectations on Butchers Paper (this will be revisited at the end of the module).</p>	<p>Butchers Paper – Other Expectations</p> <p>Markers</p>
<p>5.</p> 	<p>11 – 13 min (2 min)</p>	<p><b>Words and language</b></p> <p>“Words are important. The language we use and the stories we tell have a great significance to all involved. They can carry a sense of hope and possibility or be associated with a sense of pessimism and low expectations, both of which can influence personal outcomes.” <i>Devon partnership</i></p> <p>Language about mental health has traditionally been used in very negative ways, both intentionally and unintentionally. Limiting language focusses on difficulties and reinforces powerlessness and hopelessness. It dismisses a person’s experience and their expertise about themselves.</p>	<p><a href="#">MHCC Recovery Oriented Language Guide</a></p>

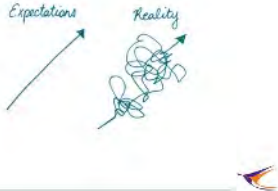

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		<p>This type of language can impact how the person sees themselves and can cause them to 'live down' to the low expectations that are set.</p> <p>Use inspiring language:  <b>A person has a goal that you don't think they can achieve.</b>  <b>What do you say?</b> - How can I support you in taking steps towards this goal?</p> <p><b>A person you know tells you they are worried they'll never work again. What do you say?</b> - What would you need in order to feel ready or able to work again?</p> <p>Words and language are critically important in the mental health field where discrimination, disempowerment and loss of self-esteem can cause people to battle with self-stigma.</p> <p>Consistent with the language of recovery, the following 'people-first' language descriptors are used wherever possible:</p> <ul style="list-style-type: none"> <li>• 'person', 'people with lived experience', 'lived expertise' and 'experts by experience' rather than 'clients', 'service users' or 'patients'</li> <li>• 'family and support people', which includes family members, partners, friends or anyone whose primary relationship with the person concerned is a personal, supportive and caring one</li> <li>• 'mental health issues', 'challenges' and 'emotional distress' are used in place of, and at times alongside, the term 'mental illness'</li> <li>• <b>Ask me what I prefer</b> – If you are unsure then ask the person what they prefer.</li> </ul> <p>Refer to the MHCC guide - <a href="#">MHCC Recovery Oriented Language Guide</a></p>	
<p>6.</p> 	<p>13 – 15 min (2 min)</p>	<p><b>What is personal recovery?</b></p> <p>While definitions can vary, most people would agree that recovery is an individual process that is self-defined and driven by the person and their desires and preferences.</p> <p>[Personal recovery is] a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness (Anthony, 1993).</p>	

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		<p><b>The need</b> is to meet the challenge of the disability and to re-find and establish a new and valued sense of integrity and purpose within and beyond the limits of the disability;  <b>The aspiration</b> is to live, work, and love in a community in which one makes a significant contribution (Deegan, 1988)</p> <p>Recovery is the journey towards a new and valued sense of identity, role and purpose outside the parameters of mental illness; and living well despite any limitations resulting from the illness, its treatment and personal and environmental conditions (Queensland Government position paper, 2005).</p> <p><b>General Question</b>  Hearing these definitions, does this fit with the straight line or the squiggly line?</p>	
<p>7.</p> <p>How is personal recovery different from medical recovery?</p> <ul style="list-style-type: none"> <li>• It is not focused on the elimination of symptoms</li> <li>• It does not see distressed people as "sick"</li> <li>• It sees individuals; not generalised diagnoses</li> <li>• It is not directed by mental health workers or clinicians</li> </ul> 	<p>15-16min (1 min)</p>	<p>Some people only know about clinical recovery. You get sick and then with or without medical intervention, you get better.  But we are talking about personal recovery.</p> <p><b>How is personal recovery different from medical recovery?</b></p> <ul style="list-style-type: none"> <li>• It is not focused on the elimination of symptoms</li> <li>• It does not see distressed people as "sick"</li> <li>• It sees individuals; not generalised diagnoses</li> <li>• It is not directed by mental health workers or clinicians</li> </ul>	



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<p>8.</p> 	<p>16-21 min (5 mins)</p>	<p><b>CHIME</b> Recovery may be composed of 5 characteristics, summarised by the acronym <b>CHIME</b>. Each letter represents words that explains a critical aspect of recovery.</p> <p><b>C - Connectedness</b> – Family, Relationships, Peer support, supports from others, Being part of the Community</p> <p><b>H - Hope and Optimism</b> - Optimism, Belief in Recovery, Motivation, Positive Thinking, Dreams, Aspirations, Hope-inspiring relationships. At times when the person cannot see any positives, it is important that the worker holds hope and expresses belief in the person and their potential</p> <p><b>I - Identity</b> - Start with the person, Connect and build a shared understanding, Support in Rebuilding and Redefining Positive sense of identity and self, overcoming stigma</p> <p><b>M - Meaningful life</b> - Making meaning of experiences, may involve spirituality, quality of life, rebuilding a meaningful life and social roles.</p> <p><b>E - Empowerment</b> – Support self-management and Personal Responsibility, Control Over own Life, Focus on their Strengths and their Resilience. Positive risk taking.</p> <p><b>Ask learners to reflect:</b> <b>How does this fit in with the services you or your organisation provides?</b></p>	
<p>9.</p> 	<p>21-24min (3mins)</p>	<p><b>Not eligible for/choose no NDIS package?</b> Help a person see/access what is out there: Family, carers and kinship groups Neighbours, associates Community – clubs, services, groups, activities Society</p> <p><b>Resources out there:</b> <b>See the details in Supports and Services module</b></p> <ul style="list-style-type: none"> <li>• <b>Mainstream services</b></li> <li>• <b>Community services</b></li> <li>• <b>Non-mental health specific Community Workers</b></li> <li>• <b>Volunteer support</b></li> <li>• <b>Peer support</b></li> </ul>	

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		<p><b>Question to reflect upon: How can you help a person find these people or services?</b></p>	
<p>10.</p> <p><b>Life/goal planning</b></p> <ul style="list-style-type: none"> <li>Focuses on all aspects of the person's life, to identify needs and priorities</li> <li>Ecosystems - the holistic approach can involve looking at the person in the context of their environment, friends, family, and community</li> </ul>	<p>24-26min (2 mins)</p>	<p><b>Life/goal planning</b></p> <ul style="list-style-type: none"> <li>Focuses on all aspects of the person's life, to identify needs and priorities</li> <li>Environment - the holistic approach can involve looking at the person in the context of their environment, friends, family, and community</li> <li>Carers, families, friends and other natural supports can be very important allies in the recovery process for consumers</li> </ul>	
<p>11.</p> <p><b>Person centred approach</b></p> <p>Puts the <b>person at the centre</b> of all decision making that affects them</p> <ul style="list-style-type: none"> <li>It is about having choice and having control.</li> <li>It is empowering.</li> <li>It is about encouraging voice and participation.</li> <li>It is about holistic, person-driven processes</li> </ul> 	<p>26-30min (4 mins)</p>	<p>Puts the <b>person at the centre</b> of all decision making that affects them.</p> <ul style="list-style-type: none"> <li>It is about having choice and having control.</li> <li>It is empowering.</li> <li>It is about encouraging voice and participation.</li> <li>It is about holistic, person-driven processes</li> </ul> <p><b>Person centred Recovery is all about Choice and Control</b></p> <p><b>Self-Defined and Self-Determined</b> – the person chooses what they want to do and what recovery means for them</p> <p><b>Self-Directed and Self-Driven</b> – the person is in control and they set the route, the pace and who will be involved</p> <p>In person-centred recovery the person is in control and makes all the decisions. They have the <b>POWER!</b></p> <p>There is the potential of every person to shape their own life and world.</p> <p><b>The difference between recovery and other approaches</b></p> <p>There are many approaches to supporting people living with mental distress. Recovery approaches are more empowering than others: they see the service user as the one to make all the decisions and as an expert in their own lives and preferences</p> <p>The service user decides and plans all the details about their recovery journey.</p>	

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		<p>They decide where they will stop and when and where they will go. They decide what recovery will mean for them.</p> <p><b>Recovery-oriented practice</b></p> <p>If the service user chooses, then a worker can go with them on their recovery journey. They can provide information, assistance and support along the way, but they don't make the decisions.</p>	
<p>12.</p> <p><b>Being authentic – Walking the Talk</b></p> <ul style="list-style-type: none"> <li>• Be genuine, warm and real</li> <li>• Be self-aware</li> <li>• Be trustworthy</li> <li>• Value others</li> <li>• Be approachable and open</li> <li>• Be present and mindful</li> <li>• Be constant and resilient</li> <li>• Be available and willing to share</li> <li>• Be self-reflective</li> <li>• Create safe spaces</li> </ul> 	<p>30-32min (2 mins)</p>	<p><b>Being authentic – Walking the Talk</b></p> <ul style="list-style-type: none"> <li>• Be genuine, warm and real</li> <li>• Be self-aware</li> <li>• Be trustworthy</li> <li>• Value others</li> <li>• Be approachable and open</li> <li>• Be present and mindful</li> <li>• Be constant and resilient</li> <li>• Be available and willing to share</li> <li>• Be self-reflective</li> <li>• Create safe spaces</li> </ul>	
<p>13.</p> <p><b>All people living with mental health conditions have the right to:</b></p> <ul style="list-style-type: none"> <li>• an adequate standard of living</li> <li>• enjoyment of the highest attainable standard of physical and mental health</li> <li>• exercise legal capacity and the right to personal liberty and the security of person</li> <li>• freedom from torture or cruel, inhuman or degrading treatment or punishment and from exploitation, violence and abuse</li> <li>• live independently and be included in the community</li> </ul> 	<p>32-36min (4 mins)</p>	<p><b>All people living with mental health conditions have the right to:</b></p> <ul style="list-style-type: none"> <li>• an adequate standard of living</li> <li>• enjoyment of the highest attainable standard of physical and mental health</li> <li>• exercise legal capacity and the right to personal liberty and the security of person</li> <li>• freedom from torture or cruel, inhuman or degrading treatment or punishment and from exploitation, violence and abuse</li> <li>• live independently and be included in the community</li> </ul> <p>This is about the rights of all people living with mental health conditions whether they have a disability or not and also links to elements of the UNCRPD (ie United Nations Convention on the Rights of Persons with Disabilities).</p> <p>WHO Quality Rights Manual/framework which Australia will be undertaking a lot of work against over the next few years). This is a lengthy but important read for those that want to think and learn more about MH and community inclusion!</p>	

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		<p><b>In simple terms the basic ideas are:</b></p> <ul style="list-style-type: none"> <li>• People are free to make their own choices</li> <li>• No one will be discriminated against.</li> <li>• Disabled people have the same rights to be included in society as anybody else.</li> <li>• Disabled people are to be respected for who they are</li> <li>• Everyone should have equal opportunities.</li> <li>• Everyone should have equal access.</li> </ul>	
<p>14.</p> <p>What can you do to help reality meet expectations?</p> 	<p>36-41 (5 min)</p>	<p><b>ACTIVITY</b></p> <p>Ask participants to think about how they can help a person's reality meet with their expectations.</p> <p>Use post-it notes to attach to butcher paper</p>	<p><i>Butchers Paper – Recovery- meeting expectations</i></p>
<p>15.</p> <p>Video - Recovery</p> 	<p>41 – 51 min (10 min)</p>	<p>Show and discuss video. For discussion: How are the experiences of Community Workers, volunteers, peers and others in this video related to the importance of purpose and meaning when healing from the impacts of a mental health condition?</p> <p><b>RESOURCES:</b> Speakers (as required) Video embedded in PPT Back-up internet access to videos (MHCC webpage)</p>	



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<p>16.</p> <p>Learning outcome</p> <p>Understand the importance of purpose and meaning when healing from the impacts of a mental health condition</p> 	<p>51 – 55 min (4 min)</p>	<p>Revisit whether the learning outcome for this module has been achieved: importance of purpose and meaning when healing from the impacts of a mental health condition? (and also see slide 4).</p> <p>Remind learners that we started off by exploring what recovery means to you? And whether your experience is the wiggly or straight line.</p> <p>Explore if the learning module content and supported achieving the learning outcome and other learning module expectations of this session that were put on Butchers Paper earlier.</p> <p><b>Make time to complete the Module 2 USyd evaluation</b></p>	<p>Posted learning expectations Butchers Paper from beginning of module</p> <p>Posted 'what does recovery mean to you' Butchers Paper from beginning of module.</p>
<p>17</p> 			
<p>18.</p>			