

RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF

MODULE 3: SAFETY

Meeting 4: basic structure

MY SUPPORT NETWORK

Objective: Find empowering resources in yourself and your surroundings.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	All participants are aware of the group in advance. Trainers briefly introduce today's topic and themselves, as there may be new group members.	5 min	
Group agreements	Ask the participants to recall the group rules, everyone is free to recall the rule that suits him.	5 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>Participants form two circles, one in another. The two circles move in opposite directions. When the trainer rings the bell, people stop and say to person opposite to them something they are good at. The circles move and stop three times.</p>	<p>5 min</p>	<p>Bell or other sound-making thing of your choice.</p>
<p>Main topic 1. part</p>	<p>Objective: My supporters and people important to me</p>		
	<p>In this group session, we will review what social network is, find out supporters and also gain knowledge about support missing.</p> <p>Trainer's introduction to the topic is based on CARE model, text given in the workbook.</p> <p>Exercise: Social network analysis Everyone describes social network.</p> <p>The trainer asks to open worksheet in the workbook. The peer gives an example under section A and B. Then the trainer asks to answer the questions on the worksheet.</p> <p>After doing the exercise independently, trainer facilitates open discussion:</p> <ul style="list-style-type: none"> • <i>What did you learn about yourself by completing this worksheet?</i> • <i>Which supporters do you think are missing from your life? What kind of support do you want more?</i> 	<p>20 min</p>	<p>The trainer's introduction to the topic, see the text in the workbook.</p> <p>Worksheet at workbook.</p>

- *Do you want to meet new people? If so, with what interests or people from what fields? How to achieve this?*

Note: If someone seems sad describing social network and it seems he/she has little to write, please tell that sometimes describing a network brings back bad memories. Sadness is natural and part of processing what life events, illness, or addiction have brought about.

BREAK



Main topic 2. part

Objective: What meaningful roles I have and what I can offer others. Sources of support in the community and how to contact them.

Meaningful roles

The trainer will introduce and lead a discussion about what roles are. The peer gives an example.

Exercise: My roles

Everyone writes down their roles. There are ideas under the table. After doing the exercise independently, trainer facilitates open discussion:

20 min

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

Worksheet at workbook.

	<ul style="list-style-type: none"> • <i>What did you learn about yourself by completing this worksheet?</i> • <i>Which roles are most meaningful to you?</i> 		
	<p>Sources of support in the community The trainer makes an introduction based on the text in the workbook.</p> <p>Exercise: Support Resources in my community Together, the list of sources of support will be revised and supplemented.</p> <p>Note: Please customize the list of services according to your country. Or you may also have a quest lecturer from local government or other organization providing community services and ready to discuss support opportunities.</p>	20 min	<p>The trainer's introduction to the topic, see the text in the workbook.</p> <p>Worksheet at workbook. Colored pencils</p>
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.</p> <p>The trainer asks everyone to write down the keywords that are important from today or from the whole course and to thank yourself for the participation and to write a word of appreciation to yourself.</p>	10-15 min	White-board or large paper

	The trainer collects keywords from everyone to white board or to a largepaper – makes a word cloud.		
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 hands out certificates (optional) to the participants.	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.