Goals

- Increase confidence
- Increase comfort
- Advocate effectively
Objectives

Define recovery

Identify range of interventions for persons with psychiatric disabilities

Discuss sensitization experiences
Recovery

A way of living to make the most out of life
Recovery

Predicated on belief that a remarkable number of individuals with schizophrenia *recover* from the illness
Recovery

“...the act of gaining and taking back hope, personal identity and abilities – from loss due to disorder, injury, or submission to powerlessness...”

- A Public Health Model for the Recovery of Adult Mental Health
  Dornan, 2000
Recovery

- The ability to have hope
- Trust my own thoughts
- Enjoy the environment
- Feel alert and alive
Recovery

Anti-professional?

Anti-medication?
Recovery

- Providers talk about “compliance” and “treatment resistant”
- partnership of equals between
  - clinician and client
  - traditional and alternative services
- Consumers talk about “choice” and “right to refuse”
Recovery

Of paramount importance is

- the belief in the person’s capacity to recover
- willingness to be clear, honest and informative
- desire to learn from each individual what they feel, think and want
- an ability to use this information in the manner most helpful to that person