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Recovery in the Community – 'Why Would I Bother?'

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The Impact of Segregation & Isolation on Mental Health and Wellbeing

- Low motivation
- Seeking out attention through dysfunctional engaging behaviours
- Lack of self-esteem and self-worth
- No self-care
- No desire
- No human reward
- Becoming fearful of others
- Shame
- Increase in compensatory and/or addictive behaviours i.e. smoking, drinking, drugs
- Depression
- Loneliness

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Social Functioning

Social functioning is important because;

- it helps with acceptance
- sharing of experiences
- gains human reward
- offers a feeling of safety, security and protection
- has an influence on behaviour due to public image.

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Difficulties in Social Functioning

What happens when someone has difficulties in functioning socially…

- Exclusion
- Relationship inexperience
- No friends
- Poor identity
- Use of dysfunctional engaging behaviours

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Factors & Influences of Motivation

I am most likely to make an effort when…

When there's a pay-off

When it helps to maintain a relationship with someone

Not receiving negative judgement

When I can do things for myself

When I have a desire

Being involved

Having the experiences/opportunity – good & bad

Having someone to share the experiences with

So I don't get bored

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What Makes a Good Life Great?

Having a relationship

Human reward

Sharing an experience

Laughing with a friend

Being recognised

Having an identity

Having something to get up for

Having a goal or an aim

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What are people scared of?

Getting it wrong

Not being liked

The unknown

Something new

Change

Uncertainty & not knowing

Looking silly / being laughed at

Being ignored

Being judged

Barton (2002-Boston) In a study of the effects of classroom inclusion on young people who have a learning disability found that the most powerful factor in young people who have a learning disability in changing their own unusual behaviour was a fear of rejection and disapproval from other young people in the class, motivated by what she describes as "social self concept", which is the driving force in maturing

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Two Rules

1. Everyone needs a reason to care

2. Most people's reason to care is invested in people

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‘Who Am I?’

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Creating Your Identity

"Identity development is a lifelong process, beginning in early childhood and continuing into adulthood. The goal of this process is to answer "Who am I?" On the surface this sounds simple, but for many people it is a difficult question to answer"

"Much of what we think about ourselves is strongly linked to how we believe others see us and the feelings associated with those beliefs. If we receive or perceive negative or nebulous messages through our relationships with those with whom we are supposed to connect, positive identity development is difficult to achieve".

Identity is made evident through the use of "markers" whose effect depends on their recognition by other social beings.

Characteristics (who and what) a person wants to associate (idealistic-identification) and disassociate (defensive contra-identification) themselves with.

(Weinreich & Saunderson 2003, Chapter 1, pp. 54–61).

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Why is Identity Important?

Gives us a sense of who we are as individuals

Symbolises our culture & beliefs

Shows other people who we are and what we represent

Keeps us focussed on our goals

Emphasises what we value

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Things could look different if…

The use of language & terminology and how this feeds in to power issues

People feel equal

The creation of a positive identity

A reason to care = a reason to change

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Importance of Inclusion in Local Communities

Opportunities & experiences are what cement the things that are important to us.

Local communities offer these opportunities and experiences in a way the hospitals can't.

Understanding what is important to us feeds in to the development of our identity.

Our identity is an ongoing process that changes with our environment and circumstances

Identities change.

Measure with the NDTI Inclusion Web

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Factors of Successful Community Recovery and Relapse Prevention – Solutions

Acknowledging the risks

Positive risk taking

Getting things wrong & putting it right

Planning

Being responsive

Developing partnerships networks & strategies

MDT approaches & joined up working

Risk sharing

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Developing Support Plans & Risk Management

- Personal Agreement
- Inclusion Web data
- Family and Friends protocol
- Risk Trigger Response document
- Support Plan Lite /Health Action Plan
- Outcomes & Development Plan
- Exit Plan
- Missing Persons Protocol

Developed in conjunction with the Person (family/advocates etc) and with the MDT involved in current support & future community support

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Demonstrating Recovery in the Community

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Thank You.

Any Questions?

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