

MyRAP

Facilitation Guide

Inpatient and Community Group Settings

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MyRAP is ...

“A personal book that allows people to tell their story.”

“Very helpful to my wellbeing and staying well.”

“User friendly and appealing.”

“Interesting and challenging.”

“Helps identify and prioritise problems, set goals and aids reflection.”

“Better than therapy!”

(quotes from people who have used or are using MyRAP)

Section 1

Introduction Notes to Facilitators

What is My Recovery Action Plan (MyRAP)?

MyRAP is a self help / self management tool to help support people with their own wellbeing and recovery. It is an enabling tool to assist people identify their strengths and build on them. Using MyRAP is an opportunity for people to take control by helping them to reflect on past experiences and learn from them.

There may be a number of reasons why people have come to use the MyRAP booklet:

- They may be mentally well and simply wish to learn more about staying well
- They may be currently unwell and being supported by mental health services but would like to take more control over their own recovery through self-management
- It may have been picked up someone who is experiencing concerns about someone else's mental health and wellbeing and they are keen to look at what they can do to support them in their recovery

The Guide

This is a guide to facilitate the introduction of MyRAP to a small group of people. This includes looking at the benefits of self-help / self-management and encouraging reflection and learning.

This guide has been developed in response to feedback from a number of service users and service providers who, as part of the MyRAP evaluation, identified a need for assistance and more interaction when using the tool.

The guide has also been developed in a way that is flexible to meet the wide range of needs you might encounter. This pack is a starting point and is one way of introducing MyRAP to your client group. You can build on how this is done with your own knowledge and experiences. Be creative and responsive to the people that you're working with.

There are still a number of people who prefer to work through MyRAP independently while others choose a person to support them and share their thoughts with. Others have said they prefer to work through the booklet in a group setting, enjoying the interaction, sharing of ideas and peer support that accompanies groupwork.

It has been designed to be flexible in order to meet a variety of learning styles and to promote participation. These sessions are what staff and service users have found work well in an inpatient setting.

Facilitators can refer to some of the exercises in the Section for Community Groups as these may enhance your facilitation and encourage wider collaboration. It will depend on your group and at your discretion.

In this pack you will find sections facilitating groups in inpatient and community settings. There are plenty of tips and activities that **focus on things to do and things to talk about**. The pack can also be adapted and used on an individual basis.

Facilitating a MyRAP group can be creative and fun by providing people with a range of ways to share their experiences and learning.

Your role as Facilitator

In your role as facilitator you will lead the discussion and help people learn from their own experiences and information shared by others. You will:

- Be organised and prepared beforehand
- Have clear outcomes for yourself and the group
- Progress group discussion through supportive encouragement and effective communication
- Be affirming and non-judgemental
- Foster self-discovery of alternatives and solutions
- Handle disruptive group member/s effectively

It goes without saying that a passion for recovery is crucial to your success. Sensitivity, confidentiality and being cognisant of any potential issues that might arise during groupwork are also important.

If you haven't already done so, it is worthwhile undertaking the 10 Essential Shared Capabilities or Realising Recovery Learning Materials as both sets of learning materials have values based principles underpinning recovery focused practice.

Read through the session prior to meeting with the group so that you are familiar with the text and have considered any potential obstacles that might arise. Also it is important to discuss any issues you have with your co-facilitator and ask for help if necessary.

Working through the MyRAP booklet

These facilitated sessions will work through the booklet in sequence however it is worth clarifying to your group that there is no 'correct' way to do so and that they can work through their MyRAP however they choose to. There is no onus on anyone to 'complete' it.

You might find that, depending on your group and how the discussions progress, that some elements of the booklet might be worth focusing on than others. This will be guided very much by your group and at your discretion. But be mindful of group dynamics and ensure that everyone has a voice.

Timing

When to begin MyRAP may be a question that you are asked. The answer is that it is very much up to the individual. Some people simply might not feel that they are ready to begin but are still willing to come along to the group and learn about it. No-one should ever feel pressurised.

Key points

MyRAP ...

Is a tool to help people take control of their mental health and wellbeing

Focuses on strengths, life experiences, learning and hope

Can be started when someone feels they are ready

Can benefit some people when they begin to feel better

Can be worked through independently or with a supporter

Encourages people to see recovery as a journey

Is a personal booklet and there is no obligation to share it with anyone

Section 2

Guide for the Facilitation of MyRAP in an Inpatient Group Setting

Preparation

Sessions times

Each session should last for an hour at the most.

Things you might need to consider as part of your preparation:

- When it will take place - which day of the week is best for everyone
- What time is the best - make it regular
- Who should be involved - who are the key people you'll need to support you and how will you identify the participants
- Where will it happen - venue is important, book it out

Challenging Behaviours

On occasion there may be a situation where there is a dominant presence within the group and this can lead to disruption and inhibiting others from taking part. Should this arise, ask the person if they are able to hold their thought until the end of the session and you will give them 10 minutes to discuss their point. This will allow the group to concentrate and continue with the discussion.

Session 1 : My Story

Ground Rules – working together (5 minutes)

When the group is gathered together stress the importance of having ground rules and encourage the group to draw up their own list of rules using a flipchart. Keep the rules displayed throughout each session as a reminder of their agreement.

Here are some examples:

- confidentiality
- keep to the timetable
- one person speaking at a time
- no side conversations please
- be self aware
- questions are encouraged
- personal experiences are respected
- be responsible for yourself and personal disclosure
- everyone has something to share
- enjoy and have fun
- pass facility – this can be used when someone in the group feels uncomfortable with something they would just say 'pass' and the facilitator will move on

Introducing MyStory

What you will need:

- A copy of the Recovery DVD
- Copies of MyRAP for each participant
- Television and DVD player
- Flipchart
- Pens and post-its
- 'Consent to Sharing My Story' Guidelines (Appendix ?)

There are 4 stories in the DVD so you might only want to choose one. As an alternative you can also use digital stories or look at what's available locally at www.elament.org.uk

Please refer to the MyRAP booklet guidelines on 'My Story'.

1 :: Introduce recovery DVD or other resource used (30 minutes)

Discuss DVD or other resource with the group, encourage sharing their thoughts:

- Was there anything in the DVD that they found helpful?
- Is there anything that they've seen or heard in the DVD that concerns them?
- Any other comments?

2 :: Introducing MyRAP, pages 1-10 (30 minutes)

Discuss what telling your story might mean. It's a very personal choice. While some people embrace the idea others decide it's not for them. Telling your story can be done in lots of different ways, through photographs, poetry, short stories, using words from songs, writing songs. It can be started at any point in the person's life.

It is important to stress that it will only be seen by people that they choose to share it with.

If people want to learn a bit more about telling their story and getting started they can visit the Elament at www.elament.org, talk to their Mental Health Worker or telephone Lanarkshire Links on 10698 265232

3 :: Preparation for next session - '5 THINGS' (5 minutes)

Encourage people to think of 5 things:

- that help and hinder their recovery;
- that they would like to do after discharge, including one thing that's completely new to them

Session 2 : Steps Towards Recovery

5 THINGS

What you will need:

- Prepare 2 flipchart sheets 1 headed 'hinders recovery' and the other 'helps recovery'
- MyRAP booklets
- Post –its
- Pens

1 :: Activity (20 minutes)

- Distribute post-it pads and ask people to write on the post-its 5 things that help and hinder their recovery
- Place post-its on the appropriate flipchart sheet
- When all the post-its are up and everyone is happy with their answers open the a discussion by asking the group to look at the two lists

Do they see any similarities between the two?

2 :: MyRAP, pages 11-20 'Steps towards recovery' (35 minutes)

Using the booklet, work through the pages to discuss the importance of recognising wellness and the role that people's strengths, skills and personal qualities play in staying well.

On page 13, people are asked to identify their strengths which can present problems for many people.

To help with this, you may wish to refer to the facilitation guide for the community groups and use one of the exercises suitable for your group.

3 :: Preparation for next session (5 minutes)

Ask people to think of any issues and concerns that they may have in relation to material discussed so far and bring it to the next meeting.

Session 3 : My Recovery

What you will need:

- MyRAP booklets
- Refer to group activities to enhance learning and stimulate discussion

1 :: Issues and Concerns (10 mins)

Provide ample opportunity for people to discuss any issues and concerns they might have about their experiences of the materials and shared information over the last two sessions.

2 :: MyRAP, pages 21-28 'My Recovery' (40 mins)

Working through this section means exploring what recovery means for different people.

Using the MyRAP booklet and prompts on page 22, encourage people think about what recovery might mean for them.

What are the things that people need to do for themselves and others every day? Again, use the prompts in the booklet to stimulate and lead discussion.

Coping strategies are important things to consider. Open up discussion around how to find out what works for individuals.

3 :: Preparation for next session (5 mins)

Ask that people continue to work through their MyRAP booklets. If they need support they can ask their named nurse, peer support worker or person they trust.

Section 3

Guide for the Facilitation of MyRAP in an Community Setting

Preparation

Things to consider:

Recommended group size

Ideally 6 people, maximum 8

Sessions times

Sessions should last for 1 hour

Venue

Room – suitable size

Comfortable chairs

No interruptions

Toilet facilities

Easily accessible

Refreshments

Session 1 : My Story

What you will need:

Flipchart, pens, post-its, copies of MyRAP, television, DVD player

1 :: Introductions and Plan for the Session (5 mins)

Explain to the group what you intend to talk about today and set out the Plan for the Session. You might want to have a prepared flipchart sheet with the following plan written on it:

- Introductions
- Ground rule
- Introduction to MyRAP and the concept of self-help / self-management
- My Story

2 :: Getting to know you!

Divide the group into pairs

Ask people to tell one another something about themselves – if they can't get started some suggestions might be:

- How you got your name
- Most memorable moment
- Claim to fame

Feedback to the group by introducing the other person

3 :: Ground Rules – working together (5 minutes)

When the group is gathered together stress the importance of having ground rules and encourage the group to draw up their own list of rules using a flipchart. Keep the rules displayed throughout each session as a reminder of their agreement.

Here are some examples:

- confidentiality
- keep to the timetable
- one person speaking at a time
- no side conversations please
- be self aware
- questions are encouraged
- personal experiences are respected
- be responsible for yourself and personal disclosure
- everyone has something to share
- enjoy and have fun
- pass facility – this can be used when someone in the group feels uncomfortable with something they would just say ‘pass’ and the facilitator will move on

Challenging Behaviours

On occasion there may be a situation where there is a dominant presence within the group and this can lead to disruption. Should this arise, ask the person if they are able to hold their thought until the end of the session and you will give them 10 minutes to discuss their point. This will allow the group to concentrate and continue with the discussion.

4 :: Introduction to MyRAP, pages 1-10 (5 minutes)

What is MyRAP?

You might want to gauge how many people are aware of MyRAP or perhaps some have already used it or know of someone that has.

- Who has heard of MyRAP?
- Where did you hear about it?
- What’s the group’s understanding of it?

MyRAP is ... a self-help / self-management tool to help support people with their own wellbeing and recovery. It enables people to take control and by identifying their strengths and building on them, reflecting on experiences and learning from them. Some have described MyRAP as:

‘a personal book that allows people to tell their story’

‘user friendly and appealing’

‘interesting and challenging’

‘helps identify and priorities problems, sets goals and aids reflection’

5 :: Introduce recovery DVD or other resource used (20 mins)

Discuss DVD or other resource with the group, encourage sharing their thoughts:

- Was there anything in the DVD that they found helpful?
- Is there anything that they've seen or heard in the DVD that concerns them?
- Any other comments?

7 :: My Story (15 mins)

Discuss what telling your story might mean. It's a very personal choice. While some people embrace the idea others decide it's not for them. Telling your story can be done in lots of different ways, through photographs, poetry, short stories, using words from songs, writing songs. It can be started at any point in the person's life.

It is important to stress that it will only be seen by people that they choose to share it with. This is also a good opportunity to discuss 'Consent to Sharing My Story' form (Appendix ?).

If people want to learn a bit more about telling their story and getting started they can visit the Element at www.element.org, talk to their Mental Health Worker or telephone Lanarkshire Links on 01698 265232

take a break - 15 minutes

8 :: Exploring hope (15 mins)

In any recovery story, we will see the presence of HOPE. The following exercise will help the group discuss hope and its relevance in recovery and in life; overcoming obstacles, achievement and in every day living.

After the break.

Choose one of the following activities to explore HOPE.

Encourage the group to share how they would define hope and record it on a flip-chart.

Display on the wall throughout the session so that everyone can see it and refer to it during discussions.

Activity 1 - exploring hope

How long is needed for this activity	15 minutes
Number of participants required	6 - 8
Resources needed	Flip chart Brightly coloured pens Post-its
Learning outcomes	Explore the concept of hope and its associations Inspire people to identify hope in their own lives and share it with others
Description of activity	<p>Have a prepared flipchart with the word HOPE written vertically</p> <p>Ask the group to write beside each letter a list of what things create hope</p> <p>Ask the group to prioritise 2 words for each letter</p> <p>You should end up with a list of 8 words</p> <p>For an extended discussion, now ask the group to discuss and write down:</p> <p>What will help achieve the 8 things? What will hinder achieving you achieving?</p> <p>Feedback and discussion</p>

Some ideas for the above:

H - hope, happiness, healing, help, haven, healthy

O - optimism, opportunity, openness, open, own

P - planning, people, patience, positivity, pride, personal, peace, praise

E - encouragement, enlightenment, evolving, engaging, experience, enabling, enduring

Activity 2 - what hope means to you

How long is needed for this activity	15 minutes
Number of participants required	6 - 8 divided into two groups
Resources needed	4 cards per group with the words: Work Home Relationships Social and Leisure
Learning outcomes	Pens and flip chart Explore our understanding of hope and how hope can be lost Re-establishing hope in relation to life goals Consider the impact of losing hope
Description of activity	In pairs and in relation to the topics on the cards each person should consider: “Where do I hope to be ...” Things to consider: <i>Where will I be?</i> <i>How will I get there and when?</i> <i>Who can help me?</i> <i>What will I feel like?</i> Share answers with group or in pairs / share with each other. Feedback and discussion.

Finishing the session on a positive note (5 mins)

At the end of every session, ask each group member to look at the person opposite them and finish the statement below by writing their response on a post-it and handing to the person privately or saying it if the group is comfortable in doing so.

“The strength I see in you ...”

Session 2 - understanding wellness

What you will need:

- Flipchart, pens, post-its, copies of MyRAPs, magazines, scissors, glue, A3 card
- This session will cover MyRAP pages 11 - 21.

2 :: Welcome Back (5 mins)

Once welcomes are over go through the Plan for the Session and set out what you want to achieve. The following topics will be covered in MyRAP pages 11 - 28:

- Recognising Wellness
- What helps and hinders wellness
- Personal qualities

Quick discussion (10 mins)

Ask the group if there is any feedback from last week's session. This should include anything that they found that was positive or helpful as well as any concerns or issues that were raised then or since.

3 :: Steps towards recovery - we're all unique!

Integral to recovery is recognising what wellness is for individuals. Because each of us is unique then our experience of wellness will be different from the person sitting next to you.

As part of recognising wellness it's helpful to have an understanding of what actually helps and hinders recovery. The following exercise will help us explore this further.

Split the group into two small groups to make a poster. Group A will make a poster showing what helps recovery and Group B will make a poster showing what hinders recovery.

Activity 3 - what helps and hinders recovery?

How long is needed for this activity	20 minutes
Number of participants required	6 - 8 divided into two groups
Resources needed	Magazines (male and female) Scissors Glue Flipchart paper Stapler
Learning outcomes	Understanding wellness Recognising that it is unique Exploring what helps and hinders recovery and staying well
Description of activity	Both groups should use the materials to create a poster that illustrates what type of things help and hinder recovery Group A This group should focus on what helps recovery Group B This group should focus on what hinders recovery Feedback and discussion: Are there any similarities between the two posters?

take a break – 15 minutes

4 :: Personality / Personal Qualities (10 mins)

Ask the group to brainstorm a list of words that describe people's personal qualities (5 mins).

Suggestions:

Good listener, patient, kind, tolerant, helpful, hard worker, loyal, organised, adventurous, fun loving, driven, caring, talented, creative ...

Ask the group to pick 5 that describe them. If people find this difficult they could ask another person who knows them - how do they see them?

Feedback for 5 minutes.

Follow on with the HAT Activity 4 on the next page.

Activity 4 - T(HATS) ME!

How long is needed for this activity	20 minutes
Number of participants required	6 - 8 people
Resources needed	Paper / card but in oblong shapes to make a hat Scissors Magazines Coloured pens Glue Stapler Any art materials available Be creative!
Learning outcomes	To develop an understanding of the uniqueness of the individual
Description of activity	<ul style="list-style-type: none">• Each participant is to make a short list of their attributes, skills, fits and interests• Using the materials provided construct a hat that creatively reflects some or all of the contents on the list• Wear the hat and tell the group what the hat says about you.

Preparation for next week (5 mins)

Think of 5 things that you'd like to do in your recovery, one of which you have never done before.

Finishing the session on a positive note (5 mins)

At the end of every session, ask each group member to look at the person opposite them and finish the statement below by writing their response on a post-it and handing to the person privately or saying it if the group is comfortable in doing so.

"The strength I see in you ..."

Session 3: Recovery

What you will need:

- Flipchart, pens, copies of MyRAP, paper, envelopes

1 :: Welcome Back (5 mins)

Once welcomes are over go through the Plan for the Session and set out what you want to achieve. The following topics will be covered in MyRAP pages 21 - 28.

- My Recovery

Quick discussion (5 mins)

Ask the group if there is any feedback from last week's session. This should include anything that they found that was positive or helpful as well as any concerns or issues that were raised then or since.

2 :: My Recovery (10 mins)

The following quote should be displayed and read out followed by a brief discussion.

“Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence of symptoms. It is about having control over and input into your own life. Each individual's recovery, like their experience of mental health problems or illness, is a unique and deeply personal process” (SRN).

Brief discussion

This is a definition of recovery ... what does recovery mean to you?

Gather thoughts of the group on a flipchart and these can be used in the final session to monitor progress.

take a break - 15 minutes

Activity 5 - A letter to ME

How long is needed for this activity	20 minutes
Number of participants required	Individual
Resources needed	Paper, pens, envelopes
Learning outcomes	Recognising and using strengths, skills and abilities Encouraging planning for the future Taking responsibility for wellness
Description of activity	<p>Write a brief not to yourself that to be read in six months time. In the note use one or more of the five things you have said you'd like to achieve.</p> <ul style="list-style-type: none">• Seal the letter in an envelope and put it in a safe place• Put a date in your diary to open in six months from now• Read your letter and see how far you have come• If you have made progress, think about what was helpful?• If you haven't made much progress, review it and identify the supports you need to make it happen <p>If you have only achieved one thing, remember this is an important step towards recovery.</p>

3 :: All about recovery (10 mins)

We're now going to focus on recovery. Use the MyRAP booklet on page 22 to guide the discussion.

This will be a private exercise for self-reflection and people will not be asked to share their thoughts with the group. Encourage participants to write freely.

Write up the following list on a flipchart as things people might want to consider in the note?

- How you might feel
- Where might you be
- What are you doing
- What might you be learning
- What might you be good at
- How will people notice

Remember:

"A journey of a thousand miles begins with a single step."

4 :: Discussion on preparation for next week (10 mins)

A key aspect of recovery is getting back to what is 'normal' for people so it is good to begin with back to basics. This may include re-establishing previous roles and positive routines and in some cases it might even mean changing past behaviours or relationships that were hindering wellbeing. Or maybe some people are doing something new.

For next week, ask people to have a think about the things that they need to do for themselves and others EVERY day. Use page 25 of the booklet to guide discussion including some examples:

Sleep, diet, exercise, responsibilities, priorities.

Finishing the session on a positive note (5 mins)

At the end of every session, ask each group member to look at the person opposite them and finish the statement below by writing their response on a post-it and handing to the person privately or saying it if the group is comfortable in doing so.

"The strength I see in you ..."

Session 4: Coping

What you will need:

Copies of MyRAP, flipchart, pens, a problem,

1 :: Welcome Back (5 mins)

- Welcome everyone to the group and go over go through the Plan for the Session and set out what you want to achieve.
- This session will cover Coping Strategies referring to page 27 of the MyRAP booklet to guide discussion..

2 :: Recap from the last session (20 mins)

In the last session we talked about recovery and what it means for each of us. We also looked at planning for the future, strengths, skills and abilities. Ask the group if there are any questions or anything participants would like to discuss.

The group should also feedback from preparation they have done on 'getting the basics right' (from the last session). Encourage open discussion.

3 :: Coping strategies (10 mins)

Everyone will have their own lived experience of coping with life in general and stressful events. Using page 27 in the booklet to guide the discussion and encourage peer support and sharing of coping strategies. Through this people may hear something they haven't tried before that could be helpful to them.

Ask the group to consider the following list and / or share their own personal coping strategies:

Things to consider:

- Taking time out
- Talking to friends and family
- Tackling the problem or issue
- Complementary therapies
- Maintaining positive routines
- What you have learned from previous experiences
- Remembering how you coped before

take a break - 15 minutes

Activity 6 - Problem solving

Using the previous discussion and coping strategies identified apply these to the exercise below.

How long is needed for this activity	20 minutes
Number of participants required	6 - 8 people
Resources needed	Copies of a particular problem from a reputable magazine, newspaper, case study Flipchart Pens
Learning outcomes	Encourage the group to identify and consider appropriate and positive coping strategies that can be used to address problems.
Description of activity	<ul style="list-style-type: none">• Someone reads out the problem to the group• The group is asked to consider possible solutions to the problem• Write these up on the flipchart• Consider the pros and cons to each solution• Discuss what the best solution might be (agreeing to disagree might be necessary!)

Finishing the session on a positive note (5 mins)

At the end of every session, ask each group member to look at the person opposite them and finish the statement below by writing their response on a post-it and handing to the person privately or saying it if the group is comfortable in doing so.

“The strength I see in you ...”

Session 5: Experiencing mental health problems (1)

Introduction to the topic

Because recovery is a journey it is not without its obstacles, twists and turns. There are events and things that happen unexpectedly, things that we can't prepare for and sometimes set us back. Experiencing mental health problems will be covered over two sessions. Please use pages 29 - 46 to guide for discussion.

Most of this session will be a practical session using the booklet to facilitate interactive and open discussion on each of the headings. Here we will look at how we can respond in these situations and what is helpful to know and think about.

1 :: Welcome Back (5 mins)

- Welcome everyone to the group and go over go through the Plan for the Session and set out what you want to achieve.
- This session will cover 'if you're experiencing mental health problems' on pages 29 - 46 of the MyRAP booklet to guide discussion..

Activity 7 - Responding to set backs

How long is needed for this activity	25 minutes
Number of participants required	6 - 8 people Divided into two groups
Resources needed	Copies of MyRAP Flipchart Pens
Learning outcomes	To consider previous experiences and learning in a positive way to respond to set backs
Description of activity	Divide group into two groups On flipchart capture what are the things that people can do to promote recovery in the following circumstances: Becoming unwell Recognising early triggers and warning signs Overcoming the difficulties Feedback to the group

take a break - 15 minutes

Activity 8 - Promoting recovery

How long is needed for this activity	25 minutes
Number of participants required	6 - 8 people Divided into two groups
Resources needed	Copies of MyRAP Flipchart Pens
Learning outcomes	To consider previous experiences and learning in a positive way to respond to set backs
Description of activity	Divide group into two On flipchart capture what are the things that people can do to promote recovery in the following circumstances: What things do you find helpful People to help you What you know you should avoid or at least limit Staying safe
	Feedback to the group

Finishing the session on a positive note (5 mins)

At the end of every session, ask each group member to look at the person opposite them and finish the statement below by writing their response on a post-it and handing to the person privately or saying it if the group is comfortable in doing so.

“The strength I see in you ...”

Session 6: Experiencing mental health problems (2)

Welcome Back (5 mins)

- Welcome everyone to the group and to the last session.
- Go over go through the Plan for the Session and set out what you want to achieve.
- This last session will focus on:
 - Getting involved*
 - Things you can do later*
 - Planning for the future*
 - Evaluation*

This session will continue with the discussion from last week looking at what happens when people are experience mental health problems and what they can do to support recovery. There will also be the opportunity to revisit certain issues if still unclear.

Quick recap (5 mins)

Ask the group if there were any positives or helpful suggestions that they have taken on board from last week as well as raising any concerns or issues.

Activity 9 - Getting involved

How long is needed for this activity	25 minutes
Number of participants required	6 - 8 people Divided into two groups
Resources needed	Flipchart Pens Well Connected Materials
Learning outcomes	Encourage people to look beyond mental health services Raise awareness of what is available in the wider community, where it is and how to access it Build confidence to access other services
Description of activity	Divide group into two On flipchart make a list of all resources people can think of that are available in the community. Think of: Health, community centres, arts & culture, libraries, employment, learning opportunities, volunteering, stress control classes, mindfulness ... Get people to feedback one new thing that they might try. Have a supply of Well Connected leaflets and wallet cards available.

take a break - 15 minutes

Activity 10 - Things you can do later

Think BIG, have FUN!

How long is needed for this activity	20 minutes
Number of participants required	Individual
Resources needed	Pen Paper
Learning outcomes	Encourage people to plan for the future, to follow their hopes, dreams and aspirations Choices and sharing responsibility Taking ownership of recovery and wellbeing
Description of activity	Individually take 10 minutes to think about the following: Activities Ambitions and dreams New skills Life changes Hobbies and interests Feedback Choose one of these that you plan to do and share with the group when you're going to do it and how you're going to go about it

Planning for the future (5 mins)

Advance Statements

The best time for someone to do an Advance Statement is when they are well. You can find some information on Advance Statements on page 54 of the MyRAP booklet. Briefly touch on the pros and cons of Advance Statements and who people can ask to help them.

Recap Activity (20 mins)

Leave 20 minutes at the end to go over anything that the group would like to revisit or clarify.

Evaluations

Group evaluation

Please ask participants to complete the evaluation form and return to you prior to leaving.

MyRAP Questionnaire

We hope that people have enjoyed working through MyRAP in a facilitated group and found it useful.

Feedback from people that have used MyRAP is of great value to us as we continue to look at ways of improving the tool and our other resources. Please encourage participants to take the time to fill in the short questionnaire at the back of the MyRAP booklet and either:

Give it to the group facilitator

Send by mail to the freepost address provided on the form

Fill it in online at the web address given on the form

Note to Facilitators

It would also be useful to receive feedback from any workers using MyRAP with their client group by completing the MyRAP questionnaire.

Section 4

Additional Exercises & Activities

Activity 11 - A road map of your life

What you will need:

We are going to look at major events in your life through a time line.

During our lives we sometimes experience ups and downs and can find ourselves at a crossroads.

Decide your time line and look at which roads you have taken - who and what is involved and what directions we take.

Whilst doing this exercise it might be helpful to consider some of the following:

- Relationships
- Friends
- Hobbies
- Families
- Lifestyles
- Obstacles
- Achievements

You could also do this exercise to plan where you would like to go next.

Activity 12 - Alligator River Story

Aims

To help us realise and understand different perceptions, values and attitudes people have even on common, everyday happenings. You will learn about the difficulties in finding consensus about value judgements and explore the reasons why we see people differently.

What you will need:

Copy of the alligator story

Participants!

Activity

- Read the Alligator Story
- After reading the story (and without any discussion with your peers) rank the five characters in the story, beginning with who you consider to be the most offensive and end with the one you consider to be the least objectionable. For example, the character that seems to be the most reprehensible t you should be entered first in the list following the story, then the second most and so on. With the least objectionable character being entered in the fifth place.
- Write down alongside your rankings the reasons as to why you ranked the characters in the way you did.
- Now discuss in the group as to why the characters got their rankings. What is the primary reason why each member of the group ranked individuals in the order that they did?
- Now try to arrive at a group consensus on the rankings. If you can reach a consensus state the basis on which you arrived at the agreement and what the final rankings are. If no consensus can be reached, explore what were the main reasons that blocked a consensual ranking?

Read the Alligator Story

“Once upon a time there was a woman named Abigail who was in love with a man named Gregory. Gregory lived on the shore of a river. Abigail lived on the opposite shore of the river. The river that separated the two lovers was teeming with man-eating alligators. Abigail wanted to cross the river to be with Gregory. Unfortunately, the bridge had been washed away by a heavy storm the previous evening.

So she went to ask Sinbad, a riverboat captain, to take her across. He said he would be glad to if she would consent to go to bed with him before he takes her across. She promptly refused and went to a friend named Ivan to explain her plight. Ivan did not want to be involved at all in the situation.

Abigail felt her only alternative was to accept Sinbad’s terms. Sinbad fulfilled his promise to Abigail and delivered her into the arms of Gregory.

When she told Gregory about her amorous escapade in order to cross the river, Gregory cast her aside with disdain. Heartsick and dejected, Abigail turned to Slug with her tail of woe. Slug, feeling compassion for Abigail, sought out Gregory and beat him brutally. Abigail was happy to see Gregory getting his due. As the sun sets on the horizon, we hear Abigail laughing at Gregory”.

Rank	Name	Reasons
1 st		
2 nd		
3 rd		
4 th		
5 th		

Activity 13 - Hopes and Concerns

What you will need:

A good way to start thinking about what recovery might mean for you is to think about any hopes you have for the future and any concerns.

If you can write them down on slips of paper provided, we will then place them in either the hopes or concerns box.

If each person takes out one hope and one concern and feeds back to the group. The hopes can be shared on a flip chart.

When sharing concerns, what can the group say to respond to the concerns to instill hope for that person?

Activity 14 - Positive Steps

What you will need:

Statements can be written out on strips of paper and placed in a box. Each person takes one to read out and share with the group.

Some of the statements are asking for each person to share something. Other statements are more making positive affirmations but these can be used to generate discussion within the group. This will hopefully generate a positive outlook.

Here is a list of statements you can use or write your own.

Give someone a high five!

What is the nicest compliment you have every received?

What did you do for yourself today or what will you do for yourself today?

Can you think of an example where you take pride in what you do?

Name a good choice you have made

Say “I am very special” either out loudly to yourself throughout the day

Talk about a special skill that you have

Name 3 things about yourself that make you smile

Say out loud “I will be kind to myself today by ...”

Stand up tall

Make a wish

With ageing comes grace, wisdom and strength - anyone wish to share an experience of this? Might be your own or someone you know.

Name one way that you are unique

What makes you happy?

Name someone who inspires you

Name a buddy that supports you

Name a way that you help others

Pay yourself a compliment

What makes you a good friend?

Who can you tell your success to?

SMILE!

Describe how your appearance has changed for the better since you were a child

Name a healthy choice that you can make today

What activity do you feel that you were born to do?

You are unique - there is only one YOU

Name a time when you stood up for something you believed in

Beauty comes from within

Name something that people would find interesting about you - you are a work of art

Section 5

Appendices

MyRAP Feedback Questionnaire

We hope you enjoyed using MyRAP and found it useful. Your feedback is of great value to us as we strive to improve our service and our resources. We would appreciate you taking the time to complete this short questionnaire and return it to us. The information you provide will be used for evaluation purposes and remain anonymous. If you would like to participate please complete the two page tear-off questionnaire and return to the address provided overleaf. Thank you.

Where did you find out about MyRAP?

- Hospital in-patient services
- Internet
- Family
- Friends
- Community services (please specify)

What did you find most useful about MyRAP?

- Language easy to understand
- Able to work through it myself
- Taking control of my wellbeing
- Helped focus on my strengths
- Reflecting on experiences
- Helps me stay well
- Other

What did you find most challenging?

- Working through it on my own
- Difficult for me to take control
- Found it hard to identify my strengths
- Did not like thinking about my past experiences
- Too time consuming
- Other

The MyRAP booklet?

- Was user friendly
- I liked size of booklet
- It helped seeing photographs by service users
- It helped to read quotes from service users
- The font size was appropriate
- I liked the colours used
- I liked the cover image
- Other

Would you recommend MyRAP?

Yes No

Why?

Send to: FREEPOST, RRXL-BSER-KZHY, Lanarkshire Links, Rooms 3.5-3.6, Dalziel Business Centre, 7 Scott Street, Motherwell, ML1 1PN
or

Complete online: www.elament.org.uk/self-help-resources.aspx and email to LRN@lanarkshirelinks.org.uk

Guidelines on telling your personal story

Some people have found the process of developing their personal story helpful as it provides an opportunity to review the past and identify the things that have gone well. It can also create a sense of meaning and direction.

It is recognised that YOU are the expert in your own story and ownership of your story remains with YOU. Your story is a personal one and will remain private unless you decide to share it with others. This is your choice. For those individuals who do go on to share their personal journey stories, they have found a powerful sense of fulfilment in offering hope and inspiration to others. But this isn't for everyone.

This process can evoke both positive and negative emotions so maintaining your wellbeing throughout should be a key consideration. Being mindful of any triggers and the coping strategies that you find work are important and can be helpful in maintaining your wellbeing throughout this process.

If you feel that you would like to discuss sharing your story further, it is essential to consider carefully the implications of 'going public' and to be totally comfortable with disclosing personal information to a potentially world wide audience (via web access). You can have your story told anonymously in print or as a voiceover in a digital story. Your story, to the best of your knowledge, should be truthful and honest.

If you have considered these points, telling your story can have positive benefits to people taking part in the process. Previous service users have said they felt 'liberated' with a renewed confidence and satisfaction in knowing that their contribution is playing an important part in inspiring others and in sending hopeful mental health messages about recovery. Please don't hesitate to ask for assistance to develop your own recovery story. You can ask your mental health worker or contact Lanarkshire Links on 01698 265232.

Your signed consent is required prior to progressing with your recovery story. I have read and understood this document and agree to participate in gathering in whatever medium is deemed most suitable for my story – Book, CD and/or DVD. It will be used for a number of purposes as described above.

Name	
Address	
Telephone Number	
Email address	
Signed	
Date	

This version has been abbreviated from the Scottish Recovery Network Story Sharing Process. For more information visit: www.scottishrecovery.net/Submit-Your-Story/submit-your-story.html.

References

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For copies of MyRAP materials contact:

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For further information on mental health and wellbeing visit the Elament website.

www.elament.org.uk