

Creating and Inspiring HOPE

Integrating *RECOVERY* Values and Principles

Into everyday practice in the Mental Health Workforce

What do we think about recovery and mental illness?

Introduction

This brief exercise provides an opportunity for participants to reflect on their knowledge and understanding of both recovery and mental illness. They are invited to complete the “**What do we think about recovery?**” Worksheet and questionnaire and to reflect on their answers to identify some priorities for learning . They then share their completed worksheet and their reflections with other members of the group.

Aims:

1. To explore personal understandings of recovery and mental illness
2. To identify personal priorities for learning in knowledge and understanding
3. To share this with other members of the group

Materials:

1. One copy of the ‘**What do we think about recovery and mental illness?**’ worksheet for each person.
2. Flip chart paper and coloured pens to record any discussion

Timing:

1. Tutors introduction and discussion of the worksheet – 5 minutes
2. Participants complete the worksheet and the questionnaire then discuss their conclusions with a partner or in a small group depending upon the size of the group - 25 minutes
3. Concluding plenary discussion - 5 minutes
4. Total time required for the exercise -35 minutes

Instructions:

1. Introduce the session by referring to the aims and by talking participants through the worksheet and questionnaire. Make sure that people understand the task and answer any questions.
2. Organise the group into pairs or small groups – it is probably best to work with pairs, up to a maximum group size of 12. Any bigger than this and it will get difficult to give everyone the attention they need and feedback from pairs can take a long time.

3. Ask people to join their partners or groups and begin the exercise. If you think it is helpful visit everyone as they work to help them with the task and to keep them on time.
4. Ask people to agree a set of answers in their group to feed back to the large group.
5. Answer any questions and clarify any misunderstandings before inviting people to move on to the next stage of the exercise.
6. After 20 minutes invite everyone to return to the big group and give brief feedback about what they've learned from the exercise
7. We have only allowed five minutes for this final discussion so you will need to ask people to be brief and to report on bullet points only – do not encourage discussion
8. Finally conclude this session by reminding people to keep copies of their completed worksheet in their folder as you'll be reviewing their progress in achieving their learning priorities in the first session of day two of the module.

What do we think about recovery and mental illness?

The tasks involved in this brief session are designed to help you reflect on your knowledge and understanding of recovery and to also identify your learning priorities.

Step one: Spend no more than five minutes alone completing the following questionnaire – do this as quickly as you can without conferring with anyone else.

The facilitator will suggest answers and identify issues for discussion and exploration.

What do we think about recovery and mental illness? The Questionnaire

Please answer each of the following true/false questions to the best of your ability.

The questions are designed to stimulate thinking, not demonstrate your knowledge.

1. Encouraging service users to participate in their own recovery is a way for mental health services to absolve themselves of responsibility.

True or False?
2. Recovery means people become symptom-free.

True or False?
3. Recovery principles are incompatible with care management and care brokerage?

True or False?
4. Recovery is the same as empowerment.

True or False?
5. Recovery requires a spiritual connection with a “higher being.”

	True or False?
6.	You have to be a person with a lived experience of mental distress to help people move towards recovery. True or False?
7.	People in recovery do not use medications or other forms of psychiatric treatment. True or False?
8.	People in self-help groups belong to some form of cult or mind-control organization. True or False?
9.	Recovery means never having relapses or significant set-backs. True or False?
10.	Recovery is only for individuals, not for families, teams, organizations, or service systems. True or False?
11.	Recovery is the same as Person-Centred Planning. True or False?
12.	If recovery approaches take hold, there will be no need for mental health workers. True or False?
13.	Learning and integrating recovery principles into my helping practice means that what I learned in my professional training is obsolete. True or False?
14.	Recovery requires radical re-alignment of our beliefs, clinical services and practices, anticipated outcomes, and relationships with people. True or False?
15.	Treatment of the illness has to come before recovery principles can be employed.

	True or False?
16.	Recovery is a personal thing so cannot be “packaged” or “dished out” by professionals. True or False?
17.	People can go in and out of recovery. True or False?
18.	People can be in recovery without knowing it. True or False?
19.	Recovery is rehabilitation in new clothes. True or False?
20.	Self-help is a critical ingredient in recovery. True or False?
21.	There are no experiences in my life which help me identify with the experience and process of recovery. True or False?

What do we think about recovery and mental illness?
Step Two: Share your conclusions and learning priorities with your partner or the rest of the people in your small group and ask them for feedback. What do they think about your conclusions and your learning priorities? See if you can agree a set to feed back to the large group.
The final step is to return to the large group ready to discuss with everyone in the class what you've learned from doing the exercise.