

RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF

MODULE 2: COMMUNICATION

Meeting 4: basic structure

HOW AND WITH WHOM TO TALK ABOUT MY ILLNESS

Objective: Learn some strategies to come out.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	Welcoming, introduce the trainers and context of the group (see recommendations for the opening of the session in the Guide for trainers).	5-10 min	
Group agreements	Recall and add if necessary (see recommendations for creating safe atmosphere and group agreements in the Guide for trainers).	5-10 min	



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CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

<p>Warm up and introduce each other</p>	<p>Motivational cards: the prepared cards with pictures are spread on the floor and the participants choose one that expresses how they feel today. Participants who have chosen a card with the same motif stand in a group (the paper with the motif is placed on the floor, they stand around it and can talk for a while about how they feel today, what their mood is).</p> <p>Note: Card with railway – for someone road, hope, future, for someone could represent suicide, but it's not problem, participants could speak their experience like this.</p>	<p>10 min</p>	<p>Motivational cards: printed smaller version on A5 (1 motif printed multiple times) and each motif 1x on A4</p>
<p>Main topic 1. part</p>	<p>Objectives:</p> <ul style="list-style-type: none"> • Different ways of disclosing • Learn how to identify good person to disclose – to who, which time and what to say • How to find out the other person's attitude to mental health and wellbeing. How to check/know if I can tell the other person about the illness 		
	<p>Open the topic by sharing the peer trainer's experience/story.</p> <p>In addition to the topics listed below, you can also mention: what sharing information about the illness means for myself, what I experience. In reality, people often have no one to talk to about the illness and what they are experiencing. They appreciate that in the hospital they can talk about it</p>	<p>25 min</p>	<p>Workbook for participants</p>

with other patients who understand them. The topic focuses on sharing in public, but sometimes it can be much harder to share in close relationships. It is also related to the topic of safety - how to ensure it. Peer lecturer: often related to how a person is currently feeling - if I'm feeling well, I have no problem sharing. At a worse/more acute stage of illness it is much harder. Other sensitive situations can also be mentioned and discussed: How to explain that I don't drink alcohol? How to explain that sometimes I can't go somewhere? etc.

Discussion: We might disclose experience in different ways.

Practice: Go through table 1 (workbook).

Discuss 1-5 with participants about each way of disclosing (stating benefit and cost).

Who is a good person to disclose to?

What characterises that person? Where it could be found in our environment?

Use table 2 (workbook)

Discuss where are such persons? Go through different relationships (functional, supportive, empathic). What kind of relationship they have? Identify some person in the environment.

How to check/know if I can tell the other person about the illness

Use text in workbook

Do participants have such or similar experience?

	<p>Example: One person shared that she disclosed to her friends but lied about her diagnosis. It's easier for her to state that she has a diagnosis of bipolar disorder or depression instead saying that she is living with psychosis (because 'it sounds so terrible and is frightening to people').</p>		
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<p>Main topic 2. part</p>	<p>Objective: How to check/know if I can tell the other person about the illness.</p>		
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	<p>Disclosing a mental illness is a difficult decision to make alone. Since there are so many emotionally charged factors to take into consideration, it is hard for a person to calmly and rationally weigh all of the pluses and minuses.</p> <p>You may want to consider the judgment and advice of others before you plunge into disclosing.</p> <p>Disclosing experiences with mental illness is a journey, just like any important life decision. You must constantly decide how much energy to spend on your friends, family, work, and faith-based community.</p> <p>Use worksheet 1. Make use of some news story, TV show, movie with positive image of mental illness.</p>	<p>20 min</p>	
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	<p>Check the person – this could be a role play or imaginary. Score the result.</p> <p>It could be useful to think before the meeting which movie or story we know – to have some ideas before. Then we can ask also participants during the meeting – if they have any idea or suggestion, if they like some story or movie etc.</p> <p>How might others respond to disclosure?</p> <p>Discuss about experiences in the group!</p> <p>Worksheet 2 is about feelings connected to negative feedback (shame, nervousness, sadness, anger)</p>		
Closing the topic	<p>In this session regarding communication, we talked about the disclosure – how to do it, to whom to talk about and how we can feel about negative feedback.</p> <p>Final thoughts from group members.</p> <p>Thanks to the group for cooperation and looking forward to the next one (state when ant the next topic).</p>	5-10 min	
Evaluation	How did you find this workshop?	5-10 min	Evaluation sheets

Goodbye	We will, if possible, personally say goodbye to each participant and thank them for their participation, just as we welcomed each participant at the beginning.	5 min	
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