



Financováno
Evropskou unií

Return from hospital: How can I support myself

Material for trainers

What we can do to feel comfortable and safe at the meeting

PROPOSAL FOR A GROUP AGREEMENT

When we want to focus on ourselves and our recovery, we need to feel safe and experience support, openness and acceptance. **At our meetings we would like to create a "recovery island", a space where it is possible to be both active and relaxed, to speak openly and without fear of repercussions, to get inspiration from others and to pursue what we feel is important in life.**

How to create such a space? Here are some ideas:

We respect each other.

We let the other person talk, we listen to their opinion without judging, belittling or ridiculing, we respect their personal space, we are understanding that some things may be sensitive for others or may not feel good...

We speak for ourselves and present our point of view or experience.

We avoid arguments about what is and is not true, we present our point of view as a personal opinion, we talk about our specific experience...

Personal information and communications remain between meeting participants.

We do not disclose information shared with us by others during the meeting to other people without the permission of those persons.

This also applies to trainers or staff attending the meeting. Trainers are bound by confidentiality and only pass on general information about what topics were discussed at the meeting to staff in the department. In the event that a situation arises or information is shared that needs to be passed on to staff in the department, it will be clearly agreed during the meeting who will pass on the information and to whom.

Each participant is important and can enrich the others.

Everyone can bring his/her personal experiences, opinions and perspectives. We do not compare who is more active and who has a better opinion. We value different perspectives and diversity of opinions. Everyone is involved according to his/her current capabilities. Real listening can sometimes mean more than a thousand words. Even those who are quiet are working on their recovery.

We focus on what works and what is successful.

At the meetings there is space to talk about what is challenging, but also what is working. We are receptive to what we can appreciate about ourselves and others. Even though illness sometimes tries to convince a person that he has lost his skills or that he has no options, we believe that everyone has strengths and assets and that sometimes the most valuable things can be discovered when we are faced with a challenging situation.

We take care to ensure personal well-being and needs.

Participation in the meeting is voluntary. In order to get comprehensive information and work with the topic in more depth, we recommend attending the entire meeting, but if that is not possible, it is okay to leave.

During the meeting it is possible to take a walk, have a coffee or tea, go to the toilet... Everyone attending the meeting should try to be respectful of others and not disturb their work.

A short break is planned during the meeting. If participants need a break at a different time, it can be arranged during the meeting as needed.



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

INSTRUCTIONS TO TRAINERS FOR LEADING THE DISCUSSION

We treat participants' communications in a non-judgmental manner and maintain neutrality. We do not communicate that something is wrong or right.

We are not saying that they are sick, we are talking about their life experience. We offer participants that they are trying to process this very unusual experience ("dealing with impossible").

We try to reduce their feelings of guilt and shame related to hospitalization. We note that this was a complex situation with more than one cause. And that it can happen to anyone.

We normalize participants' adaptation difficulties to the hospital environment if they talk about it. A hospital stay may be neither good nor bad. It depends on the situation and point of view. We perceive the hospital environment as a kind of "microcosm".

If the participant does not agree with his/her stay in the hospital or does not understand the reasons for admission, the trainers can respond, for example:

"We do not know the reasons for your admission. We just understand that it's hard to be here when one gets here without agreeing to it. Our question about how to use your stay here for yourself may sound inappropriate to you then. On the other hand, even some people who didn't want to be in the hospital at all have ended up finding something to enjoy or find comforting here."

Another possible comparison is to a stay at a children's camp or a convalescent home: when we were little we didn't want to be there, at first we didn't want to be involved in anything, to have fun with anyone. After a few days it either stayed that way or we found friends and interesting activities.