



# *Valuing the Lived Experience*

By

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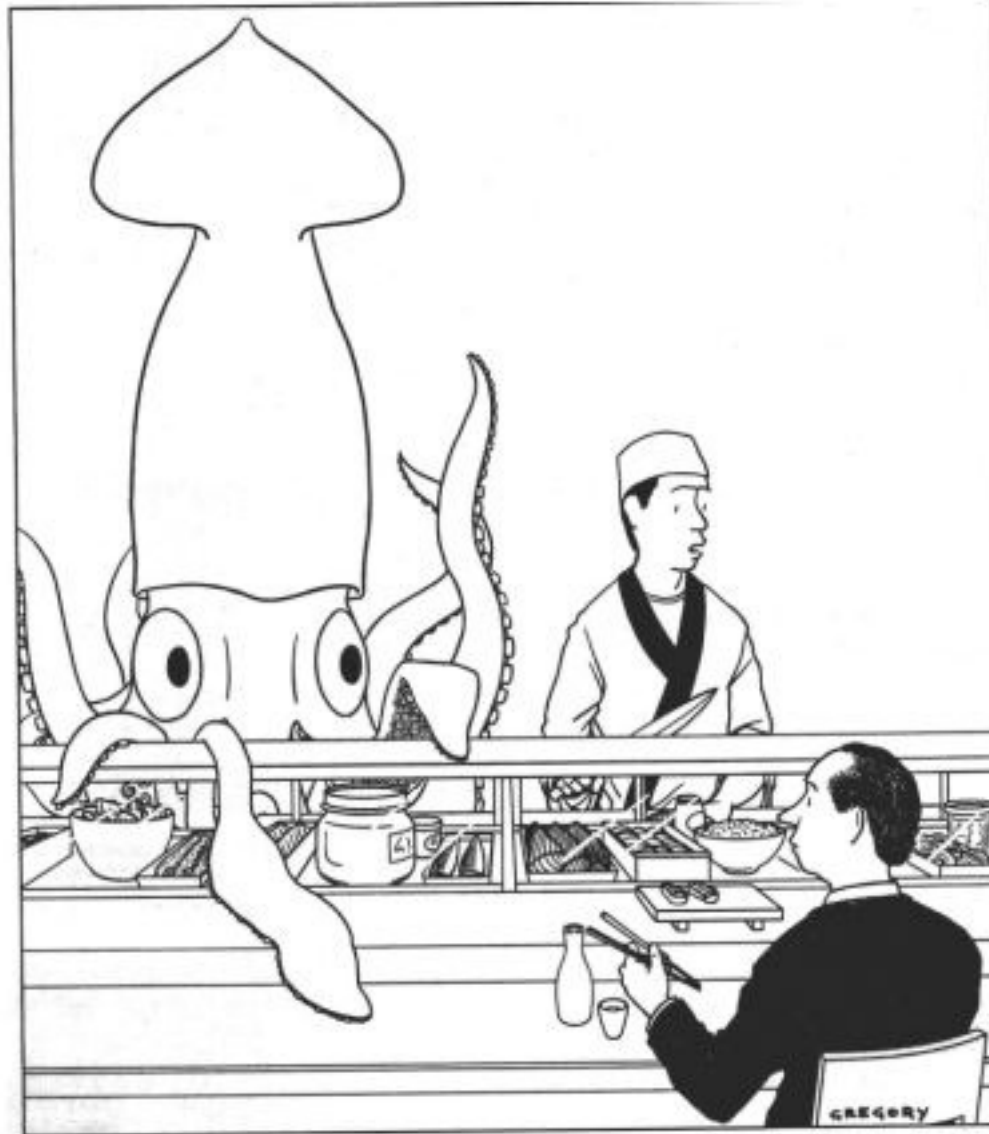
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## References

- Recovery Innovations Phoenix Arizona - 2012
- Janet Meagher AM Partnership or Pretence – 3<sup>rd</sup> Edition March 2002 Mary O'Hagan – Peer Support in Mental Health & Addictions, A Background Paper, May 2011
- Larry Davidson, Chrell Bellamy, Kimberly Guy, Rebecca Miller – Mental Health Policy Paper, June 2012
- Daniels, A., Grant, E., Filson, B., Powell, I., Fricks, L., Goodale, L.(Ed) - The Pillars of Peer Support Services Summit, The Carter Center Atlanta, GA November 17-18, 2009
- Peer support in mental health care: is it good value for money?  
Marija Trachtenberg, Michael Parsonage, Geoff Shepherd & Jed Boardman





## Peer Providers

- He thought he could change the system from within





Road To Recovery



**“No right is held more sacred, or is more carefully guarded, by the common law, than the right of every individual to the possession and control of his[/her] own person, free from all restraint or interference of others, unless by clear and unquestioned authority of law.”**

**United States Supreme Court (*Union Pacific Railway Co. v. Botsford*)**

# **Recovery Innovations - 2007**

**I read this on a wall – at Recovery Innovations**

**PLEASE Don't forget to remember who you are  
Where you came from,  
Where you have been thus far,  
Because it's so easy for the hard times to  
leave scars,  
When you forget to remember who you are.**

## **Pursue Achievable Goals**



**We all have a responsibility to strive towards  
Creating opportunities & environments that empower  
people to recover, to succeed in accomplishing their  
goals, to find employment & to reconnect to  
themselves, others, & the meaning and purpose in life.**



# Peer Roles

- *Consumer Companions*
- *Peer Support Workers*
- *Recovery Support Workers*
- *Consumer Consultants*
- *Consumer Representatives*
- *Consumer Liaison Officers*
- *Consumer Advocates*
- *etc*
- *etc*



*Janet Meagher Partner or Pretence*



## **Peer Support Worker**

**The journey of becoming a Peer Support Worker leads to knowing how to take all of your experiences, regardless of the pain, and use them to transform your life into what is called "living hope" for others who want to recover.**

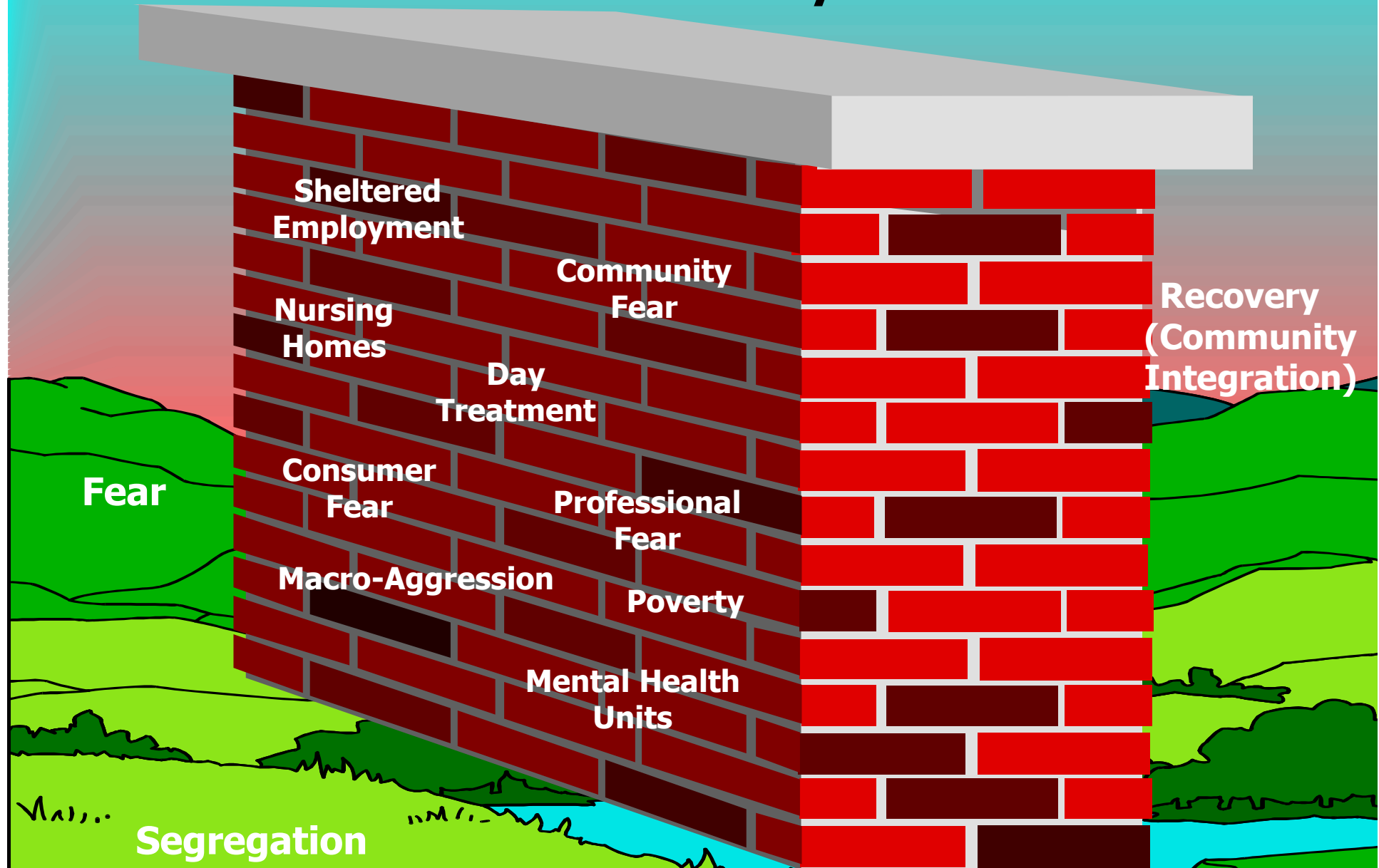


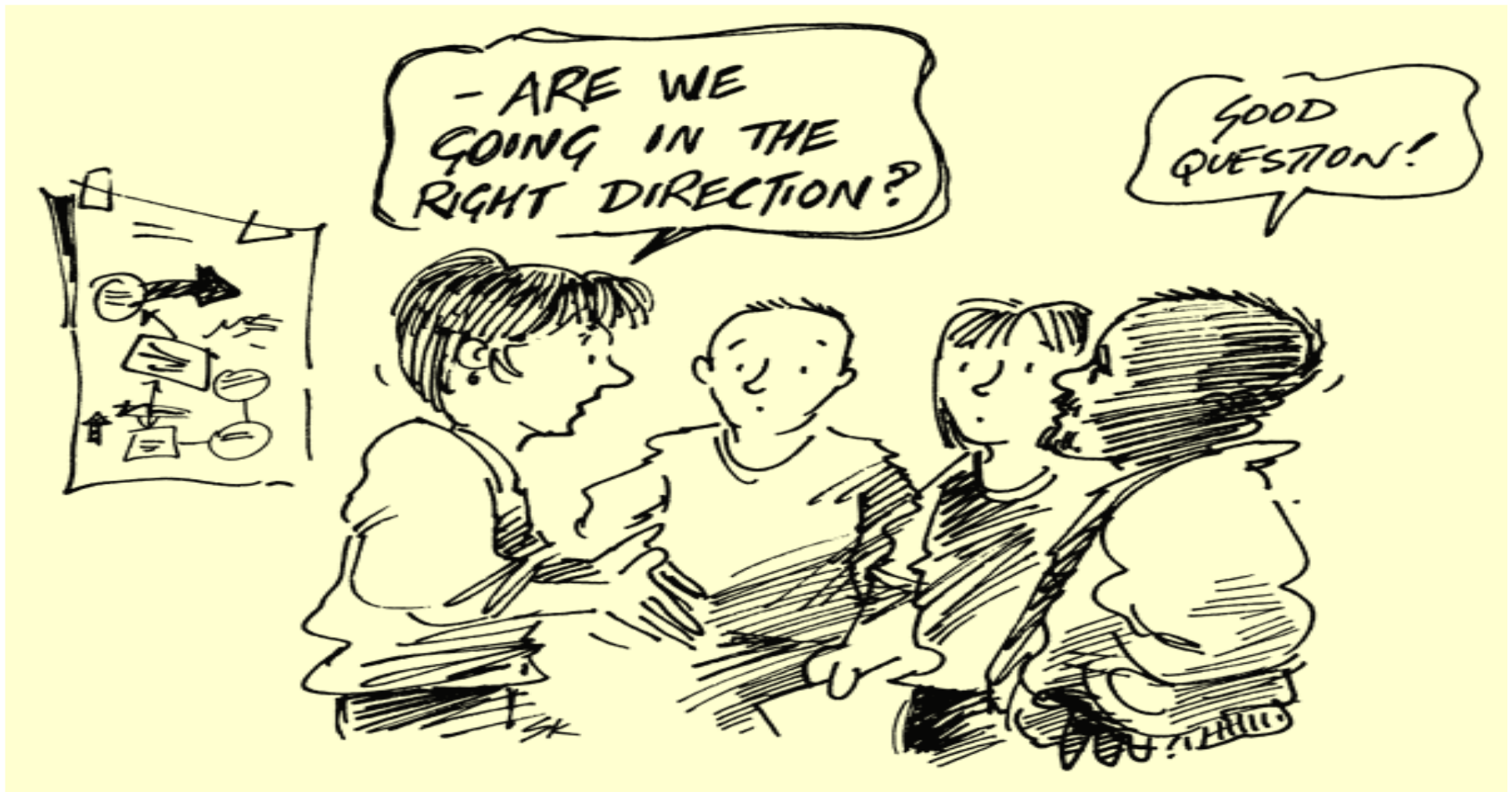
# **Culture**

**It is community where each person is valued.**

**It allows us to share the load. Sharing our recovery with others creates an environment of understanding and support**

# Berlin Wall of Recovery



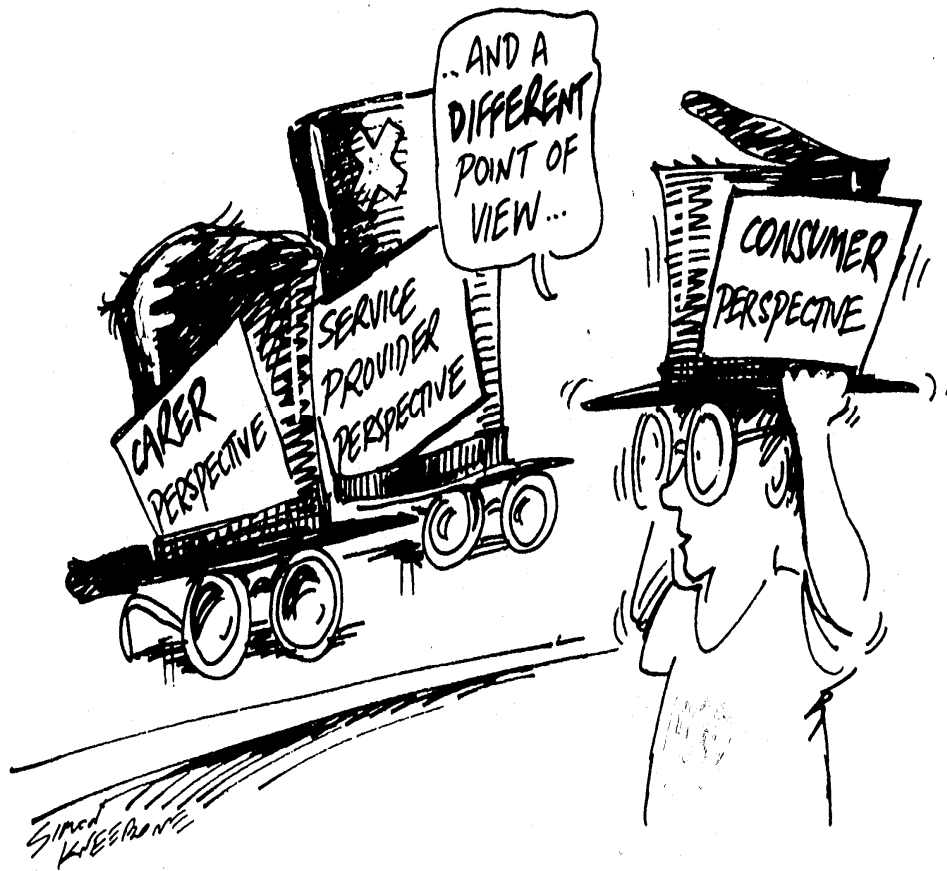


*In a time of drastic change it is the learners  
who inherit the future.  
The learned usually find themselves equipped to live  
in a world that no longer exists.*

*Eric Hoffer*



What do we mean by peer perspective ?



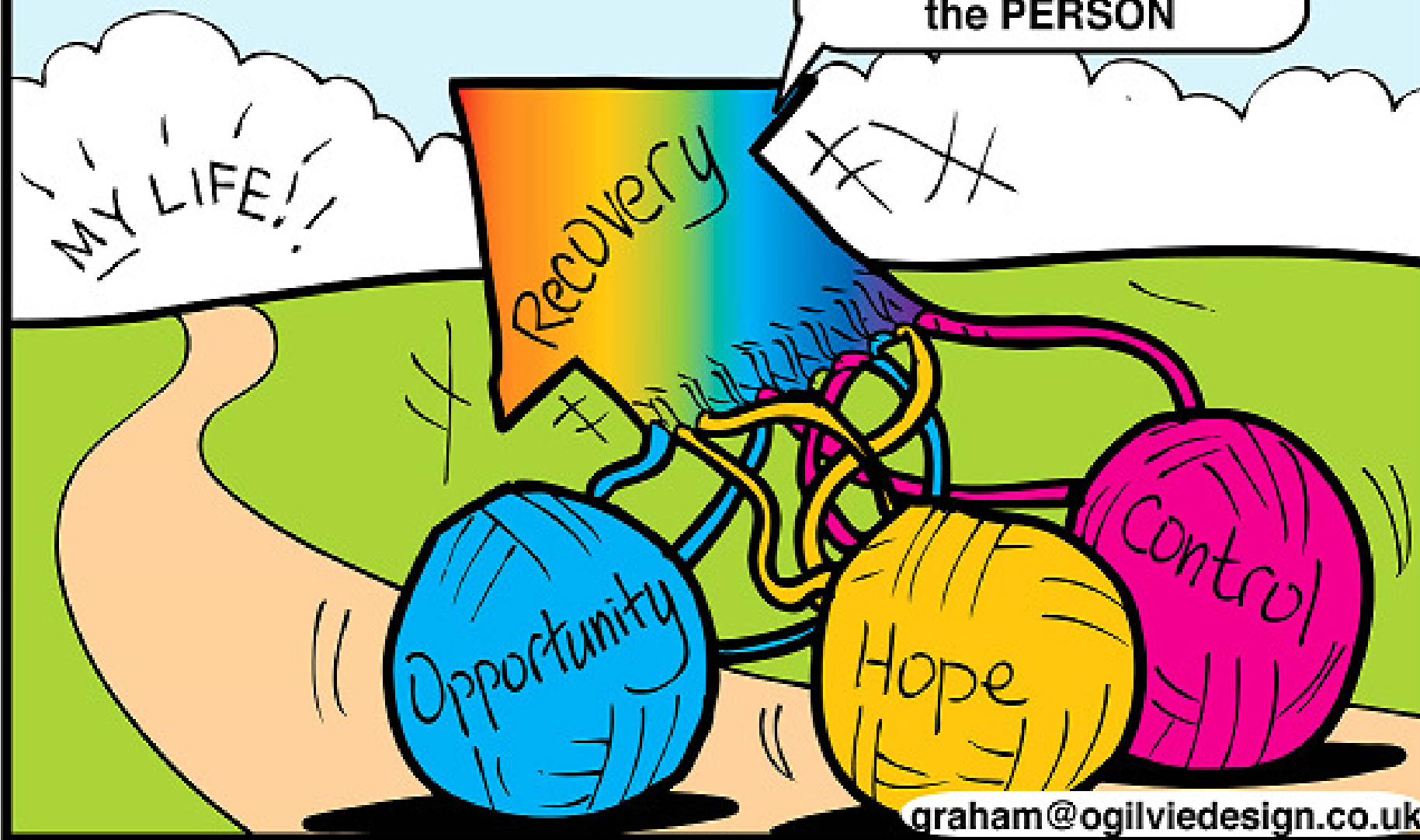
## Don't Forget...

Peer perspective is about ...  
having ...respect ... and a  
deep recognition of the  
legitimacy of other peers'  
feelings, views, beliefs,  
ideas, opinions, attitudes and  
ways of living...

Simon Kneebone from The Kit, a guide to the advocacy  
we choose to do, p 228

There is no 'rule book' to re building a life

It's about outcomes  
which make sense to  
the PERSON



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# Believing



**The focus of the helping process needs to be based on the consumer's strengths, interests, and abilities; not upon their weaknesses, deficits, or pathology.**

**You can do it**  
**We can help**

*Those who do not have power over the stories that  
dominate their lives,  
power to retell them,  
rethink them,  
deconstruct them,  
joke about them, and  
change them...  
truly are powerless,  
because they cannot think new thoughts.*

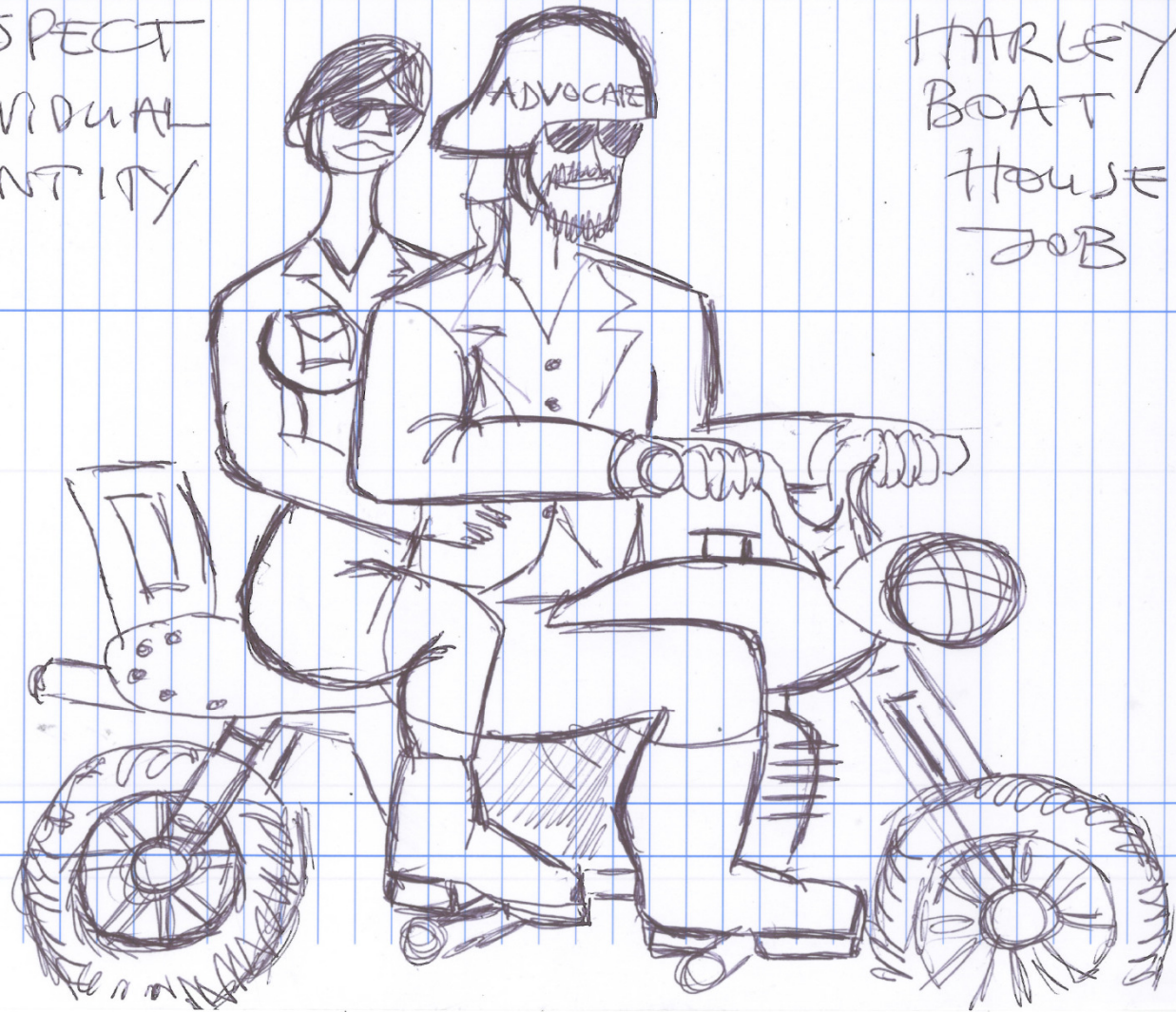


**Salman Rushdie**



# Picture drawn by one of my a Peer Support Workers

 <b>Consultation notes</b>		Page no.	SURNAME	RECORD NO./
			GIVEN NAME(S)	DOB

DATE	PROB NO.	FINDINGS: SUBJECTIVE, OBJECTIVE, ASSESSMENT, PLAN	DIAGNOSTIC, THERAPEUTIC, INFORMATION (including medication)	REVIEW DATE	INITIALS
			<p>RESPECT INDIVIDUAL IDENTITY</p>	<p>HOPE</p>	
			<p>SELF ESTEEM WOMAN HARLEY BOAT HOUSE JOB</p>		



# Lived Experience

**Utilising the media to break down stigma and motivate others to seek help?**

- Breaking Free Concert
- The Crack Up Comedy Night
- The Fruit Cake Family Day
- The Basket Case Ball
- Mad Pride

**Use humour to break down stigma**



# BREAKING FREE

## A CELEBRATION OF WHO WE ARE

*An evening of entertainment, inspiration and collaboration for consumers, carers, families, friends, representatives of mental health services and support groups*

*Theme – “A celebration of who we are”*

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## THE BIG ISSUES

# Breaking Free concert celebrates positives

‘Many people feel excluded from society due to mental illness. This is an opportunity to get out ... in an accepting environment free of discrimination’

In his line of work Michael Burge has seen and heard plenty of the negative stereotypes surrounding mental health issues.

A consumer consultant with Toowoomba District Mental Health Services, Mr Burge is organising the annual Breaking Free concert to help promote community awareness in the community, and celebrate some of the positives.

Mr Burge hit upon the idea three years ago after seeing first-hand how isolating the stigma of mental illness can be.

He said for many people the concert was the only time they went out socially all year.

“Many people feel excluded from society due to mental ill-

ness. This is an opportunity to get out and be among people who know and understand, in an accepting environment free of any discrimination,” he said.

Last year’s concert attracted a 270-strong crowd and this year Mr Burge is hoping for another bumper crowd.

Mr Burge said the evening was a way for consumers, carers, families, representatives of mental health services and support groups to come together.

“It is an opportunity to share ideas and different perspectives while having a good time,” he said.

Despite recent advancements in treatment of mental illness, Mr Burge said there were still

considerable barriers surrounding mental illness due to a lack of understanding.

“People need to realise that mental illness can happen to anyone and affects all kinds of people from different walks of life,” he said.

The concert will feature two guest speakers, local acts who have donated their time including Arabian, Irish and 50s dancers, with Councillor Michelle ‘Ruby Slipperz’ Schneider as compere for the evening.

The concert will be held on June 24 from 5.30pm to 9pm at City Golf Club, South Street. Admission is free and bookings are essential. Enquiries: 4616 5204.











# Concert to break down stereotypes

AT 5.30pm on Friday, June 24, Toowoomba City Golf Club will be full of dancing and singing — an inspirational collaboration for carers, families, friends, representatives of mental health services and support groups.

At the Breaking Free concert, speaker Chris Pampling will recount memories of lining up for medication, meals and showers and other experiences colouring her 33 years in Baillie Henderson Hospital.

"I would not want to put anyone through the things I experienced," she said.

"Fortunately, over the years, conditions for patients have improved dramatically."

Chris Pampling will also share her amazing transition into the community from March 1998 when she set up a home with two other housemates with 24-hour support provided by Richmond Fellowship of Queensland, a local support agency.

"For the first time I could choose

## THROUGH MYEYES

with Jason Kehl  
jkehl@bigpond.net.au



Sharing the stage will be World Federation for Mental Health honorary secretary Janet Meagher AM who is also the Psychiatric Rehabilitation Association research and rehabilitation services manager.

Janet has advocated on behalf of people with mental illness and psychiatric disabilities for more than 22 years and she is one of the earliest consumer activists in Australia.

Toowoomba District Mental Health Service consumer consultant Michael Burge said the concert aimed to promote community awareness about and demystify mental illness and to celebrate what

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# TWILIGHT

Breaking Free Part 10

# Concert helps to remove stigma

**L**ast Friday night the City Golf Club became the place where people broke free from the oppressive stigma of mental illness.

The Toowoomba District Mental Health Service held the Breaking Free concert which was attended by about 270 people. According to consumer consultant for the Toowoomba District Mental Health Service and event organiser Michael Burge the night was "absolutely fantastic".

The night was created to give consumers, carers and families a chance to share ideas, celebrate the positives and break free from the status quo of perceptions about mental illness, and with an impressive selection of speakers and performers, Mr Burge believes the night could not have gone better.

grabbed the microphone and some of the things she was saying, you just felt like breaking down and crying afterwards," Mr Burge said.

The dazzling Ruby Slipperz, described as "just fantastic and the best find for the night" by Mr Burge, compered an impressive troupe that included members from the Funnybone Theatre Restaurant Company, the 3M's, the Baillie Henderson Hospital singing group and many others — all of who donated their time for the evening.

The Baillie Henderson singing group was another highlight of the evening, said Mr Burge, who plans on inviting the group back each year after Friday evening's performance.



# Use humour to break down stigma



# **Lived Experience**

## **Consumer & Carer Activists/Advocates**

**What do you think the Lived Experience brings to services?**

**What is your most memorable activist/advocate experience? For example:**

- I was able to help a person who was hearing voices with some practical non-clinical coping strategies – which helped improve their quality of life.
- I helped someone gain the belief that they can overcome their illness and live a contributing life.

## **Clinicians**

**What did you think you gain by really listening to the lived experiences?**

**What are the benefits (including clinical) of peer support to you?** For example:

- Alliance instead of Compliance – building a positive, recovery-oriented relationship
- Risk Reduction – the factors most important to recovery i.e. trust, respect, hope, understanding, collaboration, are also the most important factors in building a positive relationship, decreasing the risk of negative behaviour and improved communication etc.



# Lived Experience

How can it be used in the media to break down stigma and motivate others to seek help?

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Among the evening's highlights was an inspirational speech by tri-athlete Ann Garton who appeared on ABC's *Australian Story* earlier this year. Her words had the night's attendees on the edge of their seats, Mr Burge said.

"She is a dead-set inspiration. She got up there on stage with her bike and in her tri-athlete gear and

grabbed the microphone and some of the things she was saying, you just felt like breaking down and crying afterwards," Mr Burge said.

The dazzling Ruby Slipperz, described as "just fantastic and the best find for the night" by Mr Burge, compered an impressive troupe that included members from the Funnybone Theatre Restaurant Company, the 3M's, the Baillie Henderson Hospital singing group and many others — all of who donated their time for the evening.

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The show was sponsored by a number of community organisations including the Toowoomba District Mental Health Service, the Toowoomba Hospital Foundation and Schizophrenia Fellowship Queensland. It was also supported by Warrina Services, the Clubhouse and the Consumer Advisory Group.

# Lived Experience

**Now that you have heard these lived experiences and/or opinions**

What will you do to make sure the lived experience is useful, vital and appreciated?

- People with a lived experience
- Clinicians

*For example:*

1. Ensure people with a lived experience are in influential positions.
2. Included at every level within services and organisations.
3. etc etc



**You have mandated us to change from a place  
in which the majority lived with little hope,  
to one in which they can live and work in  
dignity, with a sense of self esteem and  
confidence in the future.**

Nelson Mandela

## **International Initiative for Mental Health Leadership Conferernce Ottawa 2007**



**We all need to remember**

**That people with a mental illness may forget exactly what you said, they may even forget exactly what you did to them, but they will never ever ever forget how you made feel.**

*Michael Burge IIMHL Conference Ottawa 2007 Thankyou*

# *Questions*

