



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



# Recovery: Lessons from the Irish mental health movement

Prof Agnes Higgins Trinity College Dublin

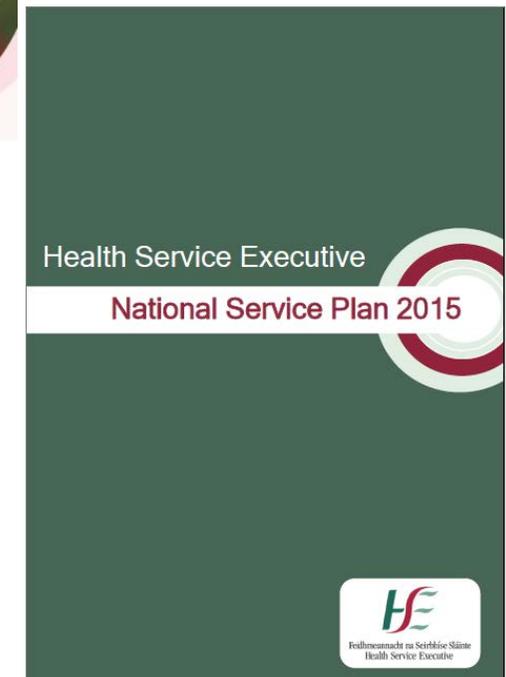
**Inaugural Irish International Recovery Conference**  
**Mainstreaming recovery in Irish drug policy and practice:**  
**The challenge of change**

# Plan

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- **Background to recovery in mental health**
- **Personal recovery**
- **Implications for mental health services**
- **Lessons**

# Recovery





Recovery  
multiple meaning

Clinical recovery

Personal process  
journey

# Recovery

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`...a **deeply personal, unique process** of changing one's attitudes, values, feelings, goals, skills and roles...The development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness' (Anthony 1993)

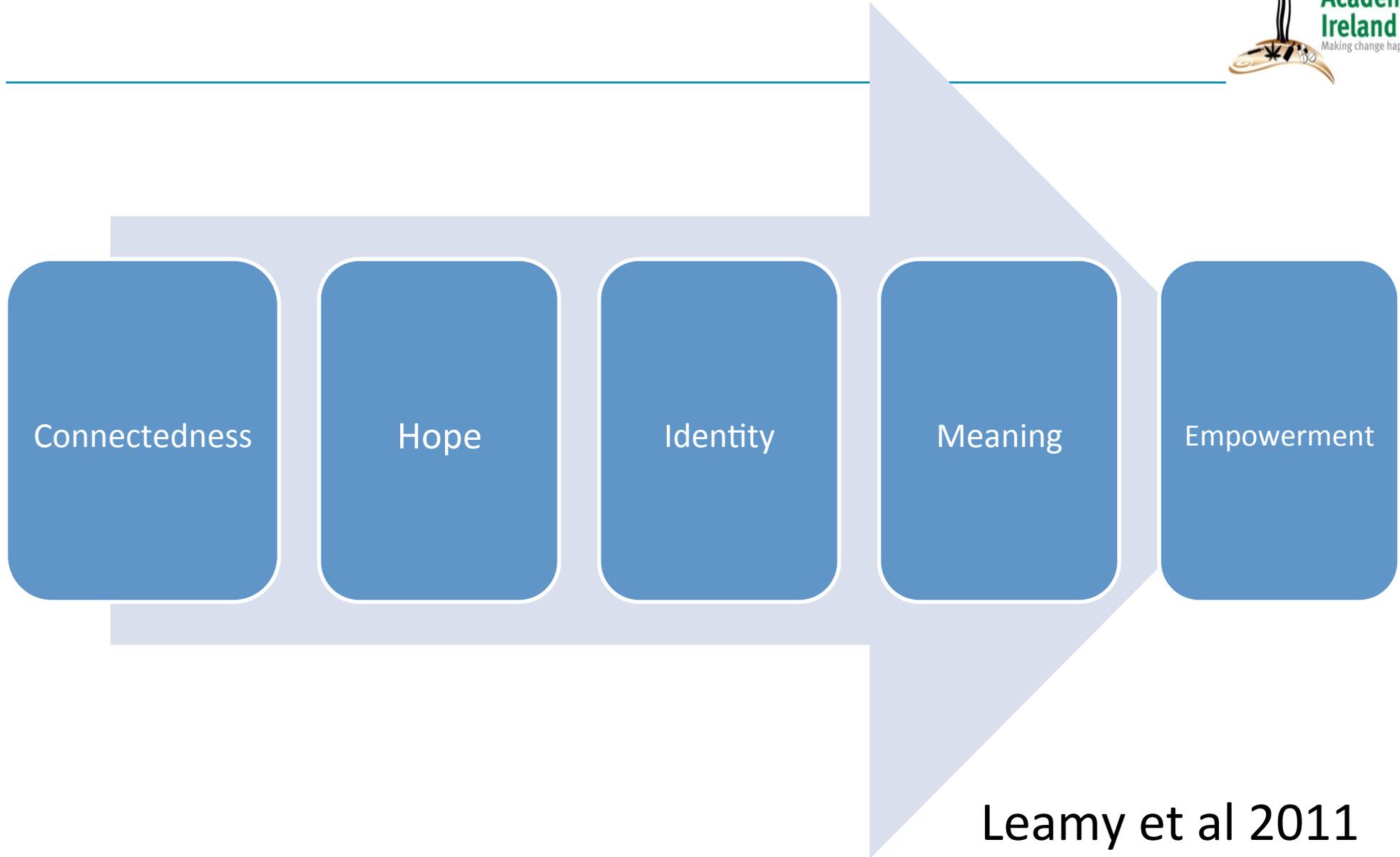
Living a purposeful and meaningful life with or without  
'symptoms'

Having someone to love

somewhere to live

something meaningful to do

# CHIME



Leamy et al 2011

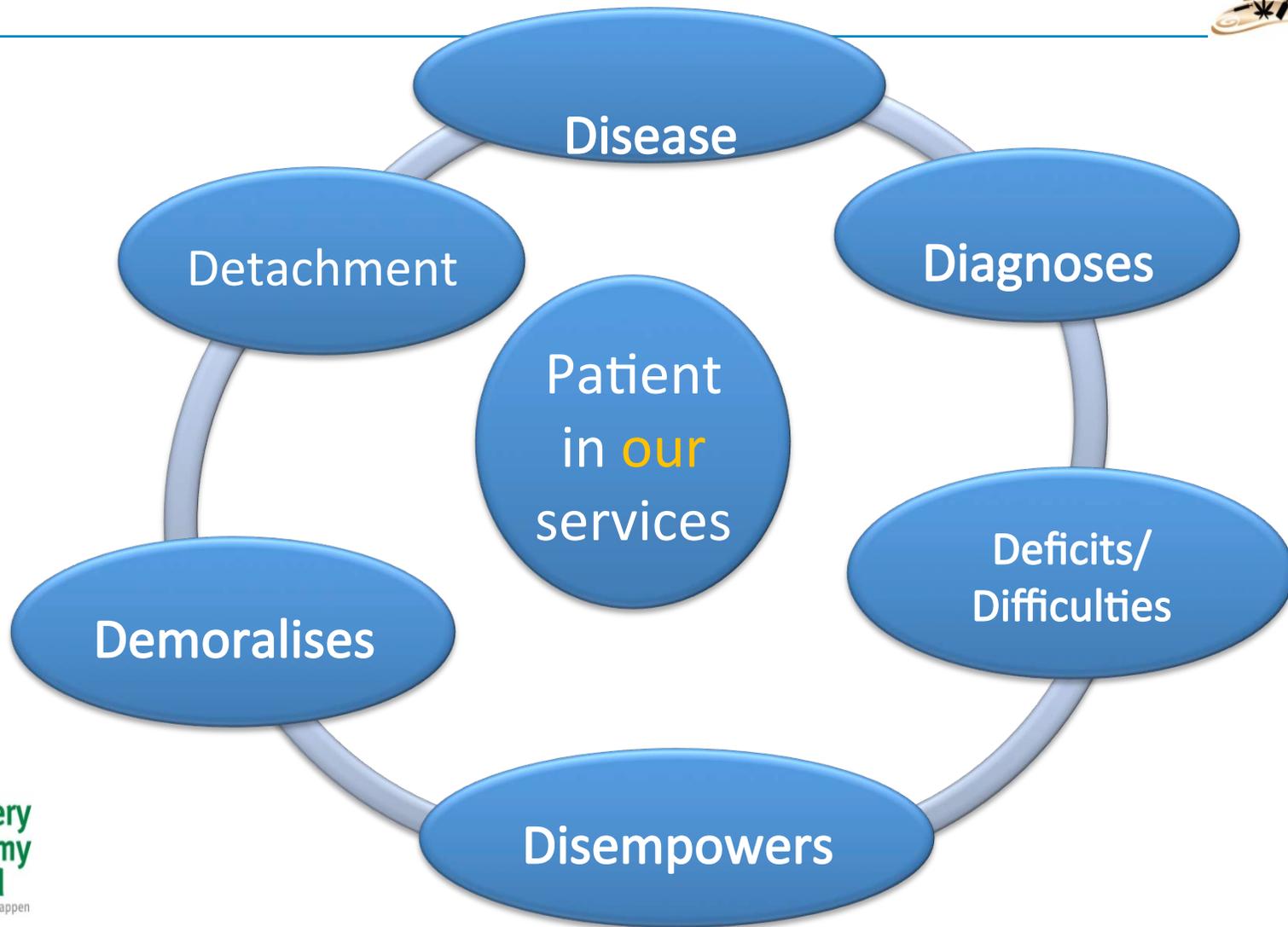


Recovery

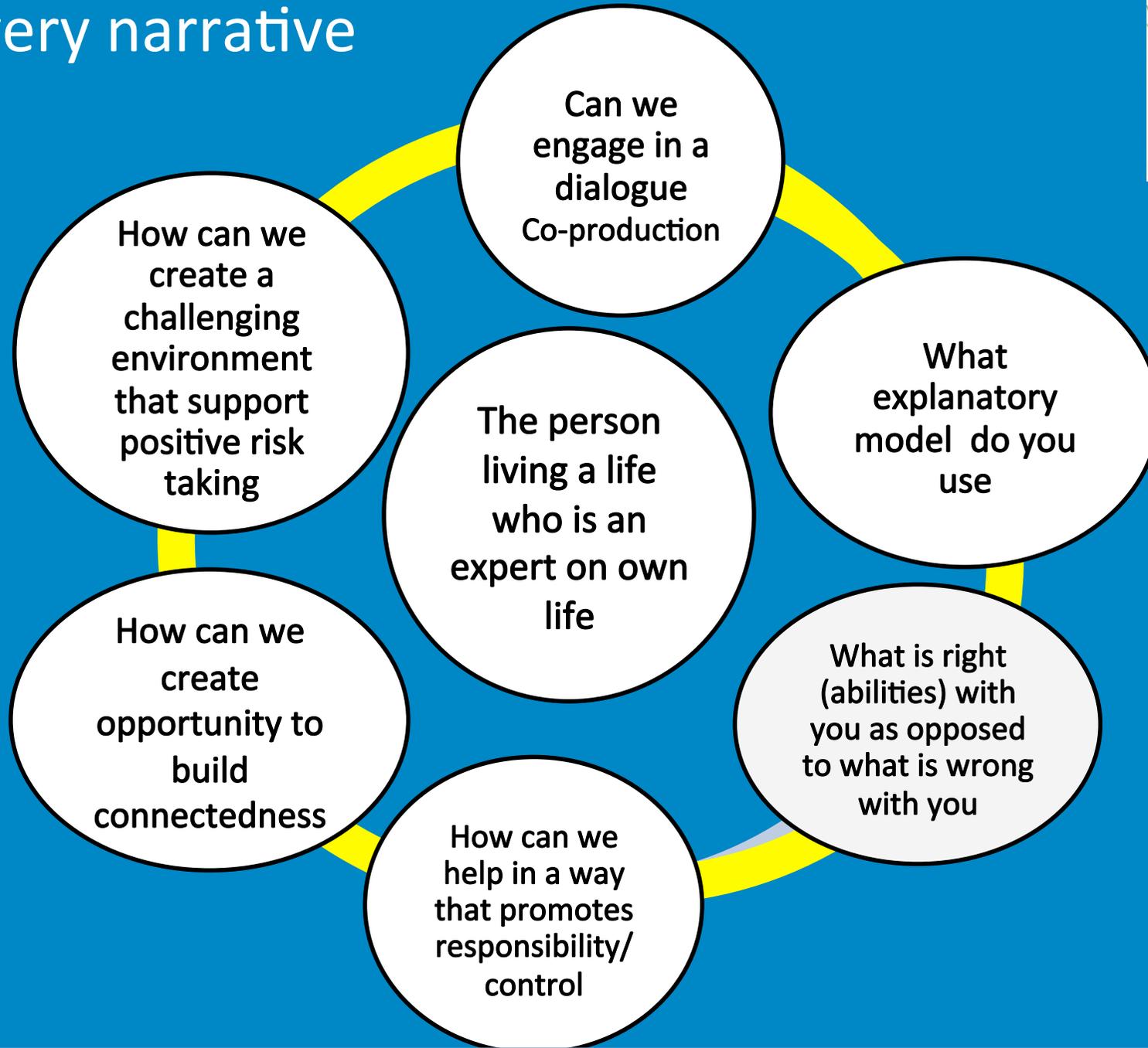
Personal process  
journey

Transformational  
ideology that  
challenges  
current thinking

# Current narrative



# Recovery narrative



# Addressing power imbalance



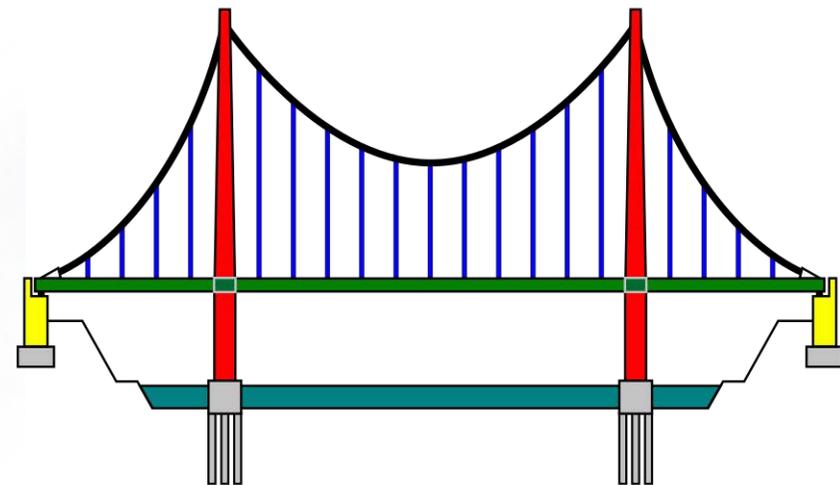
# Peer support



## Bonding



## Bridging



# Family/supporter involvement

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- **Change our perspective on family**
  - Source of risk
  - Cause of mental health problem
- **Support recovery**
  - Motivation for recovery
  - Practical support
  - Emotional support
- **Have own recovery journey**

# Inclusion and citizenship

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- **Involvement with community**
  - (living versus residing )
- **Education**
- **Housing**
- **Employment (Paid and unpaid)**
- **Discrimination**



**SOCIAL EXCLUSION  
& INEQUALITY  
OF OPPORTUNITY**

# ImROC challenges

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- Changing the nature of day-to-day interactions and the quality of experience
- Delivering comprehensive, user-led education and training programs
- Establishing a Recovery Education Center to drive the programs forward
- Ensuring organizational commitment, creating the culture and leadership
- Increasing personalization and choice
- Transforming the workforce (training and deployment of peer professionals)
- Changing the way we approach risk assessment and management
- Redefining user involvement to achieve a true working partnership
- Supporting staff in their recovery journey
- Increasing opportunities for building a life beyond illness

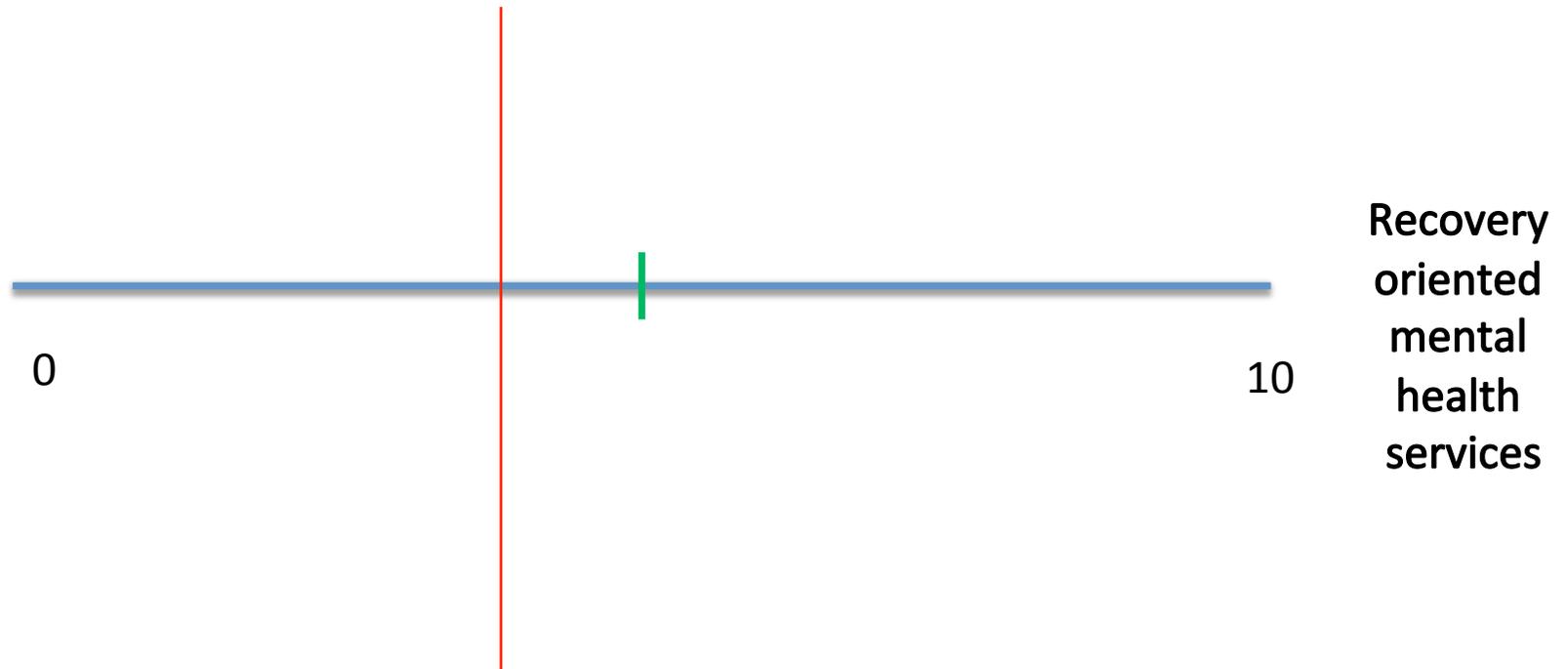
# Progress

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- Overall strategy and group (ARI) and developing an education strategy
- Mental Health Engagement Office (area leads for SU, family, carer engagement)
- Trialogue/ open dialogue initiatives
- Consumer panels (meetings with local senior management to provide consumer feedback on services)
- Peer workers/ family workers/peer advocates (30 across the CHO)
- Recovery Colleges (5 Dublin, Carlow/Kilkenny, Limerick, Galway/Roscommon, Mayo)
- Peer led projects
- Co-produced and co-delivered projects (eg EOLAS)
- Hearing Voices groups
- Mad Pride Ireland, Mind Freedom Ireland and Critical Voices Network
- Mental Health Reform (collective voice)

# Where are we at : National Picture

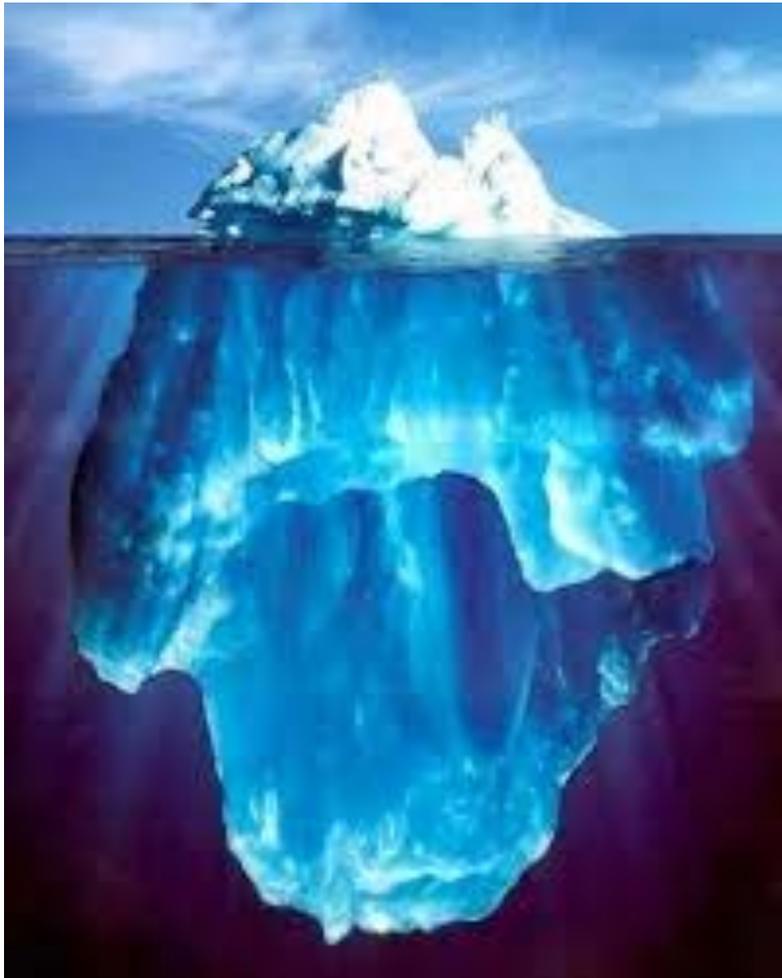
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## Changing a culture takes time

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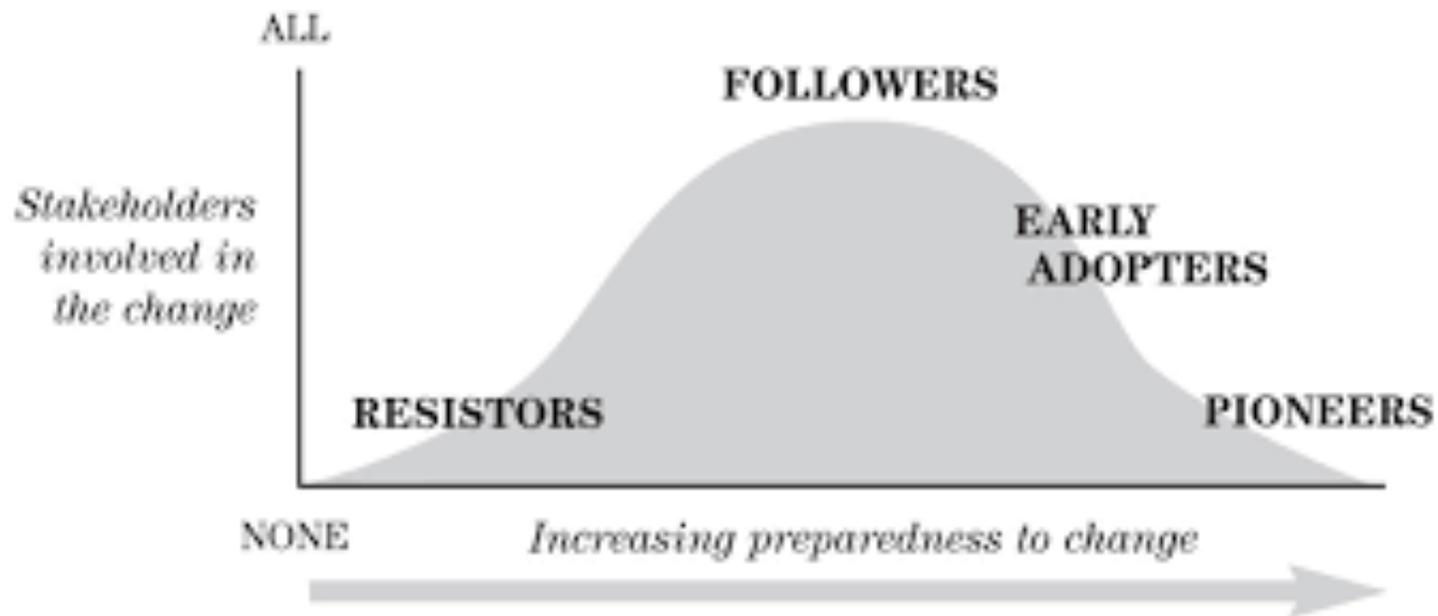
Change is a collective  
social process

Changing and challenging  
values, beliefs,  
assumptions, prejudices,  
fears

Changing minds and heart



## Acknowledged reality but don't wait





## Strategic planning

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**ARI**  
Advancing  
Recovery in Ireland



**Service providers**

**Service users**

**Family/supporters**

**Community**

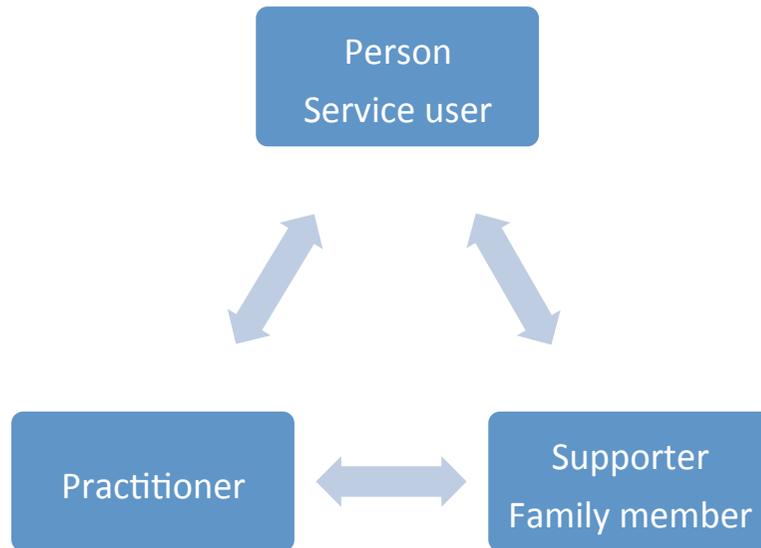


[http://www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/advancingrecoveryireland/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/advancingrecoveryireland/)



## Build capacity among staff, service users and family members

- Developing a shared meaning of recovery
- Education – power of dialogue
- Share power
- Space to address anger/distress
- Binary divisions:
  - Them and Us;
  - Mad and Sane;
  - Ill and Well





## Needs resources

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Time

Financial (payment of service users)

People





# Presence doesn't mean equality of participation

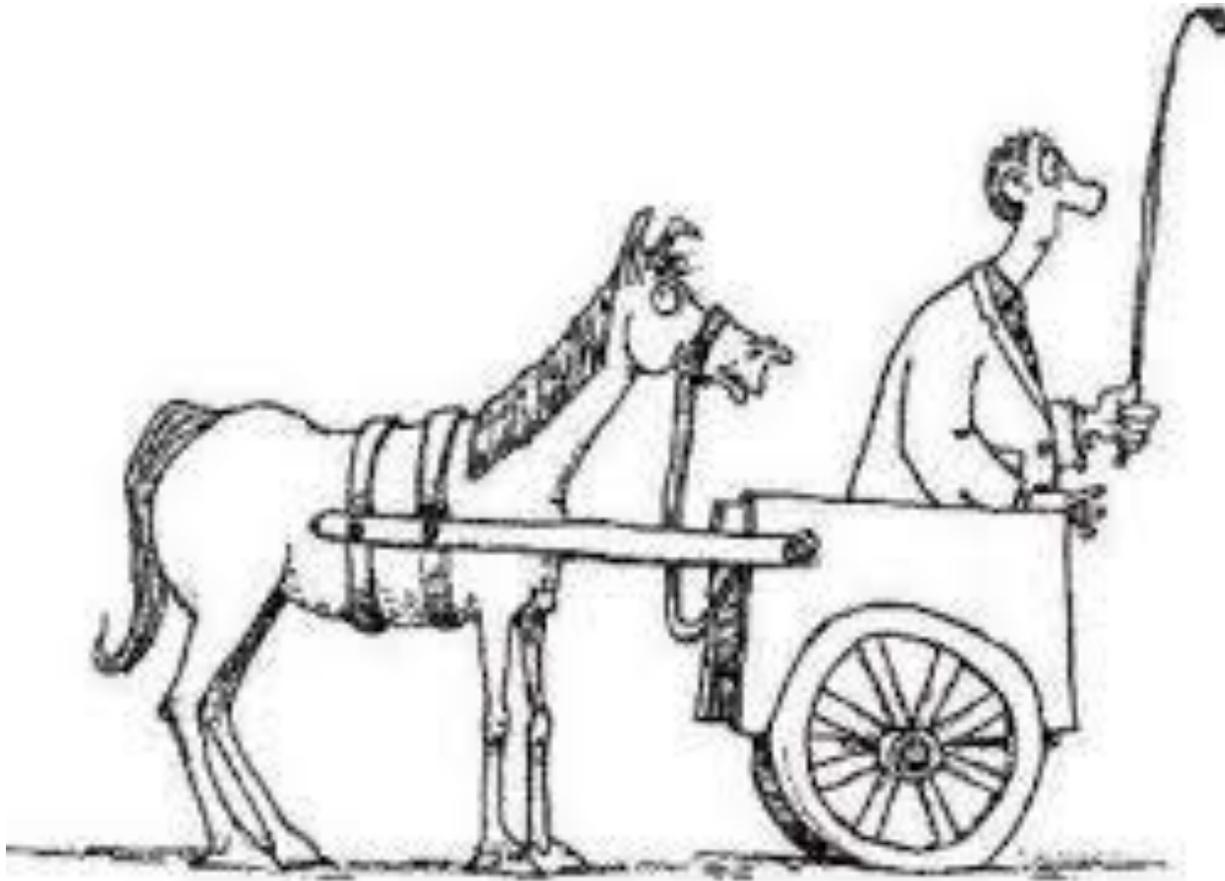
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POWER





Don't get disheartened





## Celebrate and share effort as well as achievements

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