



IMPACT local network meeting: Recovery-based Approaches to Mental Health

Ways to support people with a mental health illness



What this booklet is about



This booklet is for the IMPACT local network meeting.



In the meeting we will share ideas about recovering from a mental health illness.



There are questions at the end of the booklet.



They will help us to think about what recovery means.



We want to use this to make mental health support better for people.

What recovery means

Recovery can mean different things to different people.



Some people think recovery is when you get better. You do not have a mental health illness anymore.



Some people think recovery is when you learn to manage your mental health.



This means you can still have a good life with a mental health illness.



There are 2 different ways services can help people with a mental health illness.

Medical model



The **medical model** is one way services help people with a mental health illness.

This way says that mental health illness is something to be cured or fixed.



The doctor looks at your **symptoms**. **Symptoms** are things you might feel or think when you have a mental health illness. Things like:



- Hearing voices.



- Seeing things that other people cannot see.



- Feeling worried all of the time.



Then the doctor tells you what mental health illness you have.



The doctor decides what medicine or **treatment** will make you better.



Treatment might be things like:

- Talking to trained people about your problems and how you feel.
- Going into a mental health hospital until you feel better.



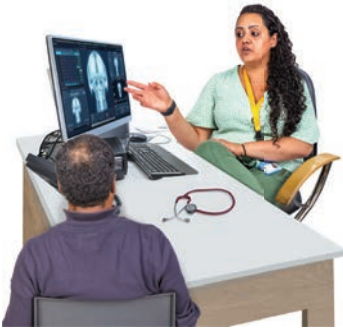
The medical model says you have recovered if your symptoms have gone away.



After treatment you go back to your old life.

Problems with the medical model

Because the medical model thinks people need to be fixed, it means people can feel like they:



- Will never get better.



- Have no hope of a good life.



- No choice or control over how to be supported.

Recovery-based approaches



A **recovery-based approach** is another way people can be helped with their mental health.



The person helps to decide what recovery is for them.



For some people it might be about having no symptoms.



For other people they might be ok to still have some symptoms but they learn how to manage this.



This approach looks at treatment, medicines and all the things that make a good life.



Things like:

- Being able to be with family and friends in your community.



- Having hope and living a good life.



- Understanding that your mental health illness is only 1 part of who you are.



- Having choices and control over your care and treatment.



- Getting support that is right for you.



With a recovery-based approach you help to decide what is best and what support works for you.

Some types of recovery-based support

Peer support workers



A **peer support worker** is someone who has had mental health issues themselves.

They use their own experiences to help other people with mental health illness.



Recovery colleges

A **recovery college** teaches skills to help people rebuild their lives. People feel safe and welcome there.

Supported housing



Supported housing is a safe place to live with extra support.

It helps people feel more confident and helps them to live more **independently**.



Independently can be doing things by yourself or with some support.



Work support

Work support helps people find and keep jobs. It supports them to feel confident at work

Barriers to a recovery-based approach



A **barrier** is something that stops something from happening or stops it happening quickly.

There are some barriers to using recovery ideas. Things like:



- Some people think it offers people things when really they can never happen.



- Some people think the views of families should be listened to more.



- Many staff like doctors and nurses have not been trained in recovery based support.

When they did do training it was on the medical model.

Questions



These are the questions we are going to ask at the meeting.

You can read these questions and think about your answers.



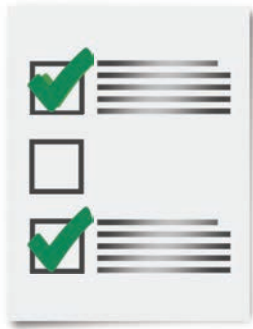
Question: What does recovery mean to you?



Think about the medical model and recovery-based approaches.



Question: Do you agree with what we have written about the medical model and recovery-based approaches?



Question: Is there anything that is missing?



Question: Would anyone like to share their experiences of recovery-based approaches in mental health?



Question: What things help or make it harder to use this approach?



Question: Has anyone tried any types of recovery support?



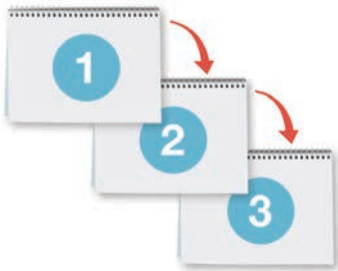
Question: Does anyone know any other good ways of working. Things that services can use to support people to recover?



Question: Were there any ideas in this booklet that could help people with a mental health illness to recover?



Question: Were there any ideas you did not agree with?



Question: What steps do you think we should take as a group?



Question: Is there anything you would like us to talk about at a meeting in future?



Question: Is there anyone else who should come to our meetings?

About this easy read booklet



This is an easy read booklet of a bigger booklet about Recovery-based Approaches.



The big booklet has more information about recovery-based approaches.



The big booklet is not in easy read.



If you want to read the big booklet contact the IMPACT Network Team.
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