

There are times when people relate to this disabling power in the following ways.

They are overwhelmed...

Impact of Illness

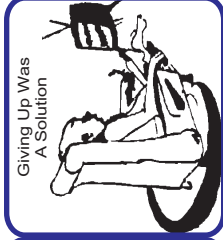


Shattering of our World, Hopes & Dreams

? **DANGER** **?**
Identity

They have given into...

Life is Limited



Giving Up Was A Solution

? **DANGER** **?**
Possibilities

They are questioning...

Change is Possible

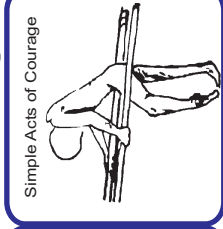


Fragile Flame of Hope & Courage

? **DANGER** **?**
Risk

They are challenging...

Commitment to Change

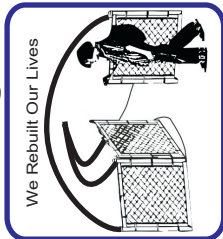


Simple Acts of Courage

? **DANGER** **?**
Support

They are moving beyond...

Actions for Change



We Rebuilt Our Lives

? **DANGER** **?**
Responsibility

Igniting The Spark Of Hope

Interest - Identify an area of interest.

Once you identify an area of interest, ask questions that keep the person talking until you get a feel for what he or she wants.

- Tell me more.
- How did you become interested in this?
- What would this look like?

Cost/Benefits - Explore the cost and benefits of making a change.

It is the benefits of making a change that motivate a person to act. Ask questions that help the person explore the benefits of making the change..

- What would be the benefits of doing this?
- What would be the cost of not doing it?
- How would your life be different?
- What would you be able to do that you are or can't do now?

Able to do - Find actions that the person is able to do to get started.

The person needs to see that she can act on her own behalf. Ask questions that keep the person talking until you find something she can do to help start the change.

- What would you need to do to get started?
- What of this could you do?

Need help with - Look for something that will require new skills.

There are always barriers to change or the change would have already happened. Ask questions that help the person explore possible difficulties or barriers.

- What difficulties might you encounter?
- What would you need some help with?
- What might get in your way of doing this?

Supports - Explore the person's support network.

No one makes major changes by themselves. Ask questions that help the person explore his support network.

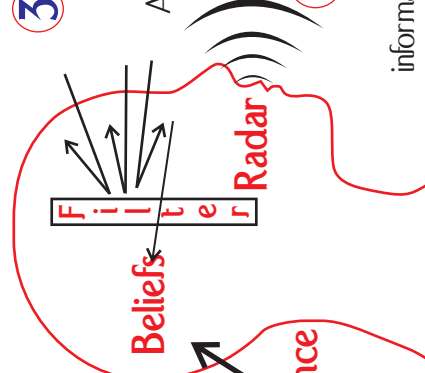
- Who would support you making this change?
- Who would not support you?
- Is there anyone who might work against you?

*Use your recovery experience to strengthen the bond. Try to understand what the person is experiencing and share a time in your life when you experienced the similar feelings.

The Power of Negative Messages in Creating and Sustaining a Negative Self-Image.

2 To make sense of our experiences, we create beliefs.

1 Life is made up of our experiences.



3 We protect our beliefs by filtering out information that doesn't support our beliefs And only letting in information that does.

4 We strengthen our beliefs by using our radar to seek out information that supports our beliefs.

"In order to change the negative beliefs, you must remove the negative messages and over-power the filter system with positive messages."

Peer Support Services

Peer Support Services are programs, discussions, events, groups, etc. within the mental health system that are led by people in recovery and based on the philosophy of peer support. They take place within the structure of an agency or organization and are provided as a service by a trained peer specialist.



"When people diagnosed with a mental illness begin to work in the mental health system as peer specialists, recovery is accelerated in three ways.

- The Peer Specialist's recovery is strengthened.
- Peer Specialists help others recover.
- Peer Specialists help the agency and/or system recover."

Recovery Innovations. Phoenix, AZ





Helping a person move on with his or her life, towards recovery, involves:

- Helping the person get in touch with what she thinks will improve the quality of her life.
- Helping her identify and remove the barriers to getting that life.

Most often the barriers a person faces and the disabling effects of a diagnosis are:

- The symptoms and side-effects of medication.
- The stigma or negative beliefs that others have about a person with a psychiatric diagnosis.
- The self-image or negative beliefs that the person has about him or herself.

Moving from hopelessness to hope is often what recovery is about.

Helping one another do that is what peer support is about.

How that is done is what recovery training is about.

The Power of Negative Messages

Negative messages are things that people say and do that put down another person and communicate that he or she is incapable of doing very much with his or her life.

The absence of negative messages is more important in creating a positive self-image than the presence of positive messages.

If people are not taking responsibility for their own recovery, it is often because they are receiving negative messages about their own abilities and potential for growth.

The greatest barriers to recovery are often the negative messages that reinforce a person's negative self-image and negative self-talk.

When people do not see recovery as part of their lives, you need to surround them with the possibility of recovery.



DISSATISFACTION As an Avenue For Change

Even if someone cannot tell you what he is interested in or would like to do, he probably knows what he doesn't like or is dissatisfied with. Dissatisfaction can open a doorway to help a person create the life they want.

Interest - the area of dissatisfaction

Use the dissatisfaction as an area of interest. Ask questions that help the person explore his or her dissatisfaction and the options. The greater the dissatisfaction, the more likely the person will want to make the effort to change. Ask questions that help the person explore his dissatisfaction and options until you get a feeling for what he wants.

- Tell me more
- Why do you dislike this?
- What does it keep you from doing?
- What are your options?

Cost/Benefits - Explore the cost and benefits of making a change.

It is the benefits of making a change that motivate a person to act. Ask questions that help the person explore the benefits of making the change.

- What would be the benefits of doing this?
- What would be the cost of not doing it?
- How would your life be different?
- What would you be able to do that you can't now?

Able to do - Find actions that the person is able to do to get started.

The person needs to see that she can act on her own behalf. Ask questions that keep the person talking until you find something she can do to help start the change.

- What would you need to do to get started?
- What of this could you do?

Need help with - Look for something that will require new skills.

There are always barriers to change or the change would have already happened. Ask questions that help the person explore possible difficulties or barriers.

- What difficulties might you encounter?
- What would you need some help with?
- What might get in your way of doing this?

Supports - Explore the person's support network.

No one makes major changes by themselves. Ask questions that explore his support network.

- Who would support you in making this change?
- Who would not support you?
- Is there anyone who might work against you?

*Use your recovery experience to strengthen the bond. Try to understand what the person is feeling and share a time in your life when you experienced similar feelings.

The CPS training is based on five foundational beliefs.

Everyone has the ability to learn and grow.

Being diagnosed with a mental illness does not take away the ability to learn and grow; people can recover and move on with their lives.

Peoples' beliefs determine their behavior.

What a person believes about himself, because he is diagnosed with a mental illness, is the most important determinant of his success in creating the life he wants.

People think their way through life.

Being diagnosed with a mental illness does not take away the ability to think strategically and creatively.

Whatever people focus on, they give power to.

While symptoms and d'isability' bring people in for services, the focus needs to shift to wellness and strengths as soon as possible.

Life's experiences are the best teacher.

Your recovery experience is your greatest gift to your peers.





Everyone has negative thoughts/negative self-talk.

Everyone has negative thoughts/negative self-talk.

Negative thoughts/self-talk is not the problem.

Negative thoughts/self-talk is not the problem.

The problem is when it spirals downward and we end up defining ourselves in absolute/permanent negative language.

The problem is when it spirals downward and we end up defining ourselves in absolute/permanent negative language.

Learn to -

Learn to -

Catch it early on. This involves knowing when you are moving from fact to story.

Catch it early on. This involves knowing when you are moving from fact to story.

Check it against what is actually going on. Stick with the facts.

Check it against what is actually going on. Stick with the facts.

Change it to reflect what the facts are.

Change it to reflect what the facts are.

Five steps to problem solving

A problem is a situation or set of conditions that are preventing you from doing what you want to do.

Problem

Clearly identify and state the problem

Impact

Identify how you are impacting the problem

Cost / Benefit

Explore the pros and cons of solving the problem

Brainstorm

Come up with 3 - 5 way to address the problem

Action

Pick 1 - 2 ways to begin to address the problem and create an action plan

Definitions

Recovery

Recovery is the process of gaining control over one's life - and the direction one wants that life to go - on the other side of a psychiatric diagnosis and all of the losses usually associated with that diagnosis.

Hope

The belief that you have the ability, the opportunity and the supports to engage in the recovery process and develop your meaning and purpose in life.



Creating a weekly action plan. This action plan needs to answer the following questions.

- 1) What will you do?
- 2) How much will you do?
- 3) How often will you do it?
- 4) When will you do it?
- 5) Confidence level between 0 - 10?

The Confidence Scale score should be 7 or higher. A person can increase the number by lessening the actions (the "how many" and the "how much"), by identifying and removing barriers, and/or or by increasing the support.



Action Plan

Week _____

What?

How much?

How often?

When?

Confidence scale: _____



Is my goal stated so that it has **IMPACT?**

Ask yourself the following questions about your initial goal statement.

Improve

Does it improve the quality of my health and resiliency?

Measurable

Is it measurable in terms of my supporter knowing if I have accomplished it?

Positively Stated

Is it positively stated as something new I want in my life?

Achievable

Is it achievable for me in my present situation and with my current abilities?

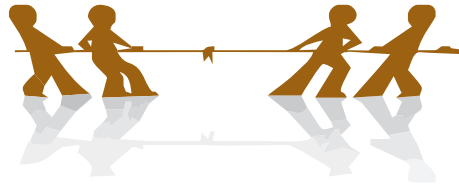
Call Forth Actions

Does it call forth actions that I can take on a regular basis to begin to create healthy habits?"

Time Limited

Is it time limited in terms of when I will begin and when I plan to accomplish it?

The Process of Effective Communication in Situations with Potential Conflict



Because of their recovery experience, Peer Specialists often see potential in their peers that others don't see. Because of their concern with symptoms and relapse, clinically trained staff often focus more on maintaining stability than on encouraging growth and taking the risks that might be involved. This can often cause conflict between the Peer Specialist and non-peer staff. The following three steps can be helpful in moving beyond the conflict.

Step 1

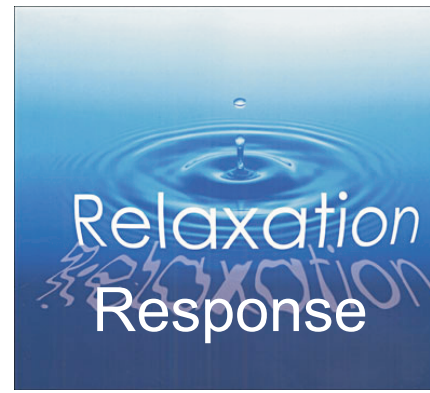
Observe and affirm the other's position, values and concerns.

Step 2



Relate the other's position, values and concerns to your experiences as a consumer.

Step 3

Offer a "we" statement that acknowledges the common ground and promotes partnership in creating another way of doing things.



Keys to eliciting the relaxation response

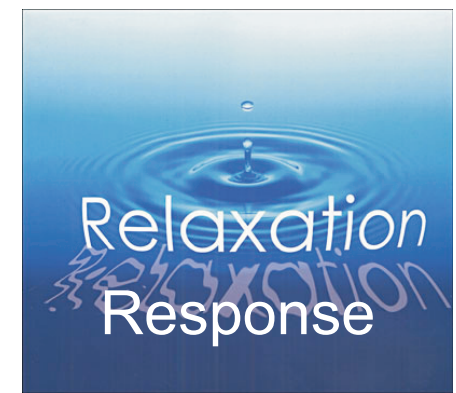
-  Repetition of a word, sound, phrase, or muscular activity.
-  Passive disregard of everyday thoughts that inevitably come to mind and the return to your repetition.

The Relaxation Response is a state of deep rest that changes the physical and emotional responses to stress and decreases heart rate, blood pressure, rate of breathing, and muscle tension. When the Relaxation Response is elicited:



- Metabolism decreases
- Breathing slows down
- Heartbeat slows down
- Blood pressure decreases
- Blood vessels open up
- Stress hormones decrease

If practiced regularly, it has lasting effects.

Research shows the Relaxation Response is an essential resiliency self-management skill that is as predictable as medication in immediately reversing the stress-induced flight-or-fight response.



Keys to eliciting the relaxation response

-  Repetition of a word, sound, phrase, or muscular activity.
-  Passive disregard of everyday thoughts that inevitably come to mind and the return to your repetition.

The Relaxation Response is a state of deep rest that changes the physical and emotional responses to stress and decreases heart rate, blood pressure, rate of breathing, and muscle tension. When the Relaxation Response is elicited:

- Metabolism decreases
- Breathing slows down
- Heartbeat slows down
- Blood pressure decreases
- Blood vessels open up
- Stress hormones decrease

If practiced regularly, it has lasting effects.

Research shows the Relaxation Response is an essential resiliency self-management skill that is as predictable as medication in immediately reversing the stress-induced flight-or-fight response.