

## **MODULE II: Self-Advocacy and Recovery**

### **Introduction**

#### To the instructor

Historically, individuals diagnosed with major mental illness, such as schizophrenia were viewed as being on an inevitable downward course, with no hope of recovery.

Contrary to this long held belief, there is now considerable evidence that a significant percentage of patients do recover. In several long-term follow-up studies published between 1960 and 1991, almost 1/3 of patients clinically recovered (ranged from a low of 6% to a high of 66%). The percentage of patients who showed a social recovery averaged 52% (ranged from a low of 17% to a high of 75%).

In addition, people with schizophrenia were seen as unable to make their own decisions and in need of professionals to protect and make decisions for them. We now understand that over-protection and restricting choice has deleterious effects. Reclaiming the right to make mistakes – like the rest of us- is what Patricia Deegan calls “the dignity of risk and the right to failure”.

This session provides an overview of the recovery movement and describes how the principles of recovery can be used to enhance self-determination and inform treatment planning and problem solving. The ombudsman will also have an opportunity to imagine the experience of hearing voices and of feeling paranoid.

#### Goals

Increase personal comfort and confidence in abilities to work effectively with residents with multiple, chronic health problems (both mental and physical) living in adult homes.

Increase ability to advocate effectively *for* and *with* residents with multiple, chronic health problems (both mental and physical) living in adult homes at both the individual and systems levels.

Objectives At the end of this session, the participant will be able to:

Define recovery

Identify a range of interventions for persons with psychiatric disabilities

Discuss what it is like to stand in the shoes of someone who hears voices or is always afraid

#### Methods

Discussion group	15 -20 minutes
Lecture (Power point)	15 -20 minutes
Sensitization exercises	20 -25 minutes

### Materials

Flip chart

LCD Projector or other A/V equipment

Recovering Your Mental Health Packet for each participant

(includes SMA-3504, SMA-3715 thru SMA-3720). It can be obtained from

<http://www.mentalhealth.org> or by calling

CMHS Knowledge Exchange Network

1-800-789-2647

### Format

Using the homework assignments from module I: the Facts or Fictions handout, the movie and the article on Recovery, have ombudsmen discuss their reactions and insights. Ask what they have learned so far about individuals with mental illness.

Then present the brief lecture on recovery and self-advocacy. Tell the group the lecture is intentionally brief and that you will be distributing a packet of information on recovery that will provide additional details.

Following the lecture, complete the sensitization exercises on auditory hallucination and paranoia that follow.

### Homework

Distribute the packet on recovery and the handouts on communication. Ask the ombudsmen to read the material before Module III.