

RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF

MODULE 3: SAFETY

Meeting 1: basic structure

WHAT RETURNING HOME MEANS FOR ME?

Objective: To make oneself aware of the return to the home environment, to help think about the meaning of home, the basic needs in the home environment and the challenges that arise.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	Greetings and a brief introduction of today. What topics are we discussing, to remind the pause. We also ask if anyone has anything special about today.	5 min	
Group agreements	Ask the participants to recall the group rules, everyone is free to recall the rule that suits him.	5 min	



Funded by
the European Union



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

<p>Warm up and introduce each other</p>	<ol style="list-style-type: none"> 1. The trainer distributes coloured papers on the table. Each participant takes one paper that he likes the most at the moment. 2. All participants introduce themselves by name and colour (what colour seems the most suitable for today, you can also say your favourite colour, which may not be today's colour). You do not have to justify your choice, but you may. 	<p>5 min</p>	<p>Small coloured papers (10-12 different colours, size 5 X 10). The papers remain with the participants.</p>
<p>Main topic 1. part</p> <p>Objective: The meaning of safety at home</p>			
	<p>1, Exercise:</p> <ol style="list-style-type: none"> 1. Participants move to an imaginary geographical map (city, district, county, country) on the floor and find their place of birth/ childhood home. Each participant introduces their place of birth (e.g. nature, buildings, events, etc.) and describes one nice childhood event when a person was little. 2. Participants move back to their seats, and the trainer creates an atmosphere for learning. <p>2, Small lecture “The meaning of safety at home“</p>	<p>35 min</p>	<ol style="list-style-type: none"> 1, Having enough space and moving around in it. 2, The trainer’s introduction to the topic, see the text in the workbook

3, Exercise: Safety at home

1 A. Make a drawing/ picture that relates to safety for you. It can be a place, time, situation, etc.

1 B. Exercise: What does safety at home mean to you? What makes a home safe? At what times have you felt this safety (in childhood, related to certain people, events, etc.)?

2. When you are discharged from the hospital, do you have a safe place to go? Where are you actually going?

3. How do you plan to go home? Do you need something (e.g. from home) before you set off?

4. What do you need in the first few days to feel safe?

Participant discussion and feedback from trainers (a few words about safety, generally applicable to everyone)

3, Peer trainer gives an example of what security means to him

The trainer distributes the worksheets and asks to answer the questions. You can choose between 1A or 1B on the worksheet, you can also do both. For 1A, paper and pencils/chalks are required for drawing.

BREAK



Main topic
2. part

Objective: Basic needs at home and everyday routine.

Basic needs at home: Things I need to sort out

The trainer's introduction to the topic.

Exercise: What I need and what I need to do?

Introduction: Do I have basic things at home, tools to move on with life? What things need to be done now, in the next few days, in the near future?

Everyday Routine

The trainer guides in the topic: Daily routine is important to remain well.

Exercise: Things to do EVERY DAY to help me set up routine and again enjoy my life after hospital (after crisis)

In the boxes on the worksheet, select and list things that you can do EVERY DAY and SOME DAYS throughout the week to remain well.

The trainer asks to share the most important notes from worksheets. Each participant can share.

30 min

The trainer's introduction to the topic, see the text in the workbook.

The trainer introduces the worksheet.
The trainer introduces filling in the worksheet.

Closing the topic and reflection	<p>The trainer summarizes today's topics and confirms their importance to recovery and reflects positively on the group's activities and work. The instructor asks participants to take a look at the colour chosen at the beginning and asks: is this colour still suitable now and asks to write on the other side of this paper the keywords that are important today and to thank yourself for your participation and to write a word of appreciation to yourself.</p> <p>The trainer asks the participants to share keywords.</p>	5 min	The trainer asks to find the coloured paper that was chosen by the group at the beginning
Evaluation	The trainer introduces the feedback sheet and asks everyone to fill it out.	2–5 min	Feedback sheets.
Goodbye	The trainer thanks the participants and reminds them of the next meeting time.	2–5 min	

The training and all materials were developed within the Erasmus+ funded project Education and Empowerment for Transition to Community, implemented by the Centre for Mental Health Care Development in collaboration with the Estonian Wellbeing and Recovery College and the Association for Psychosocial Support Susret in Croatia.

The project has been funded with support from the European Commission under the Erasmus+ Programme. This material however reflects the views only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.