



Mental Health Ombudsman Training Manual

Advocacy and the Adult Home Resident

Module II Self Advocacy and Recovery



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