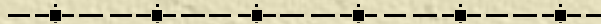





RECOVERY FROM SERIOUS MENTAL ILLNESS IS POSSIBLE

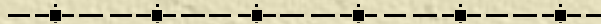
Meeting and Learning from People
with Serious Mental Illness

UMDNJ - CSPNJ





*What do you think of when you
hear the phrase mentally ill?*



Definition of Mental Illness

Health conditions that are characterized by alterations in thinking, mood, or behavior, or some combination thereof, associated with distress and/or impaired functioning

Surgeon General Report 1999

What Mental Illness Is

- ✦ Mental illness is complex
- ✦ The degree to which it interferes with functioning can vary
- ✦ Recovery is also different and individualized

Definition of Stigma

- ✦ Erodes confidence that mental disorders are valid, treatable health conditions
- ✦ Leads people to avoid socializing, or working with, or living near people with mental illness
- ✦ Deters the public from wanting to pay for care

Definition of Stigma

- ✦ Reduces people's access to resources and opportunities for treatment
- ✦ Leads to low self esteem, isolation, and hopelessness
- ✦ Deprives people of dignity and interferes with their participation in society

» Surgeon General Report 1999

Myths

- ✦ Unstable and could go wild
- ✦ Dangerous and violent
- ✦ Make poor employees
- ✦ Suited for lower level jobs
- ✦ People with mental illness cannot recover

Famous People

✦ Judy Garland

✦ Patty Duke

✦ Beethoven

✦ Van Gogh

✦ Abraham Lincoln

✦ Isaac Newton

✦ Jimmy Piersall

✦ Jane Pauley

✦ Winston
Churchill

✦ Billy Holiday

✦ Marilyn Monroe

✦ Emily Dickinson

✦ Ernest
Hemingway


✦ Mike Wallace

✦ Agatha Christie

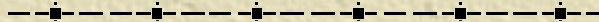
✦ Barbara Bush

FACT

One in five people will experience some sort of mental disorder at some time in their lives - - that's 20% of the population!



*What is Mental
Health???*



Mental Health

✦ A state of mind that allows a person to function in day to day life without distress, including the ability to maintain meaningful relationships and activities (e.g. work & school).

Definition of Recovery

- ✦ Recovery refers to the lived or real experience of persons as they accept and overcome the challenge of the disability.
- ✦ Recovery means reestablishing a new and valued sense of integrity and purpose within and beyond the limits of the disability.

Pat Deegan, Ph.D.,

Independent Consultant on Recovery and Empowerment

Co-founder and former Director of Training, The National Empowerment Center; Consumer of Mental Health Services

- ✦ Recovery means growing beyond the catastrophe of mental illness and developing new meaning and purpose in one's life.

William Anthony, Director

The Center for Psychiatric Rehabilitation

Sargent College, Boston University

What recovery is....

- ✦ It is *personal*.
- ✦ It is about personal awareness and individual ways of coping.
- ✦ It *doesn't* mean that there is a cure or that one will never have to take medication again.

Steps that lead to Recovery

- ✦ Acceptance of the disability
- ✦ Empowerment, being involved,
contributing to society

Treatment

usually involves...

- ✦ Medication
- ✦ Individual therapy
- ✦ Group therapy
- ✦ Peer support
- ✦ Holistic approaches
- ✦ Occasional hospitalizations

Wellness

can include...

- ✦ Exercise
- ✦ Close contact with friends
- ✦ Diet
- ✦ Significant relationships
- ✦ Getting adequate rest
- ✦ Meditation/ stress reduction activities
- ✦ Working
- ✦ Keeping a routine/ schedule
- ✦ Maintaining treatment

What people with mental illness can do...

- ✦ Live on their own; rent or own homes
- ✦ Hold full time jobs
- ✦ Raise families
- ✦ Pay their own bills
- ✦ Be active members of the community
- ✦ Continue their education
- ✦ Be professionals

*Education is important
because...*

- ✦ It will lead to reaching vocational goals
- ✦ It improves focus on the positive rather than on symptoms
- ✦ It is helpful to learn about one's condition and how to manage it

What about work?

- ✦ Stigma affects employment outcomes
- ✦ Social Security/Disability Benefits deter people from working
- ✦ Struggling with disclosure

More on Work

- ✦ Practitioners can help people in their recovery by assisting them to discover what they want to do for employment / career and preparing them through vocational training and support.
- ✦ When people have begun working, it contributes to their recovery.

Social

- ✦ People's social situations are varied
- ✦ Some individuals have support from family and have made many friends
- ✦ Others have smaller networks of fewer people to provide them with support
- ✦ Still others are isolated and lonely

More on Social

- ✦ Some people may need to refine their social skills
- ✦ They need to learn to find supports within their communities
- ✦ Social skills and support will facilitate the achievement of other goals
- ✦ Many people without mental illness also need to practice areas of social skills (such as interviewing for a job or initiating contact with the opposite sex)

Positive attitudes toward mental illness

- ✦ *Empathize*, not sympathize
- ✦ Appreciate other people's struggles, difficulties, and challenges
- ✦ One should not fear or pity consumers
- ✦ People with mental illnesses can be successful!

*If you know someone with
mental illness
(or if you suspect you have a problem)*

- There is hope and resources to help.

Please reach out and find a local resource:

<http://www.njgroups.org/>

or

Your community mental health center

Points to Remember

- ✦ People are in Recovery, no matter where they are at in achieving their goals of living, learning, working, or socializing, even if they have not yet reached their long-term goals.
- ✦ People can be on the path to recovery even during times of instability.
- ✦ Many People with Mental Illness are in Recovery!