

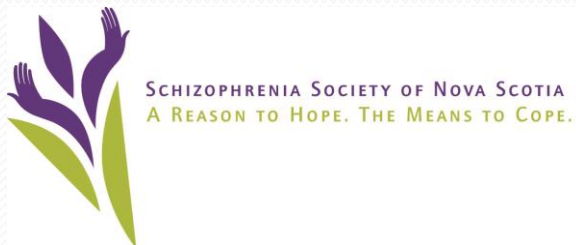
# From Recovery to Discovery: An Innovative Peer Support Program

Stephen Ayer, Ph.D.

Laura Burke, MA

Lisa Corra, MA

Vince Daigle





# Your Recovery Journey

- The basis of the *Your Recovery Journey* program is that **recovery from mental illness is possible!**
- That is, a person living with mental illness can accomplish goals, reconnect with self and others, and recapture meaning and purpose in life.
- *Your Recovery Journey* is based on the experiences of people who have a mental illness and who know there is hope, who are well and doing the things they want with their lives.



# Your Recovery Journey

## **The session topics are:**

- What is recovery?
- Quality of life
- Self-management
- Medication as tool for recovery
- Moving forward: Personal action planning.



# From Recovery to Discovery: Nine Guiding Principles

1. The group will be **discovery** focused.
2. Group meetings will be **topic directed**.
3. There will **not** be any written meeting ground rules.
4. The group **will be co-facilitated by two people who are both well along in their recovery journeys**, and who have experience facilitating support groups.
5. If possible, the meetings will be held in partnership with the **Healthy Minds Cooperative**.

# From Recovery to Discovery: Nine Guiding Principles (continued)

6. The **co-facilitators and I will meet every week** for one hour, just prior to the meeting.
7. Each meeting will **start with an icebreaker**.
8. Liquid **refreshments** such as coffee, tea, and juice will be provided free of charge to the meeting participants.
9. Meeting announcements will **include a photograph** that in some way corresponds with the topic for the meeting.

# From Recovery to Discovery: The First Co-Facilitators



Laura Burke

Nadine Jacquard

Stephen Ayer

# From Recovery to Discovery: The Current Co-Facilitators



**Lisa Corra**

Peer Support Facilitator  
Schizophrenia Society of Nova Scotia

**Vince Daigle**

Senior Peer Specialist  
Healthy Minds Cooperative

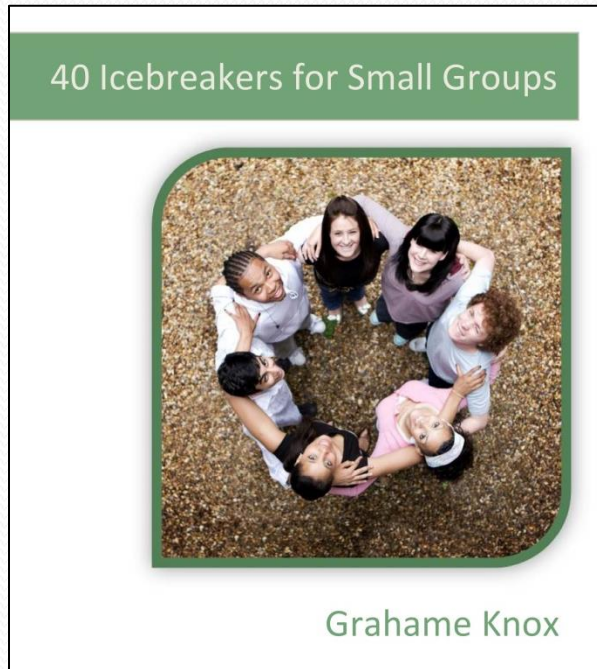


# From Recovery to Discovery



Group Photograph  
12 June 2012

# From Recovery to Discovery: Meeting Icebreakers



## A few examples:

- Name one thing you really like about yourself.
- Name a gift you will never forget.
- If you could talk to any one person, living or dead, who would it be and why?
- Do you have a pet? If not, what sort of pet would you like?
- What was the best thing that happened to you this past week?

## Self-Medication and Mental Illness



8 March 2012

Photo credit: [www.flickr.com/photos/randysonofrobert/372685063](http://www.flickr.com/photos/randysonofrobert/372685063)

The *From Recovery to Discovery* Mental Health Peer Support Group

*presents*

## Establishing Supports for When the Going Gets Tough

Thursday, August 29<sup>th</sup>, 2013

6:30 pm to 8:30 pm

The Hub Halifax

1673 Barrington Street, 2<sup>nd</sup> Floor  
Halifax, Nova Scotia



Join co-facilitators Lisa Corra and Laura Burke for this week's peer support group meeting focusing on who we allow into our space while we are not feeling mentally well.

Organized through a partnership between the Schizophrenia Society of Nova Scotia and the Healthy Minds Cooperative, the *From Recovery to Discovery* Mental Health Peer Support Group is open to anyone affected by any type of mental illness, and this includes family members and friends.

**Free!**

Photo credit: <http://www.flickr.com/photos/michaelbarkowski/5152081611/>

# Herbal and Relaxation Techniques for Dealing with Stress

*with*

**Zenovia Ursuliak, MD, PhD**

Department of Psychiatry, Dalhousie University  
Staff Psychiatrist, Capital District Health Authority



21 January 2010

26 April 2012

Photo credit: [www.flickr.com/photos/vector\\_tf/7045507681](http://www.flickr.com/photos/vector_tf/7045507681)

# An Introduction to Drama Therapy

*with*

**Laura Burke**

Peer Support Worker  
Schizophrenia Society of Nova Scotia



26 July 2012

18 July 2013

Photo credit: [www.flickr.com/photos/deebieandswivel/7278659280](http://www.flickr.com/photos/deebieandswivel/7278659280)

## Music, Poetry, and Mental Health



12 July 2012

6 December 2012

6 June 2013

Photo credit: [www.flickr.com/photos/gilj40/6913069963](http://www.flickr.com/photos/gilj40/6913069963)

# Spirituality and Mental Health: Making Spirit Work In Our Daily Lives

*with*

**David Burke**

Spiritual Care Specialist  
Capital Health



21 June 2012

Photo credit: [www.flickr.com/photos/ldcross/2164848567](http://www.flickr.com/photos/ldcross/2164848567)



## A Dose of Humour Mixed with Courage to Help Get Through the Holidays

*"While the evidence at this time of year screams the opposite, to be alone is more normal than you think." - Liz Jones*



1 December 2011

Photo credit: [www.flickr.com/photos/curiouskiwi/502452945](http://www.flickr.com/photos/curiouskiwi/502452945)

Quotation source: [www.dailymail.co.uk/femail/article-1237311/LIZ-JONES-Wish-lonely-Christmas-spare-thought-millions-women-like-me.html](http://www.dailymail.co.uk/femail/article-1237311/LIZ-JONES-Wish-lonely-Christmas-spare-thought-millions-women-like-me.html)

Join members of the *From Recovery to Discovery* Mental Health Peer Support Group, and group facilitators Vince Daigle and Lisa Corra, to discuss strategies and techniques, as well as a unique perspective, for getting through the holidays, either on your own, or within the context of your circle of family, friends, and support. Bring your ideas with you and enjoy an interactive peer support meeting that will provide you with the tools for managing your mental health during the holiday season.

As an example, Lisa Corra's newfound recipe for alleviating anxiety is:

Cut out caffeine (hard but so worth it)

When you have an anxiety attack:

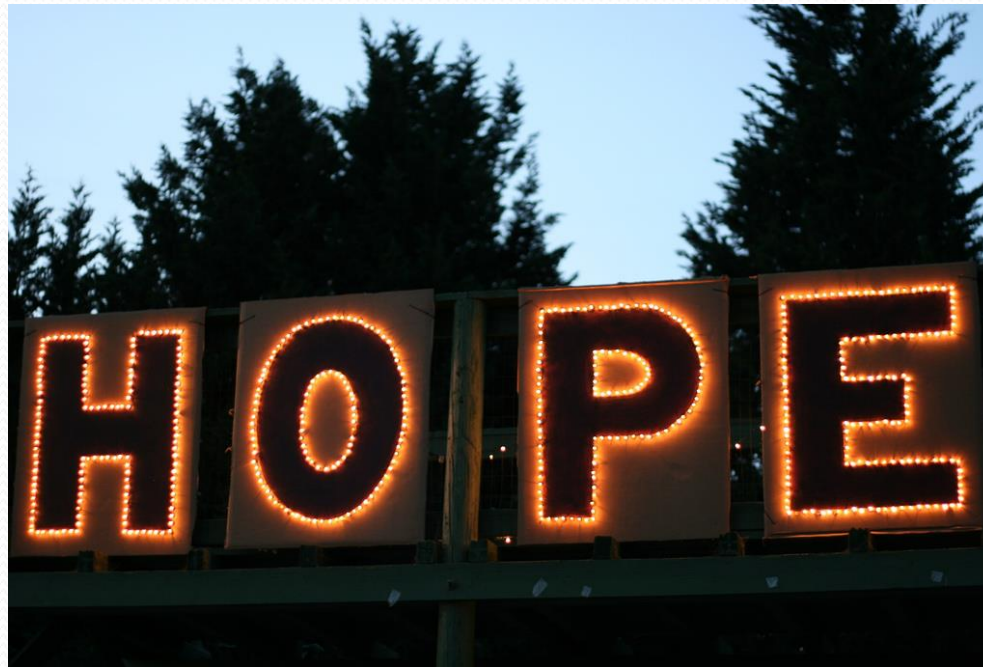
- run the hot water in the bath (with oils if you have on hand)
- dim the lights or light candles
- put on a pot of Camomile or Calm tea (honey optional)
- play old jazz music
- take appropriate medication if prescribed
- sit in hot tub for an unusually long period (until the "pain" subsides and your body and mind are re-relaxed)

# Recovery Dialogues: Hope as the Beginning of Recovery

*with*

**Irene Skehen**

Wellness and Recovery Educator  
Healthy Minds Cooperative



7 June 2012

Photo credit: [www.flickr.com/photos/28096801@N05/3525799414](http://www.flickr.com/photos/28096801@N05/3525799414)

# A Parent's Journey to Recovery

A Conversation

*with*

**Donna Methot**

Vice President

HRM Chapter of the Schizophrenia Society of Nova Scotia



14 February 2013

Photo credit: [www.flickr.com/photos/catikaoe/224422244](http://www.flickr.com/photos/catikaoe/224422244)

## Dating and Mental Illness



2 May 2013

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English  [Help Translate](#)



# How is your Leisure Life?

*with*

**Robert Baird**

Recreation Therapist  
Recreation Therapy Professional Practice Leader  
Capital District Mental Health Program



20 September 2012

Photo credit: [www.flickr.com/photos/ilja/506955414](http://www.flickr.com/photos/ilja/506955414)

# An Open Discussion

*with*

**Dr. Nick Delva**

Head, Department of Psychiatry  
Dalhousie University



8 November 2012

Photo credit: [www.flickr.com/photos/digitali/5170649654](http://www.flickr.com/photos/digitali/5170649654)



# An Overview of the Capital Health Addictions and Mental Health Program

*with*

**Trevor Briggs**

Director

Capital Health Addictions and Mental Health Program  
Capital District Health Authority



20 June 2013

Photo credit: [www.flickr.com/photos/nicolebratt/7575061624](http://www.flickr.com/photos/nicolebratt/7575061624)

# Looking Back, Looking Forward – A Discussion on Inpatient Mental Health Care

*with*

**Dr. Jason Morrison**

Deputy Clinical Director  
Acute Care Services  
Capital District Health Authority



21 February 2013

Photo credit: [www.flickr.com/photos/marko\\_k/91761454](http://www.flickr.com/photos/marko_k/91761454)

## Gifts, Goals, and Dreams



30 May 2013

Photo credit: [www.flickr.com/photos/adamkr/3951153849](http://www.flickr.com/photos/adamkr/3951153849)

## Making Changes



13 December 2012

Photo credit: [www.flickr.com/photos/brandoncwarren/4172990687](http://www.flickr.com/photos/brandoncwarren/4172990687)

## Your Mental Health Care

An Conversation About Transitions Between Services



4 July 2013

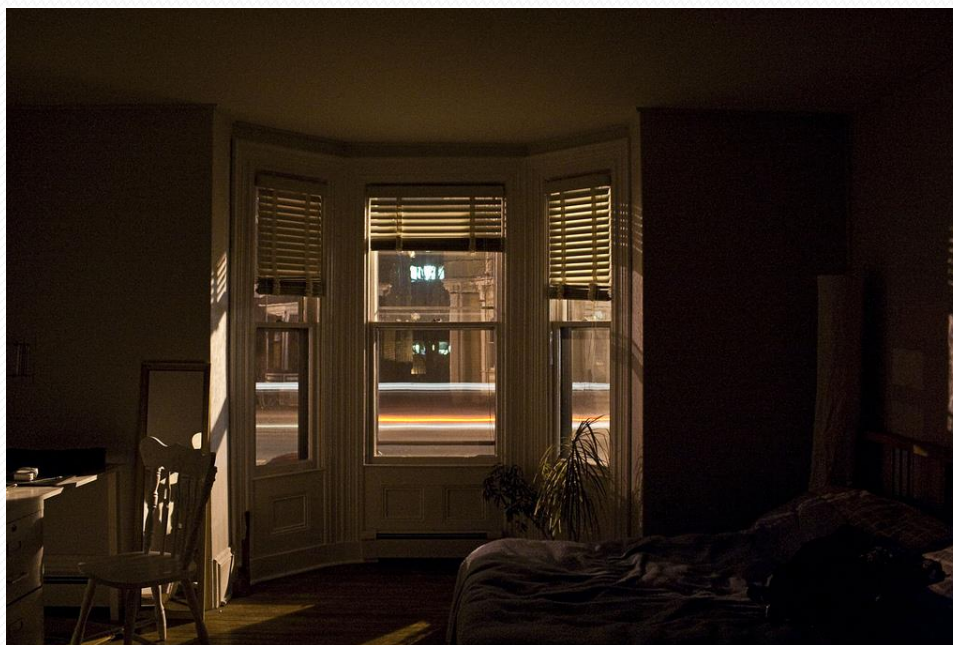
Photo credit: [www.flickr.com/photos/sidm/7026077961](http://www.flickr.com/photos/sidm/7026077961)

# An Interactive Presentation on the 250 Homes Pilot Project

*with*

**Elizabeth Cleary, RN, CPMHN**

Program Coordinator  
Mental Health Program  
Capital Health



19 April 2012

Photo credit: [www.flickr.com/photos/katietower/4471874848](http://www.flickr.com/photos/katietower/4471874848)

## Making Friends and Maintaining Friendships



7 March 2013

Photo credit: [www.flickr.com/photos/ferranp/317125624](http://www.flickr.com/photos/ferranp/317125624)

## Supporting Someone Who Is Struggling



3 January 2013

Photo credit: [www.flickr.com/photos/pagedooley/2494191157](http://www.flickr.com/photos/pagedooley/2494191157)



# A Conversation on Understanding Boundaries

*with*

**Ms. Tana Woodward, MSW**

Clinical Social Worker  
Mood Disorders Program  
Capital District Health Authority



28 February 2013

Photo credit: [www.flickr.com/photos/lecatas/2768859537](http://www.flickr.com/photos/lecatas/2768859537)

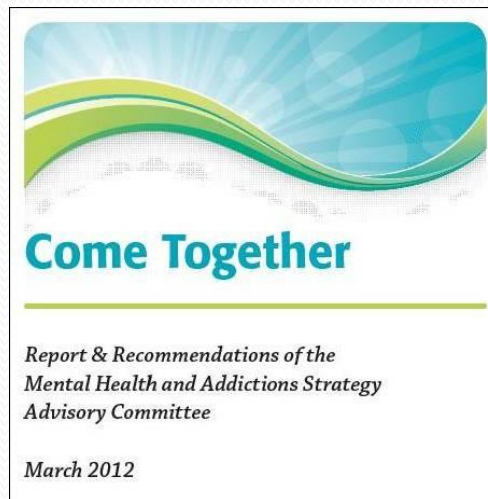
An Interactive Presentation  
*on*  
**The Report & Recommendations of the Mental Health & Addictions Strategy  
Advisory Committee**

*with*

**Cecilia McRae**

Member

Nova Scotia Mental Health & Addictions Strategy Advisory Committee



17 May 2012

Image credit: <http://www.gov.ns.ca/health/mhs/mental-health-addiction-strategy.asp>

## Reflecting on the Value of Peer Support



6 September 2012

[www.flickr.com/photos/dexus/3996683276](http://www.flickr.com/photos/dexus/3996683276)

# The Nova Scotia Certified Peer Support Specialist Program

*with*

**Roy Muise**

Peer Mentor

Nova Scotia Certified Peer Support Specialist Program  
Healthy Minds Cooperative



13 June 2013

Photo credit: [www.flickr.com/photos/wildwickedbeads/2736257248](http://www.flickr.com/photos/wildwickedbeads/2736257248)

## Medication as a Tool for Recovery



16 May 2013

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## Medications & Mental Health

*with*

**Jamie Flynn**

Pharmacist / Owner  
The Medicine Shoppe Pharmacy  
Fairview/Clayton Park  
Halifax, Nova Scotia

*and*

**Samantha Saucier**

Undergraduate Pharmacy Student  
College of Pharmacy  
Dalhousie University

27 June 2013

## More Than Meds

*Pharmacists & Communities  
Partnering for Better Mental Health*

# HOW'S IT GOING?

We invite you to an open session  
about medications & mental health.

**FR2D Mental Health Peer  
Support Group**

**WHEN:**

*6:30 pm*

**Thursday, June 27<sup>th</sup>, 2013**

**WHERE:**

**The Hub Halifax**

**1673 Barrington Street  
2<sup>nd</sup> Floor**

**Halifax, Nova Scotia**

**WHO CAN COME?**

**ALL ARE WELCOME!!**

CDHA-PS/2013-218  
VERSION 1 APRIL 19, 2013

[morethanmeds.com](http://morethanmeds.com)

# Recovery in Mental Health

An Interactive Conversation on What Works and What Hinders

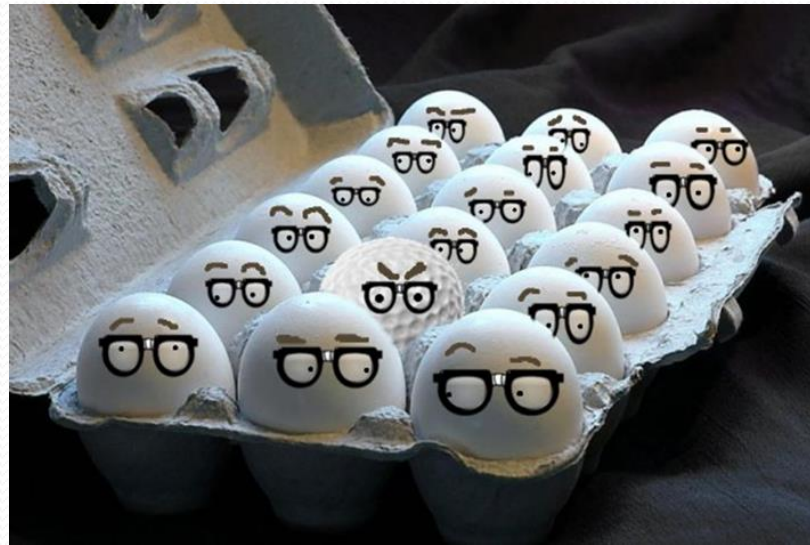
*with*

**Dorothy Edem**

Program Leader

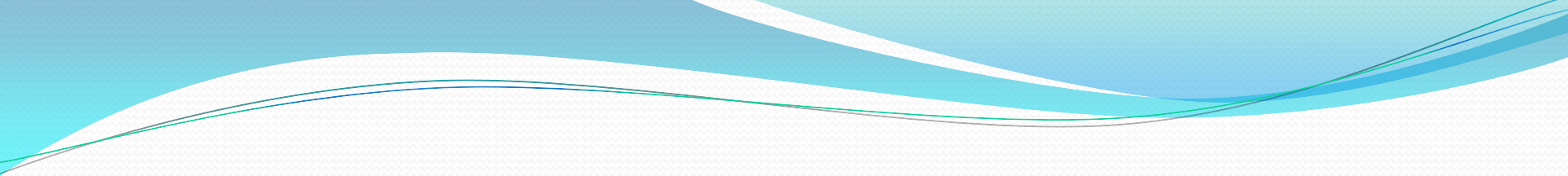
Recovery and Integration

Capital Health Addictions and Mental Health Program



7 February 2013

Photo credit: [www.flickr.com/photos/certified\\_su/229016531](http://www.flickr.com/photos/certified_su/229016531)



People who have experienced or are living with mental illnesses have a profound understanding of recovery; including individual meaning, and what works and what hinders. Co-facilitated by Vince Daigle and Lisa Corra, this session is will be a dynamic, interactive conversation on recovery – participants will share their experiences on what works and what impedes progress, followed by a conversation about supporting others on their recovery journeys.

### **About Dorothy Edem**

Dorothy Edem is an occupational therapist and a program leader with the Capital Health Addictions and Mental Health Program. She has extensive experience in the provision of mental health services, with specialty in recovery and psychosocial rehabilitation. Dorothy has presented nationally and internationally on recovery and psychosocial rehabilitation principles, practice, design and implementation; and has provided consultation to several organizations across Canada interested in introducing recovery-oriented approach of care in their programs.



## Stereotyping, Prejudice & Discrimination as Barriers to Recovery



23 February 2012

10 January 2013

Photo credit: [www.flickr.com/photos/yourdon/2573762303/in/photostream](http://www.flickr.com/photos/yourdon/2573762303/in/photostream)

## Definition of *PREJUDICE*

- 1 : injury or damage resulting from some judgment or action of another in disregard of one's rights; *especially* : detriment to one's legal rights or claims
- 2 *a* (1) : preconceived judgment or opinion (2) : an adverse opinion or leaning formed without just grounds or before sufficient knowledge  
*b* : an instance of such judgment or opinion  
*c* : an irrational attitude of hostility directed against an individual, a group, a race, or their supposed characteristics

Findings from a recent research study “suggest that workers with psychiatric conditions can be subjected to prejudicial and discriminatory practices that can affect not only their professional confidence but their sense of worthwhileness as a person as well.”

Journal of Vocational Rehabilitation 35 (2011) 227–241  
DOI:10.3233/JVR-2011-0574  
IOS Press

227

## Workplace prejudice and discrimination toward individuals with mental illnesses

Zlatka Russinova<sup>a,\*</sup>, Shanta Griffin<sup>b</sup>, Philippe Bloch<sup>a</sup>, Nancy J. Wewiorski<sup>c</sup> and Iina Rosoklija<sup>d</sup>

<sup>a</sup>*Center for Psychiatric Rehabilitation, Boston University, MA, USA*

<sup>b</sup>*Formerly of Center for Psychiatric Rehabilitation, Boston University, MA, USA*

<sup>c</sup>*MIRECC, Bedford VA Medical Center, Bedford, MA, USA*

<sup>d</sup>*Children's Hospital Boston, MA, USA*

The following questions will be used to guide the group discussion, and lead into talking about ways of improving workplace inclusion and employment outcomes for folks who have experienced serious mental illness.

**1. Have you experienced psychiatric prejudice in the workplace, or elsewhere, involving verbal expressions of negative attitudes:**

- a. Towards mental illness in general?

For example:

“ ... Definitely no compassion with mental health issues, only discussion in the context of cruel jokes or negative stereotypes.”

“I was at a workshop with other teachers, we were learning about the brain. Since then, some teachers keep joking about the amygdala and emotional problems people have.”

**1. Have you experienced psychiatric prejudice in the workplace, or elsewhere, involving verbal expressions of negative attitudes:**

- b. Towards individuals whose lives have been affected by mental illness?

For example:

“They all expected me to be violent and my boss said, ‘let me know if you’re going to blow us all away.’”

“Another orthopedic surgeon told a doctor I was sharing the clinic with that I was ‘crazy’ and the doctor should not share the office with me. Fortunately, the second doctor did not listen to the stigma.”

“The worst I saw was the disrespect mental health ‘professionals’ displayed regarding their patients – poking fun of them behind their backs, referring to their patients using derogatory terms.”

**2. Have you ever experienced references being made to your psychiatric condition – by supervisors, co-workers, family members, or friends – and used as leverage so that they can gain power or win an argument in an unrelated professional or interpersonal context?**

For example:

“... My boss will say ‘don’t you need more medication?’ when he disagrees with me.”



**3. Has anyone at your workplace, or elsewhere, used mental illness as an overriding explanation of your behaviour, even though you were actually distracted or upset due to other reasons?**

For example:

“I was experiencing some grief over [the] loss of a family member, and it was suggested to me [that] I be hospitalized.”

**4. Have you ever experienced prejudicial beliefs about compromised work capacity which led to ongoing micromanagement by supervisors as well as differential assignment of work-related tasks and responsibilities which made you feel you were being treated differently?**

For example:

“Recently, some of my work has been very critical of a division of state government. In a meeting, several managers implied to a Commissioner that the real problem was my inability to control my negativity. There was a clear implication that it was psychiatric issues involved.”

# Thank You!



**Bernie**

8 August 13

The *From Recovery to Discovery* Mental Health Peer Support Group's Summer Picnic