

Peer Support Fife

May 2011

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PeerSupportFife.org.uk

News Bulletin

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Change, Choice & Self-determination

I like change and to have lots of choices, and, being non-conformist, to make up my own mind.

However I know that many people are not like this and to them change is a four letter word. Others think that having too much choice is not good for us, especially if we are in the mental health world.

Accessing information about MH services can be a mystery, self referrals rare, and by the time an opportunity comes along it is often too late.

In the real world of consumer services, internet action and communities of interest, our opinions are valued and decisions made.

I suppose it all comes down to power. And when our mental health is precarious, say through crisis or trauma, then we are vulnerable and liable to disempowerment.

Let's do our best to level the playing field and bring the mental health world into the real world.

*Chrys Muirhead,
Convener*

Peer Support Fife

is an emerging voluntary organisation working in mental health recovery - promoting peer support; user, survivor and carer involvement & peer advocacy

event

Freedom of Information WORKSHOP

PS Fife are hosting a workshop on FOI, facilitated by the **Scottish Information Commissioner** Office
www.ItsPublicKnowledge.info

Tuesday **28** June 2011

11.00am - 1.00pm

VONEF

Volunteer House
69-73 Crossgate
Cupar, Fife, KY15 5AS

"A person who requests information from a Scottish public authority which holds it is entitled to be given it by the authority"

Freedom of Information (Scotland) Act 2002
Section 1(1)

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Shery Mead - Intentional Peer Support An Alternative Approach



"Being intentional means that we come into the relationship with a specific purpose in mind. While peer support assumes the characteristics

of any health relationship, there is also a specific intention: to purposefully communicate in ways that help both people step outside their current story." p10 [IPS Workbook]

www.mentalhealthpeers.com

"crisis is an opportunity to grow in relationship and change old patterns." p161

Using peer support in crisis alternatives

"For many of us, crisis has been a patterned response to difficult experiences. Yet in the mental health system we've been told that it is something that happens to us.

If we maintain that belief, the best we can do is simply get through it as gracefully as possible. If we continue to keep 'getting through' the difficult times, how will we learn to rethink the experience all together?

In peer support we need to remind ourselves that we have essentially three tasks, no matter what the program:

- Looking at how we know what we know and trying some new ways of seeing/doing
- Building mutually responsible relationships where help goes both ways
- Moving towards what we want rather than away from what we don't want (eg stabilisation)" p160

2011 IIMHL Leadership Exchange & Network Meeting
12 - 16 September 2011

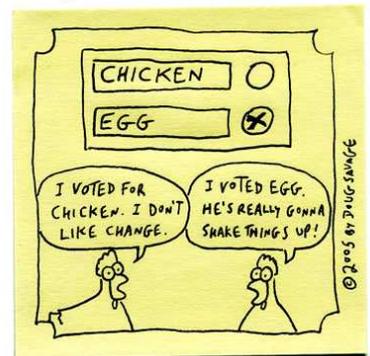
A Different Kind of Leadership

Fairmont San Francisco
San Francisco, California USA

www.iimhl.com

Savage Chickens

by Doug Savage



elections savage chicken style

Mary O'Hagan in St Andrews

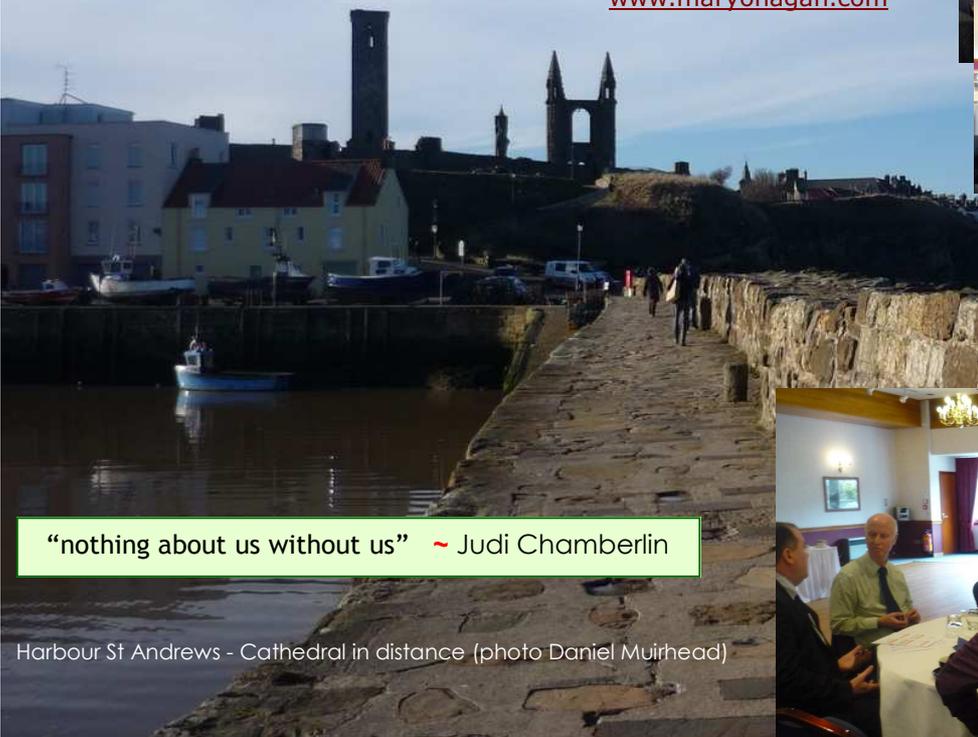
Service User
Participation
& Leadership

Mary O'Hagan, NZ consultant and international thought leader on service user perspectives, expertly led a morning masterclass for managers and afternoon workshop for stakeholders. Our event was held in the Scores Hotel, St Andrews, Fife. Roseanne Fearon, Head of Adult Services, Fife Council Social Work Service, gave the opening address, setting the scene for discussions around service user participation and leadership. John Sawkins, Aberdeen, read a poem and chapter from his own works.

www.maryohagan.com



leadership



"nothing about us without us" ~ Judi Chamberlin

Harbour St Andrews - Cathedral in distance (photo Daniel Muirhead)



participation



Excerpts from Mary's Presentation (report & slides on **PS Fife** website)

| | | | | |
|---------------------------|--------------------|-------------------------|----------------------|-------------------|
| Neglect | Paternalism | Tokenism | Participation | Leadership |
| Professional power | | | Shared power | User power |
| Institutional era | | Transitional era | Recovery era | |

Plan, fund and develop peer run services:

- Support groups and networks
- Support in housing, education and employment
- Support in crisis
- Artistic, cultural and social activities
- Recovery education for peers
- Mentoring, counseling and befriending
- Systemic and individual advocacy
- Information development and distribution

" But they've
summoned up a
thundercloud
and they're
going to hear
from me"

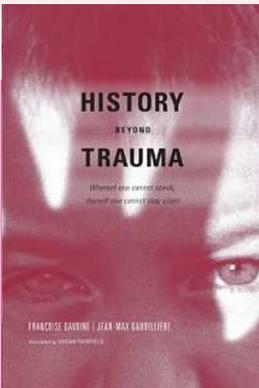
Leonard
Cohen



Thanks to Fife Council and NHS Fife for co-funding this event



History Beyond Trauma



"In the course of nearly thirty years of work with patients in psychiatric hospitals and private practice, Parisian psychoanalysts Françoise Davoine and Jean-Max Gaudillière have uncovered the ways in which transference and countertransference are affected by the experience of social catastrophe.

Handed down from one generation to the next, the unspoken horrors of war, betrayal, dissociation, and disaster in the families of patient and analyst alike are not only revived in the therapeutic relationship but, when understood, actually provide the keys to the healing process."

With reference to philosophers, including Wittgenstein and Lacan, the authors "show how the patient-analyst relationship opens pathways of investigation into the nature of madness, whether on the scale of History--world wars, Vietnam--or on the scale of Story--the silencing of horror within an individual family".



Comment: Chrys and Daniel Muirhead had the opportunity to meet and hear Drs Davoine and Gaudillière at Goldsmiths, London, in February.

An inspiring couple who spoke about how they worked alongside 'mad' people, sometimes without payment but always in response to need. For them psychoanalysis is not a method of treatment applied by one person to another but a process engaged in by two people on behalf of one of them—and on behalf of all those family members and ancestors represented by that person.

Leeds Survivor Led Crisis Service

Sanctuary and support in times of crisis

The **Leeds Survivor Led Crisis Service** was set up in 1999 to provide services which were an alternative to hospital admission and statutory provision for people in acute mental health crisis.



The organisation has won awards for innovation, complex needs service delivery and as a "working example of the benefits of survivor led services".

Services

www.lslcs.org.uk

- ☺ **Dial House** - a place of sanctuary open 6pm–2am Friday-Sunday. Visitors can access when they are in crisis. They can telephone to request a visit, or turn up at the door 6pm–10.30pm. Families are also welcome.
- ☺ **Connect Helpline** is a telephone helpline open 6-10.30 every night of the year for people living in Leeds, providing emotional support and information for people in distress.
- ☺ **Group Work** - 6-10 week Coping with Crisis groups, aimed at people who are frequently in crisis and facilitated using a person centred approach.
- ☺ **Volunteering** - the service has a commitment to volunteering, supporting people in their recovery and many of the paid staff started as volunteers.

SIHR Postgraduate Diploma in Psychodynamic Counselling and Therapeutic Practice

This PT 2 year modular programme starts in September and offers professional training as a psychodynamic counsellor, including theoretical study, skills practice and supervised clinical practice. The programme is validated by COSCA and accredited by Glasgow Caledonian University.

Mary MacCallum Sullivan, BEd (Hons), MA(Psych & Couns), UKCP Reg, is the course leader and has a solid background in psychotherapy/ counselling education, postgraduate level training as teacher, team leader and manager, and is an experienced practitioner.

Graduates of the course will be in a position to work therapeutically within areas such as NHS primary and secondary care, student counselling, EAP work, other related settings, and as independent practitioners.

www.sihr.org.uk

Stigma

For those of us who have experienced mental health problems resulting in labelling, drugging (medication) and even hospitalisation, we will be all too familiar with the concept of stigma. And with the battle to become 'normal' again, the same as other folks and someone whose voice and word will be taken seriously.

Is society more accepting of difference and tolerant of people going through mental health crises? Or is there still a them and us mentality? I plump for the latter and find that, unfortunately, the big divide is still there for a large number of us, interestingly particularly in the mental health world. The term 'mental illness' continues to stigmatise people who have had to access mental health services and the biomedical model keeps the straitjackets on.

I was talking with someone recently about diagnoses. This person stated in all seriousness that they had only experienced a depressive illness and not a psychotic one, therefore for them recovery was possible.

It makes sense to me that people go off the head from time to time. After all it is a mad world we are in. Things continually happen that are outwith our control and many people will self medicate with alcohol or drugs or consumerism, apparently keeping the 'monster' at bay.

And some of us may be high achievers, perfectionists, over sensitive and caring, or very imaginative and creative. The challenge I think is in keeping true to ourselves while keeping our sanity and sense of perspective, in the midst of an imperfect world, with its stigma and discrimination.

~ Chrys Muirhead



"ain't Snoopy just like you and me?"

Links to help you think ...

www.roadstorecoverynotts.org

Roads to Recovery is a peer support network for people aged 18-35, run by people who have experienced psychosis and are recovering

www.wellbeingrecovery.com

Website being developed by Mary O'Hagan and Sara McCook Weir in partnership with several agencies and people who have lived experience of mental distress.

Dis-integration

John Sawkins
Rare Frequencies

Once we felt very strong
All on the same side, pulling in the same direction.
Once we felt we belonged:
Part of the family, the congregation and the nation.

We are so easily vanquished:
Division makes us weak as it severs the ties.
Enslaved in chains without links.
Separated from each other by 180 degrees.

Technology has given us new communication,
But who will defragment our souls?
The data is there all neatly compartmentalised,
But the neural networks fail to connect.

The integrity of the nation is under threat.
We share the responsibility and the guilt.
The triple pillars are crumbling,
Only love can reverse the decline.

We like this piece of important advice offered to clinicians when completing the forms for sectioning patients:

"Make sure you put your name in the box for the doctor and the patient's name in the box for the patient. It is not unusual for the names to be in the wrong boxes."

[Tony Zigmond (2011): A clinician's brief guide to the Mental Health Act, RCPsych Publications]

Thanks to John for highlighting

"Of all tyrannies, a tyranny exercised for the good of its victims may be the most oppressive. It may be better to live under robber barons than under omnipotent moral busybodies. The robber baron's cruelty may sometimes sleep, his cupidity may at some point be satiated; but those who torment us for our own good will torment us without end for they do so with the approval of their own conscience."

~ CS Lewis [from a Judi Chamberlin talk]