



Recovery and Wellbeing

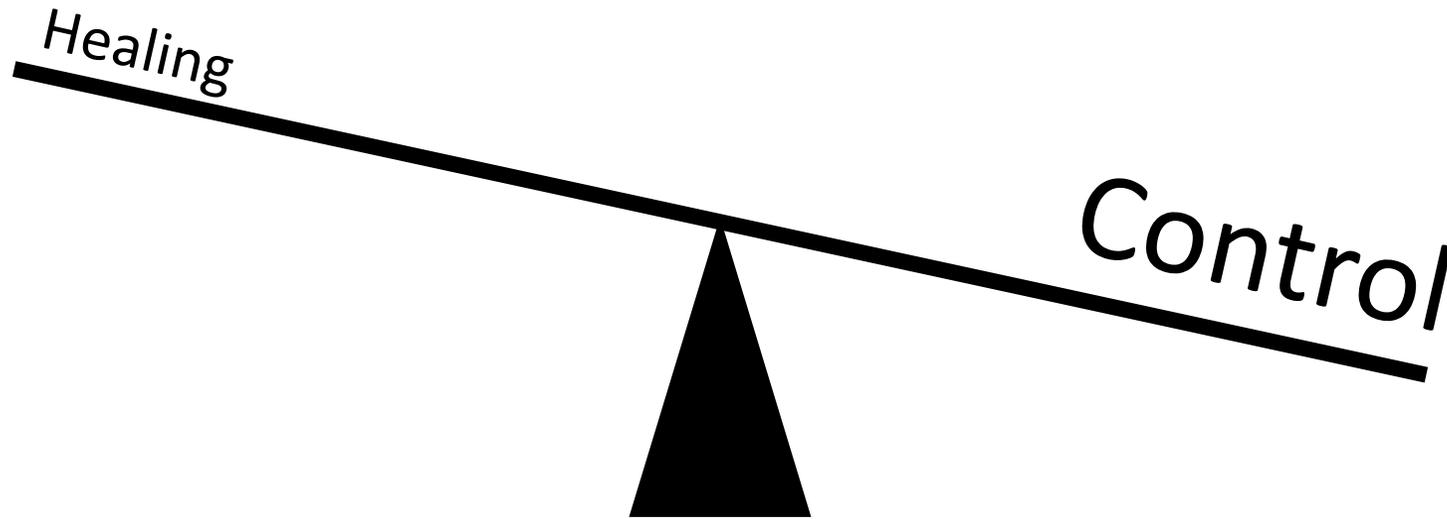
Mary O'Hagan

What is recovery?

Living the life I want in the presence of or absence of my mental distress.

We need personal power, social connection, equal opportunities and sometimes services to foster recovery.

Services, recovery and wellbeing



Recovery re-weights the system towards healing

Origins of recovery

1980s on:

Psychiatric rehabilitation
= *overcoming functional limitations*

'Mad' movement
= *self-determination*

Mental health system
= *business as usual with a few tweaks*



ALL TRUTH PASSES
THROUGH THREE STAGES:

FIRST

It is ridiculed.

SECOND

It is violently
opposed.

THIRD

It is accepted as
being self-evident.

FOURTH

It is reshaped in the
image of the power
structures that adopt it

Evolution of recovery



Personal journey.

Workforce and service responses.

Anti-discrimination and social inclusion.

Population wellbeing.

The problems with recovery

Limitations of the word itself.

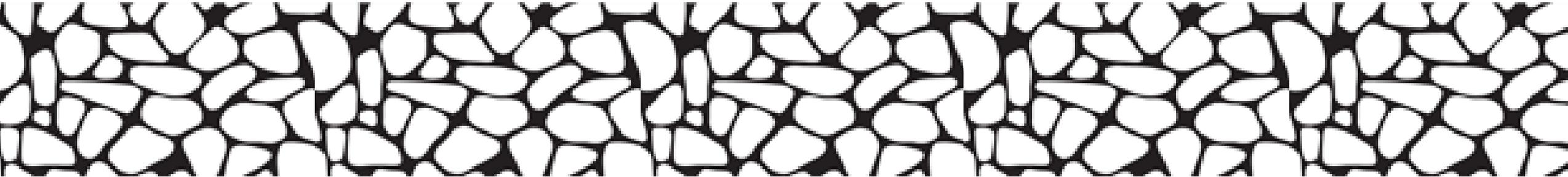
Colonization by the mental health system.



The bedrock of recovery

Madness is

- a full, legitimate human experience.
- meaning and value can be derived from it.
- there are pathways through it.





TRADITION

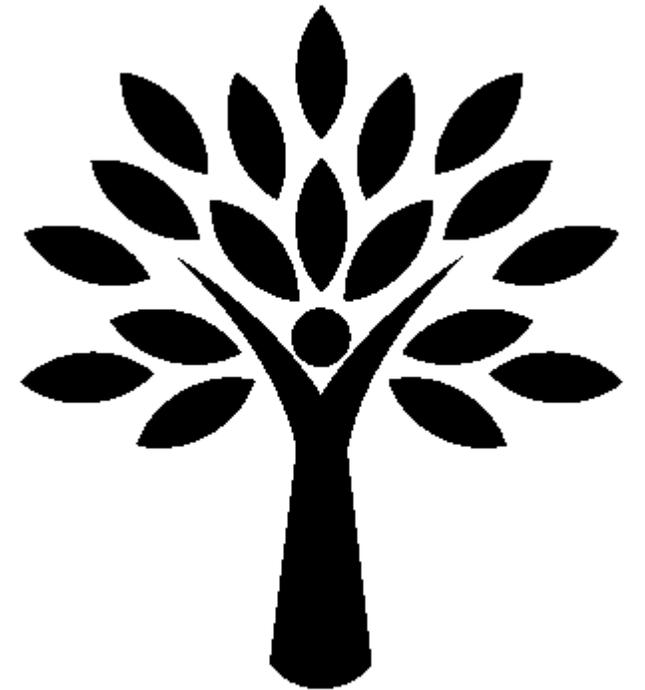
JUST BECAUSE YOU'VE ALWAYS DONE IT THAT WAY
DOESN'T MEAN IT'S NOT INCREDIBLY STUPID.

www.despair.com

Evolution of wellbeing

Last 20 years huge increase in 'wellbeing' knowledge:

- Determinants
- Consequences
- Interventions for population wellbeing
- Ways to measure wellbeing & interventions.

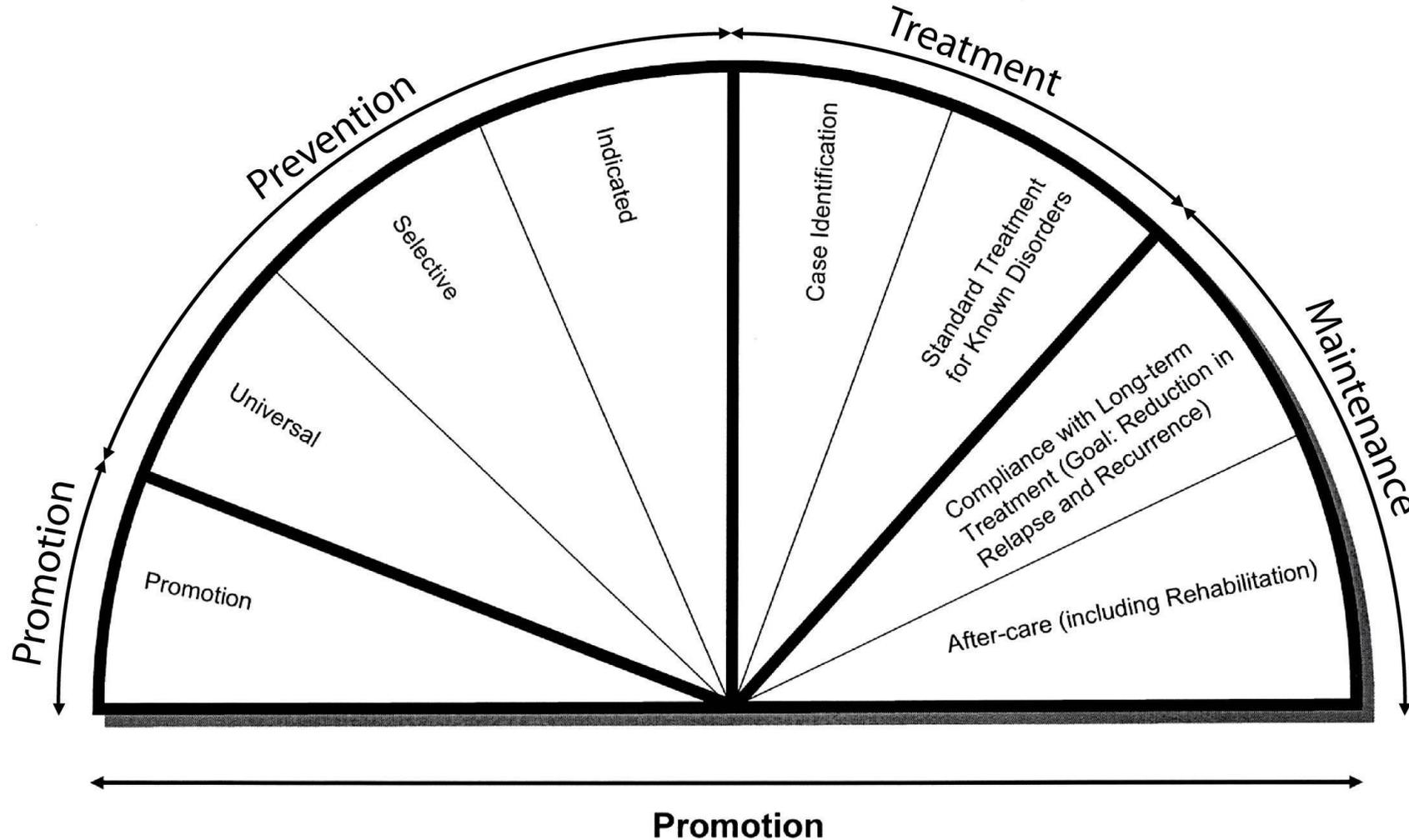


Wellbeing terms

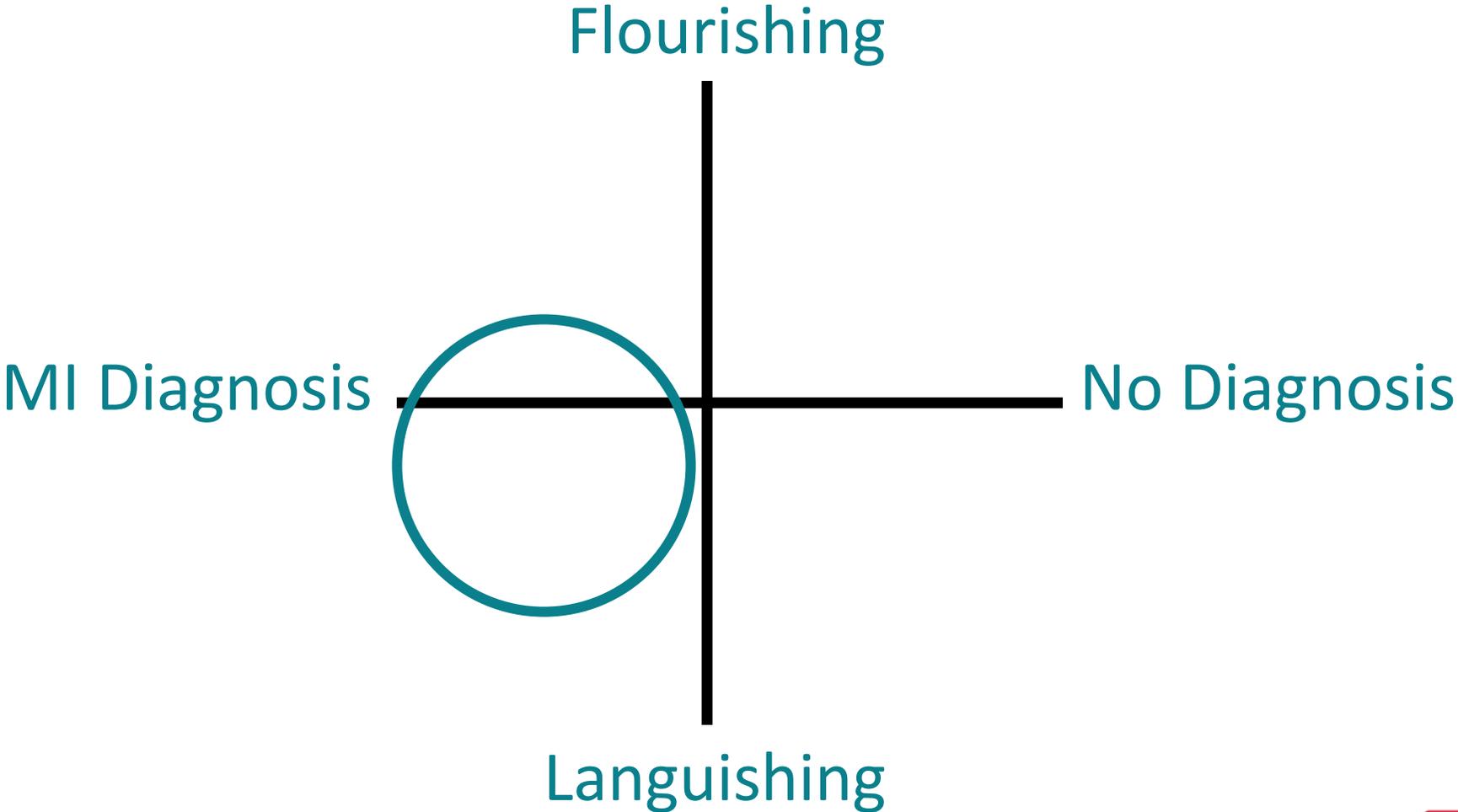
- Positive psychology
- Happiness
- Gross National Happiness (GNH)
- Mental capital
- Mental health promotion



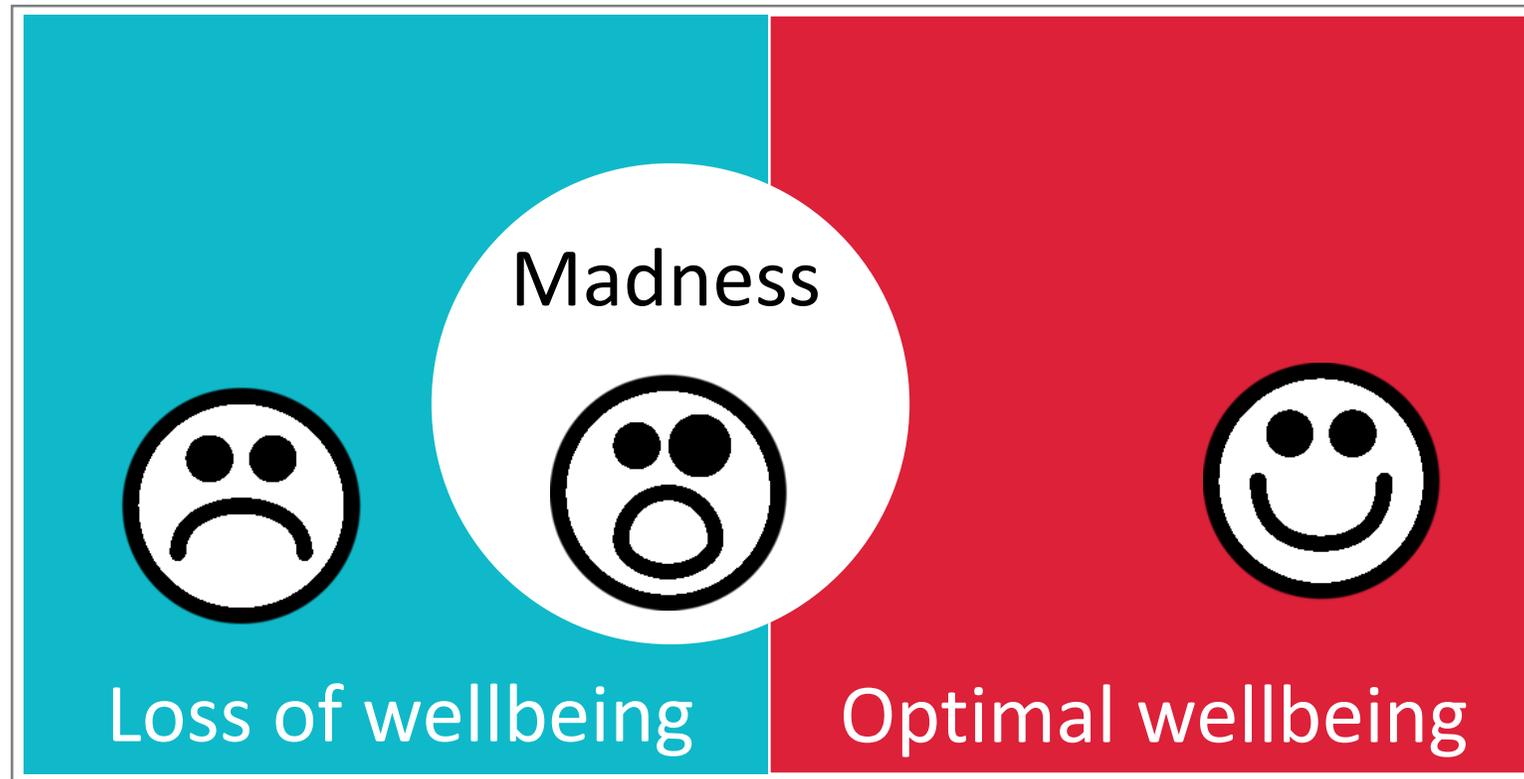
Traditional health continuum – yuk!



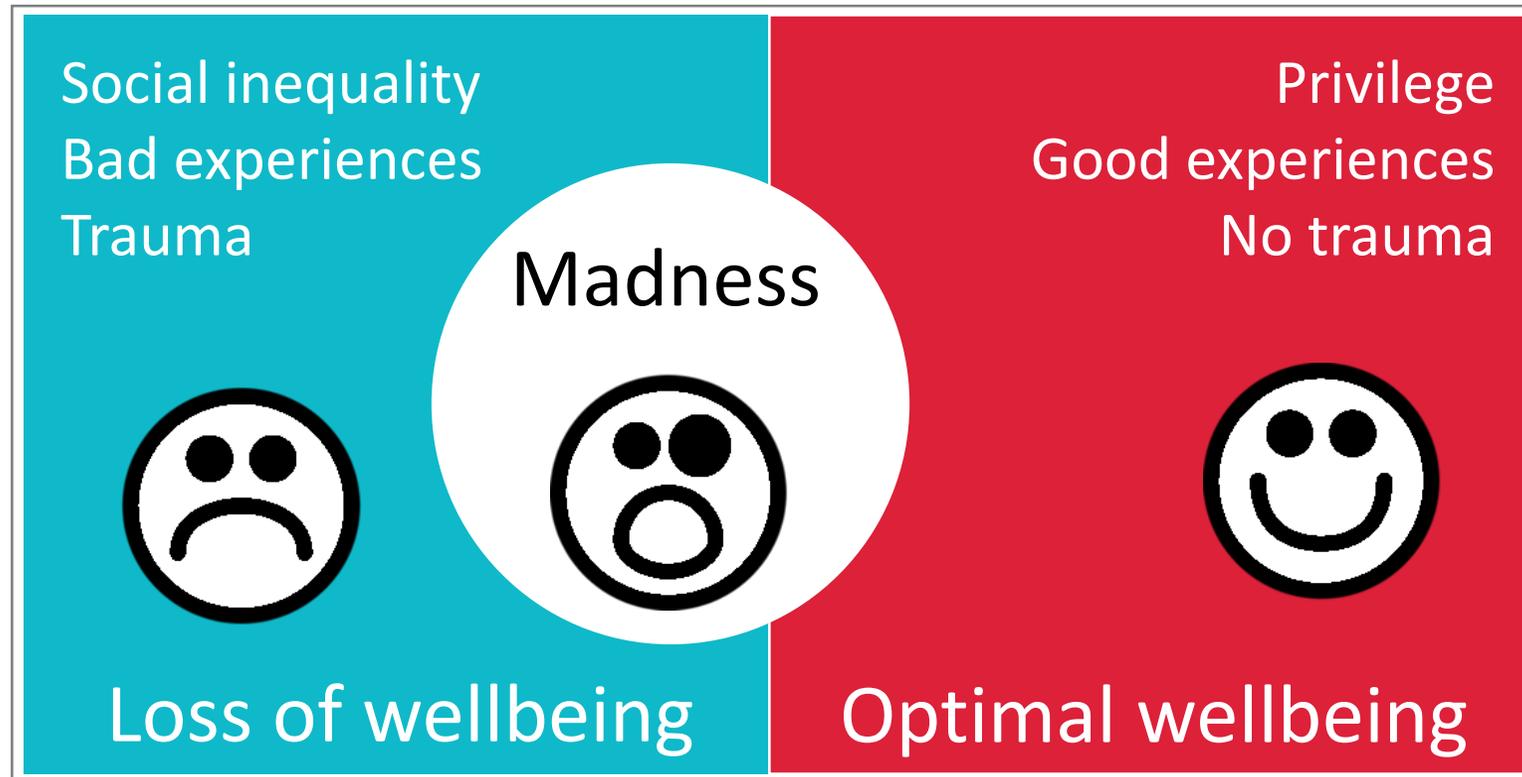
The dual continua model

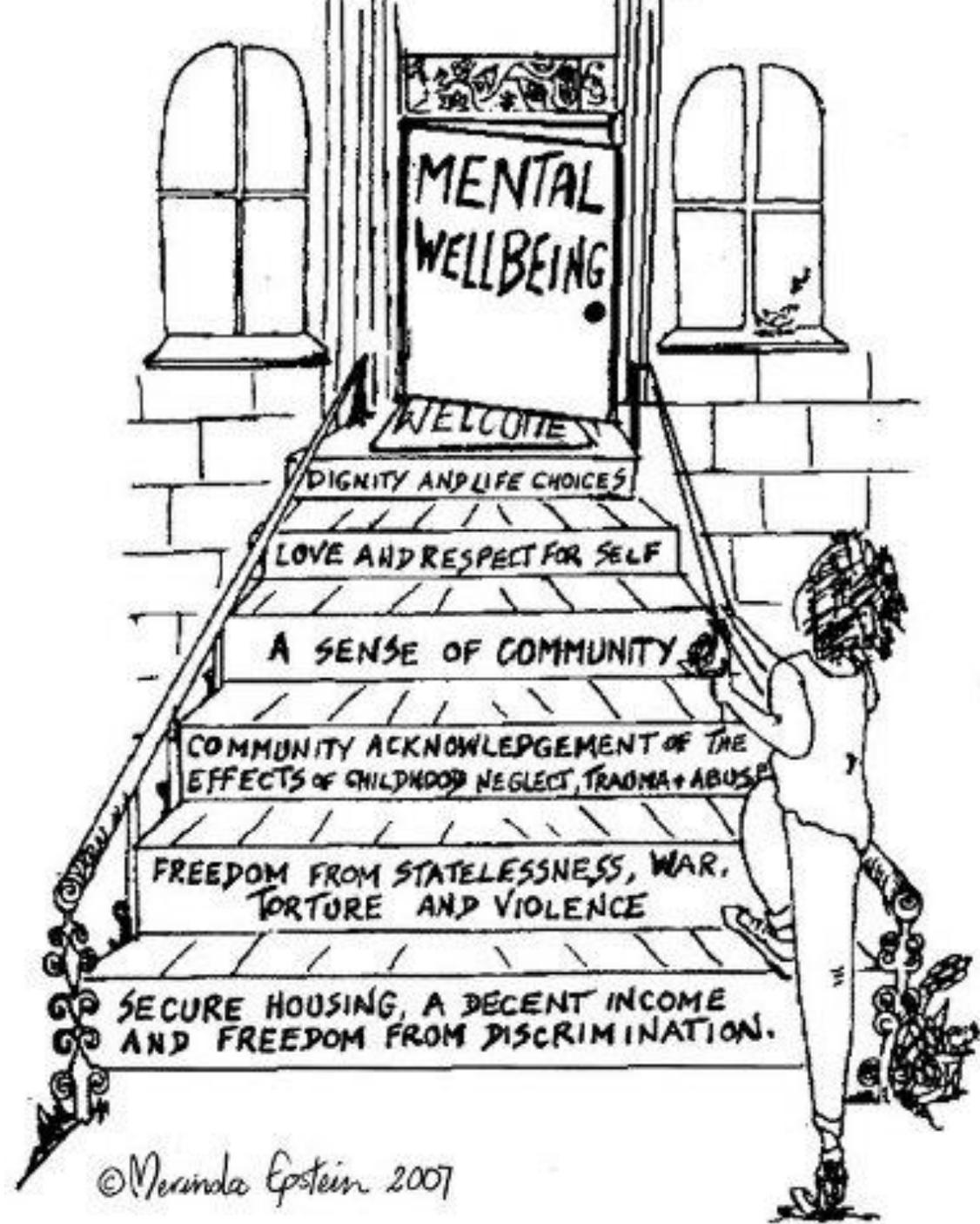


Madness, recovery and wellbeing



Social determinants





©Merinda Epstein 2007

What about genes?

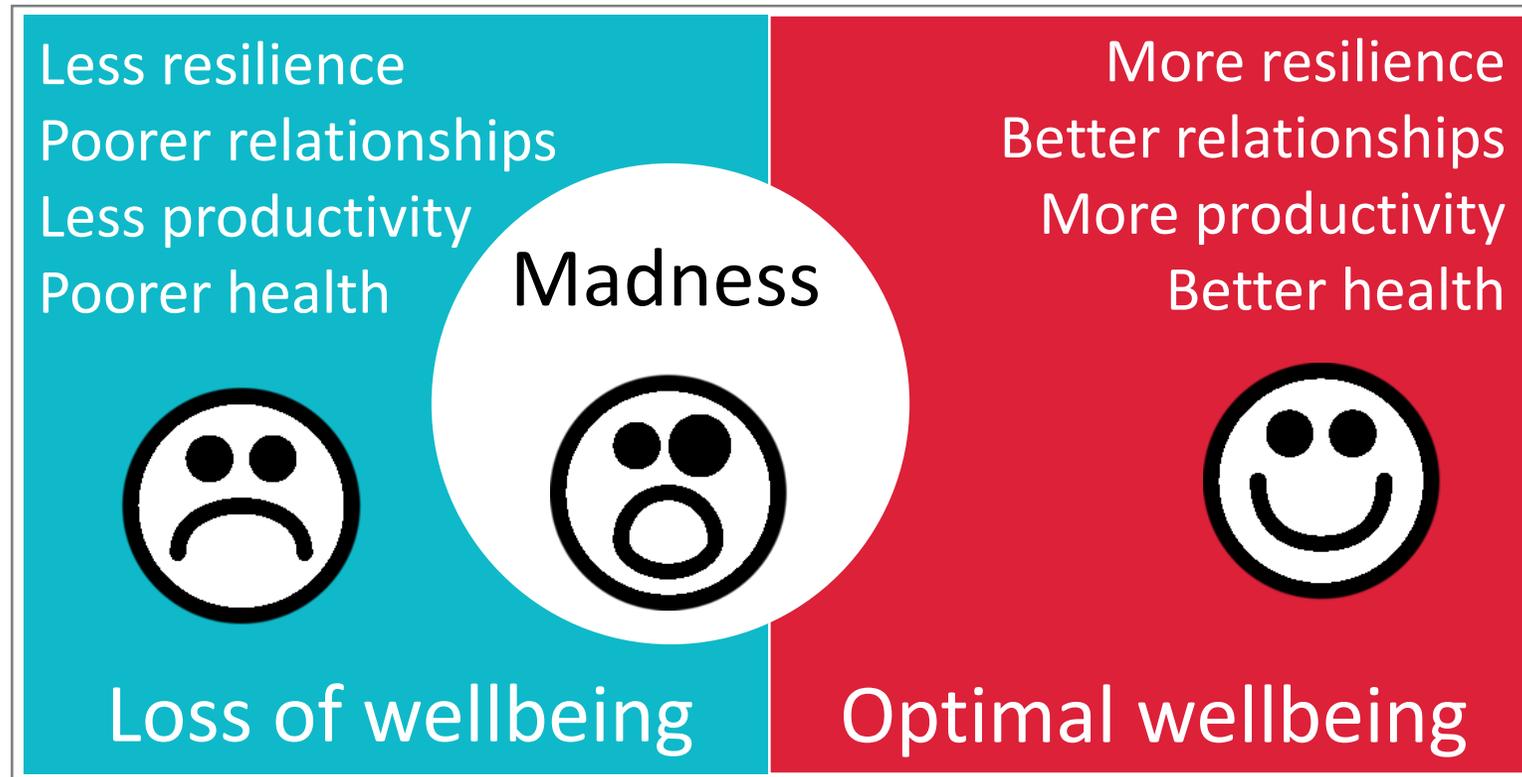
Genes don't explain much.

Early life environment and experiences lay the foundation.

This means:

- Adults can strengthen their own foundation.
- Society has the means to reduce social determinants and consequences.

Consequences



DEPRESSED?

JOB SUCK?

UNAPPRECIATED?

FAMILY PROBLEMS?

ROMANCE ISSUES?

MONEY WORRIES?

TRY THE ALL NEW!
PRESCRIPTION STRENGTH



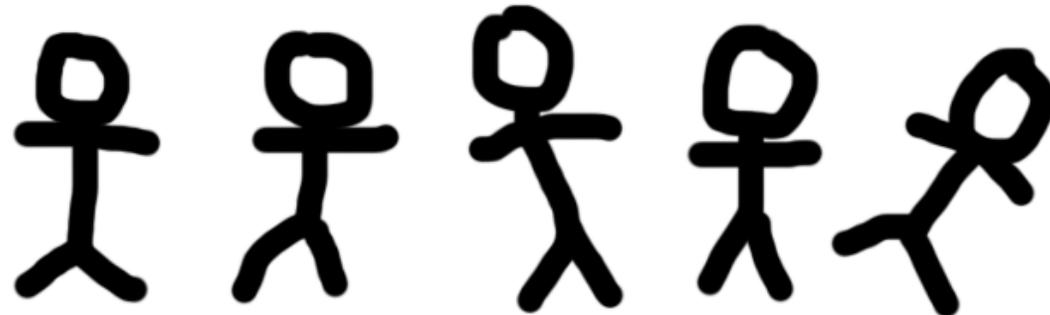
When Life Just Blows...

www.fukitol.com

Guess what?

The determinants and consequences of loss of well being are almost identical to the determinants and consequences of madness.

The interventions are almost the same too...



Interventions brainstorm

What government interventions would increase the wellbeing of the whole population, including people with mental distress?

- All citizens.
- Children.
- Adults.

All citizens

Governments need to ensure:

- Progressive taxation
- Sufficient income for all
- Universal health care
- Active citizen involvement
- Lifelong access to education
- Protection of culture and language



Children

Governments need to ensure:

- Support and coaching for parents
- Early assistance with childhood problems.
- Stable, healthy housing.
- A broad education and definitions of success.
- Restrict advertising directed at children.
- Family friendly employment policies.





**THE FIRST
40 YEARS OF
PARENTHOOD
ARE ALWAYS
THE HARDEST**

Adults

Governments need to ensure:

- Stimulate the demand for skills.
- Empower people to learn and to fill skill shortages.
- Uphold fair employment laws.
- Promote mentally healthy workplaces.



Mad people

Governments need to ensure:

- Reduction of debt.
- Access to wellbeing promotion.
- Broad range of therapeutic and support services.
- Support for employment.
- Reduction in stigma and discrimination.





How does a
person find true
happiness?



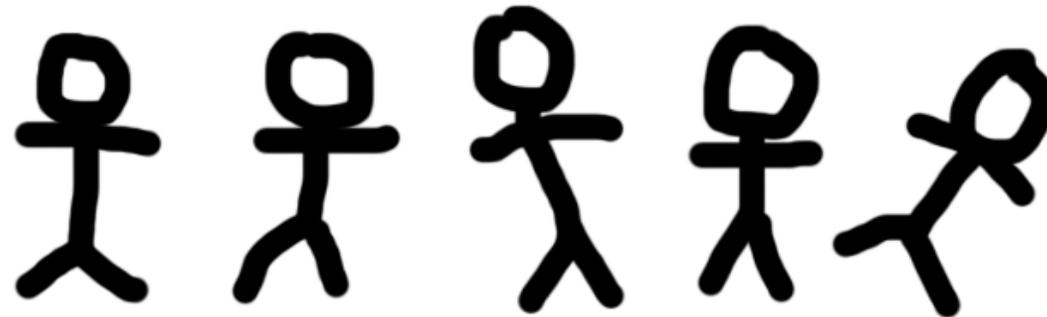
How would I know?
I haven't read the
latest research yet.



Leunig

Recovery and wellbeing

Recovery can be viewed as wellbeing promotion for people with loss of wellbeing including mad people.



The same agenda

Impact of linking recovery and wellbeing:

- Weakens 'medical model' approaches.
- Breaks down stigma and discrimination.
- Recovery knowledge & skills accessible to all.
- Side-steps system's colonization of recovery.

How we can contribute

1. Regard distress as a challenging but full human experience.
2. Show hope and belief in life beyond distress.
3. Attend to all determinants and consequences of distress.
4. Find and use personal and community strengths
5. Claim full social and economic participation.
6. Prevent psychiatric coercion.
7. Develop peer leadership in services.

Groups: 15 mins + report back

When recovery is placed in the whole population wellbeing agenda people cannot 'other' us or discriminate against us so easily.

Imagine the world is like this. Explore:

- People's attitudes to people with mental distress?
- People's behaviour towards people with mental distress?
- The services we offer people with mental distress?

**BLESSED
ARE THE
CRACKED
FOR THEY LET IN
THE LIGHT**

