

Broadening our Horizons

Experience and innovation from Europe

Workshop 3

Charlotte Lilja Pittuco, Ami Rohnitz & Klas Sundstrom
Approaches to recovery

The workshop was initially divided into 4 sections

1. A presentation from Charlotte
2. A presentation from Ami
3. A presentation from Klas
4. Workshop participants invited to capture themes around 'what is recovery?'

Main points from Charlotte

- Swedish services undertaking reforms over the last 10 years
- South Stockholm where Charlotte is based has seen positive developments in community-based services and a significant rise in home visiting during this time.
- Money saved, initially, was used creatively
- 280,000 population
- In 1995 there were 15,000 patients and 900 Inpatients
- Since 1998 there has been an increase of 50% more patients but not more nursing staff
- 25 psychiatrists cover the patch
- The locality has a well functioning psychotherapy unit
- As part of the Ex-In project they have been working on a recovery module with Alan Topor and Marit Borg
- In Sweden following the death of a Minister, political change was sparked which resulted in a change of law, which is a tension for user empowerment

Main points from Ami

- She told a very touching personal story of her journey of recovery, including discussion around hospital admissions and also highlighting the importance for Ami of self-help groups during her recovery
- Ami went on to describe the importance of voice hearing networks, and paid tribute to the work of Professor Marius Romme

Main points from Klas

- Klas gave some insight into South Stockholm practice
- All clients have an individual care plan
- He stressed the importance of interventions being evidence-based
- Klas drew on some personal experiences and shared that having a diagnosis of schizophrenia/psychosis had prevented gaining meaningful work
- He shared some reflection on recovery saying 'it is like a train journey with people moving any debris off the track'

The 3 facilitators that lead an interactive discussion around capturing some themes of 'what is recovery?'

- Learning from life and adapting
- New skills development e.g. art, being creative
- Individual connection
- Purpose, hope and optimism
- Learning how to confront life
- Building individual confidence
- Becoming more deeply human
- Allowing yourself to wish and dream
- Working *with* people
- Personal development
- Reconstruction of citizenship
- Allowing mistakes, having bad days
- Making sense of crisis
- Peer support
- Being acknowledged as an individual
- Recovery should be a distress metaphor not an illness metaphor

The session closed with a question from a participant for all to consider,

'Our success of increasing uptake could be viewed as positive service engagement, but an alternative interpretation could be that we are broadening the spectrum of people we embrace into mental health services'.