

# Recovery (How to regain Self)

*users in partnership*



*west midlands cic*

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trying to be Stigma Free  
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## Recovery is.....

Taking ownership of your illness.

Taking responsibility for what you do and don't do.

Saying it and Believing it....

....“My illness is not the whole of my Life, just a part of my Life now”.

## Recovery is.....

“A deeply personal, Unique process of changing attitude, values, feelings, goals, skills and roles. It’s a way of living a more satisfying, hopeful and contributing life.

Even with the limitations caused by illness.

Recovery involves the development of..

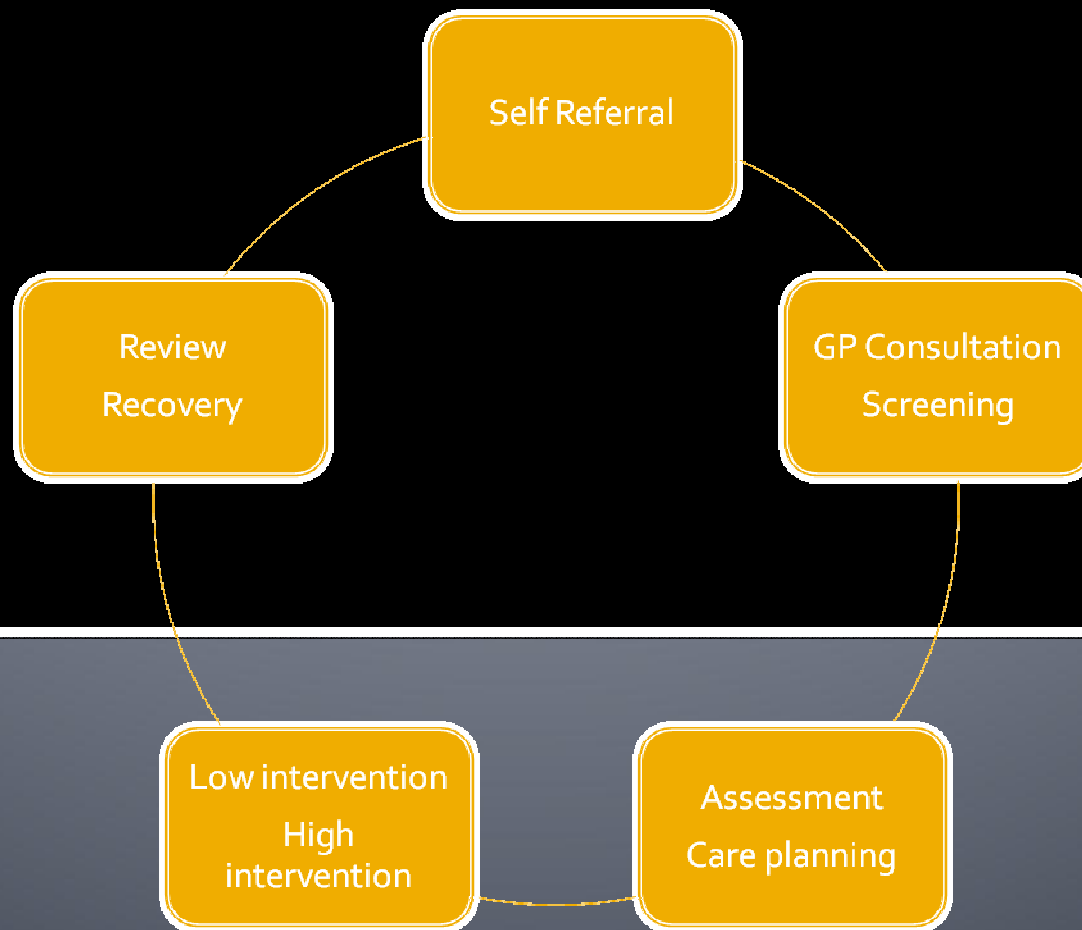
New meaning.....

New purpose.....

In life”

(Anthony 1993)

# The Preferred path through the system



**Not all are so lucky!!!!**  
**(The average Joe's path)**

- Community
- Police/Criminal Justice System
- Very High intervention
- Care planning
- Psychological/Medical
- Reviewed (under section)
- Very low recovery rate

# The Feelings of frustration



## Lloyd's Story

- ❑ Enlisted 1999 (NHS foot-soldier)
- ❑ 2001 (Prescription Junkie)
- ❑ De-Mobbed 2004 (Finally off Tablets)
- ❑ 2005 Started rehab (Small trips out)
- ❑ 2006 Recovery Campaign (It's my life)
- ❑ 2007 Escaped the DWP trap (Jumped ship)
- ❑ 2008 Liberation (Part-time work)
- ❑ 2009 The impossible dream (Stigma Free?)
- ❑ 2010 Full time work (Yet another dream?)

## **Who Assisted My Recovery? (Many are called only a few return)**

Many of us forget to thank the hundreds of people who help along the way.....

- My CPN
- The Three witches from BSMHT
- The CEIMH (Having faith, resources)
- SURESEARCH (New family/friends)
- Users in Partnership

## How do I start? (What should I know?)

- Understanding your Illness
- Understanding your Medication
- Strategy for recovery (Hopes and Dreams)
- Plan B-Z
- Support structure

## Possible Support Structure

There's no shame in asking for help....

- CPN
- Social Worker
- Support Worker
- Family/Friends
- GP (Always inform your Doctor)
- Mum (Because no-one does it better)

## The Police and the Mental Health Act

- High admission rate to hospital
- ❖ Is this due to Racism?
- ❖ Are the police expert at diagnosing?
- So many die while being restrained
- ❖ Is this due to lack of training?
- ❖ Big, Black and Mad?
- The new Mental Health Act
- ❖ Is this a replacement of the S.U.S. Law?

## Questions (That can't be answered)

Is there a link between Mental Illness and.....

- Immigration?
- Discrimination?
- Poor Housing?
- Poverty?
- Poor Education?
- Bereavement?
- Brake-up's?
- Credit Crunch?

# Something New is Coming

- IAPT
- ❖ What is IAPT?
- Improving Access to Psychological Therapies
- ❖ What does that mean to me?
- Easy access to services
- a) Effective Treatment
- b) Humanity Approach
- c) Workable Policies
- d) Person centred projects
- e) Opportunities to Recover

## How will IAPT Work for Me?

- Represent Your Views
- Involve all Key Partners
- Be the Link
- Identify Gaps
- Recommend
- Sign Posting

**There's no end  
(Recovery is on going)**

Recovery does not mean cured  
Recovery is a Road with lots of signs  
Learning to read signs (People)  
Live the life that's Rewarding  
Move On  
Take Care