



Recovery-Based Training

14-17 August 2006
with Helen Glover

THE RETURN of Helen to Alice Springs provided an opportunity for MHACA and CAMHS staff to spend two days of valuable time and energy together, developing and sharing concepts and perceptions of each other's roles and what Recovery-Based Practice entails. It allowed both services to recognize the values and practices of each other and how better to compliment the recovery process.

It would be an injustice to sum up the training provided by this presenter in one phrase. The commitment and charisma enthused by Helen Glover continues to inspire both consumer and clinicians alike in the realization of self-efficacy and a way towards self-determined recovery in mental health.

The foundation of Recovery Based Practice from the "Lived Experience" is reflected in Helen (educator, social worker, trainer, consumer) as a strong role model for all involved in this training workshop. No one speaks more effectively from a consumer perspective than Helen, who delivered an extensive range of information on how Recovery Based Practice can best be put into practice.

Helen instills the following ideals:

i) Honoring the exception:

by working with a person's journey, purpose and intent in life, not remaining focused on each crisis as and when it occurs. Allowing a person's self-recognition

of managing their distress at each crisis, knowing something was different from the last time. For support services: "to learn to sit with the stress and ride it through"—by resisting the need to act in the "rescue mode" to reduce the pain, but to let it be part of the learning experience.

ii) Being holders of hope:

by being a facilitator who offers challenges, communication and supportive acknowledgement that people do recover—and pushes the boundaries to promote self-management and holds this in place until the person is ready and able to regain it for themselves.

iii) Embracing the paradigms:

by recognizing the bodies of knowledge contained in the "Dominant Professional as Objective" and the lived reality of the "Less Dominant Lived Experience as Subjective" and bringing the two together as a Recovery-Based Practice Knowledge.

"When we come from the dominant technical evidence, we discount the many subjective experiences and internal conditions that inform and drive an individual's unique recovery process." (Canadian Framework of Support, 1989 & Glover 2002).

iv) Knowing the top and bottom stories:

by exploring and understanding what helps and what impedes a person's periods of illness and wellness.

v) Creating tensions and holding them:

by knowing when not to get in the way of a natural process by starting "where the persons at" and working at recovery being the reality.



Following the 2-day workshop for MHACA and CAMHS' staff Helen facilitated a 1-day leadership workshop for MHACA senior staff, followed by a half-day Consumer Forum morning with community participants. ✕

MHACA received several enquiries from other community and government service providers requesting participation with Helen's training. It will be beneficial to provide an open forum when Helen is next available in the Alice Springs region, though no date has been confirmed for future visits at this early stage. If you are interested in participating contact Rangī Ponga at MHACA on 8950 4602.



Consumer Lunch Forum with

Helen Glover

17 August 2006

A GROUP of consumers and myself went to the lunch forum with Helen Glover. While all having a great time we came out of the workshop richly rewarded and with a more open awareness about each of us in our own personal way—with an understanding of each other's ins and outs and ups and downs ... of each other's experiences. I came away from the forum with a lot more insight inside myself, and about the other consumers.

The "Credo of Support" poem (see opposite) was not only good for us to read but I think it would be a great asset to the mental health system. It should not only be for consumers but also for people outside of the mental health system. There should be a broader knowledge of non-judgmental attitudes of the general population.

In signing off I know that everyone that attended would personally say thank you and wish Helen the best for the future in her role as a consumer supporting the mental health system of Australia.

Regards, Lulu



"Throughout history, people with physical and mental disabilities have been abandoned at birth, banished from society, used as court jesters, drowned and burned during the inquisition, gassed in Nazi Germany, and still continue to be segregated, institutionalized, tortured in the name of behaviour management, abused, raped, euthanized and murdered. Now, for the first time, people with disabilities are taking their rightful place as fully contributing citizens. The danger is that we will respond with remediation and benevolence rather than equity and respect. And so, we offer you ...

A Credo For Support

Do Not see my disability as the problem.

Recognise that my disability is an attribute.

Do Not see my disability as a deficit.

It is you who see me as Deviant and Helpless.

Do Not try to fix me, because I am not broken.

Support me. I can make my contribution to the community in my own way.

Do Not see me as your client.

I am your fellow citizen. See me as your neighbour.

Remember, none of us can be self-sufficient.

Do Not try to modify my behaviour. **Be still and listen.**

What you define as inappropriate may be my attempt to communicate with you in the only way I can.

Do Not try to change me, you have no right.

Help me learn what I want to know.

Do Not hide your uncertainty behind "professional" distance.

Be a person who listens and does not take my struggle away from me by trying to make it all better.

Do Not use theories and strategies on me. **Be with me.**

And when we struggle with each other, let that give rise to self-reflection.

Do Not try to control me. I have a right to my power as a person.

What you call non-compliance or manipulation may actually be the only way I can **exert some control over my life.**

Do Not teach me to be obedient, submissive or polite.

I need to feel entitled to say **No** if I am to protect myself.

Do Not be charitable towards me.

The last thing the world needs is another Jerry Lewis.

Be my ally against those who exploit me for their own gratification.

Do Not try to be my friend. I deserve more than that.

Get to know me. **We may become friends.**

Do Not help me, even if it does make you feel good.

Ask me if I need your help.

Let me show you how you can best assist me.

Do Not admire me.

A desire to live a full life does not warrant adoration.

Respect me, for respect presumes equity.

Do Not tell, correct and lead.

Listen, Support and Follow.

Do Not work on me.

Work with me."

Dedicated to the memory of Tracy Latimer

Written and produced by Norman Kunc and Emma Van Der Klift. Copies available through Axis Consultation and Training, email normemma@normemma.com or visit <http://www.normemma.com/>