

SANE AUSTRALIA

SANE Australia Online Peer Group

Date: 13/01/2022

Topic: Let's Talk About Recovery

Description: Recovery can be different for everyone. Let's come together to explore what recovery can mean both generally and to each of us as individuals.

Welcome everyone to today's Peer Group Chat talking about Recovery. We really value your thoughts on how it goes, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

Tonight, peer support workers @TideisTurning and @MrNobody2021 will be facilitating a discussion around the topic of Recovery. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, recovery is an important part of mental health. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about mental health struggles. @Jynx who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties:

please see our FAQ (<https://www.sane.org/peer-support/peer-group-chat/chat-faq#what-if-i-am-having-a-tough-time-and-need-immediate-support>)

or message @Jynx.

**TideisTurning(
PSW)**

**TideisTurning
(PSW)**

**TideisTurning
(PSW)**

We're looking forward to creating a space where we can reflect and learn together and expand our ideas of Recovery.

**TideisTurning
(PSW)**

We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊

**TideisTurning
(PSW)**

Welcome everyone! Feel free to introduce yourselves. I'm @TideisTurning

Shaz51

Hello @TideisTurning (PSW)

Jynx

(Moderator)

Hey folks! Jynx here :blush:

**TideisTurning
(PSW)**

Hi @Shaz51 :)

**mrnobody202
1 (PSW)**

Hey everyone 😊

Shaz51

Hello @Jynx (Moderator) , @mrnobody2021 (PSW)

BPDSurvivor

Hi everyone!

**TideisTurning
(PSW)**

First question: When did you first become aware of the idea of recovery? :)

BPDSurvivor

Hi mum @Shaz51 !

Shaz51

Hello daughter @BPDSurvivor 😊👍👍👍

BPDSurvivor

I first became aware of 'recovery' and a recovery model at PARCS (prevention and recovery centre)

**mrnobody202
1 (PSW)**

For me, I first heard about recovery when I started in my first peer worker role years ago

Shaz51

As a carer my Mr shaz wanted to go down the line of recovery @TideisTurning (PSW) , @Jynx (Moderator) , @BPDSurvivor

**TideisTurning
(PSW)**

The definition of recovery can be as unique as the individual. What does recovery mean for you?

BPDSurvivor

Perhaps the steps to ensure better functioning in society in a way that is more fulfilling than the current.

Shaz51

@TideisTurning (PSW) , for me is to help my husband as much as I can to encourage him to improve

TideisTurning (PSW) One way I think of recovery is like a rollercoaster- it has ups and downs, twists and turns. Sometimes, it feels great, and other times, not so much... To me, it's an experience and a process of learning to 'living with'.

Jynx (Moderator) For me it's an ongoing pathway towards growth , and it's not always linear but it does always tend towards forward momentum, whatever that may be at the time.

BPDSurvivor @Shaz51 , not sure if we will discuss this later, but do you think there will ever be a point where mr shaz has "recovered"?

Shaz51 Totally agree @TideisTurning (PSW) , it is a journey for both me and my Mr shaz

Shaz51 @BPDSurvivor , good question , my Mr shaz has improved over the years , he has not been in hospital for nearly 6 years

TideisTurning (PSW) **Does your definition of recovery differ from others? How?**

Candydipper1 Hi

TideisTurning (PSW) Welcome @Candydipper1 :)

Shaz51 Hello @Candydipper1 Yes @TideisTurning (PSW), my idea is being better than the past of suicide attempts and hospital stays

Zoe7 Hi everyone

BPDSurvivor Hi @Candydipper1 @Zoe7 So great to have you join!

Shaz51 Hello my sister @Zoe7

Zoe7 Hey @BPDSurvivor and @Shaz51 Where are we up to?

BPDSurvivor @Shaz51 , it's so good to hear the progress Mr. shaz is making

Candydipper1 Hi

Jynx (Moderator) I imagine one difference is that recovery to me is a lifelong process, which means I have no expectation of ever being 'cured'. I think that's very different to, for instance a medical definition of recovery.

Shaz51 @BPDSurvivor , @Zoe7 we still have lots of ups and down daily

BPDSurvivor @Zoe7 we've really only just started. Just looking at how people define 'recovery'.

Candydipper1 Just watching

If there are differing definitions, what's the impact on these different definitions, or understandings of recovery?

**TideisTurning
(PSW)**

Zoe7 Thanks @BPDSurvivor For me recovery is an ongoing process but taking positive steps forward is the key
BPDSurvivor I believe recovery is lifelong too @Jynx (Moderator) . I'm not sure of the clinical definition of "recovery".

**mrnobody202
1 (PSW)**

Shaz51 I think different definitions/understandings of recovery can potentially expand our knowledge of the concept
BPDSurvivor Every day is soo different @TideisTurning (PSW) like today made me worry a bit about Mr shaz
I've never had anyone tell me I've "recovered", and I wouldn't considered myself "recovered" either. There's always more to work on. I am quite curious about the clinical definition of "recovery"... is anyone able to shed light on this?

**Jynx
(Moderator)**

BPDSurvivor Agree @mrnobody2021 (PSW) , highlights as well the importance of it as an individual journey, and that there's no one 'right way' to engage in recovery.
Hope things are okay @Shaz51 !

**mrnobody202
1 (PSW)**

BPDSurvivor 100% agree @BPDSurvivor I also feel that I'm never completely "recovered" or "cured"
@mrnobody2021 (PSW) ...so when someone says "have you recovered from....?" I really can't say yes or no. Yes I've improved, but no I'm not 'free' of down days.

**Jynx
(Moderator)**

**Jynx
(Moderator)** @BPDSurvivor From Dpt of Health Glossary: Clinical recovery - Primarily defined by mental health professionals and pertains to a reduction or cessation of symptoms and 'restoring social functioning' (Victorian Department of Health 2011). See also 'Personal Recovery'
And then Personal recovery - Defined within Australia's national framework for recovery-oriented mental health services as being able to create and live a meaningful and contributing life in a community of choice with or without the presence of mental health issues.

Shaz51 Thanks my daughter @BPDSurvivor , with bipolar 2 and other diagnosis, I know Mr shaz will not be totally recovered

**TideisTurning
(PSW) Now a question from someone in our community: How do you communicate recovery to others when people are still connecting with the old story?**

Zoe7 By that definition @Jynx (Moderator) - I am recovered lol
Thanks @Jynx (Moderator) ... according to those definitions, the majority of Australians probably are not "recovered".

BPDSurvivor Complete cessation of symptoms? Is that even possible in MH? However, the personal recovery def makes so much more sense...to live successfully with OR without the presence of MH issues.

Jynx (Moderator) @Zoe7 Ha, me too. I think that's why its important to be able to create your own definition

TideisTurning (PSW) I think the personal definition sounds a bit better too @BPDSurvivor :)

Zoe7 Agree @Jynx (Moderator) 😊

TideisTurning (PSW) Yes @Jynx (Moderator)! :)

mrnobody2021 (PSW) Also agree 😊

Shaz51 Yes same here @Jynx (Moderator)

Jynx (Moderator) @BPDSurvivor Yes I wasn't a fan of the clinical definition, too cold. Whereas in the personal definition, it accounts for learning to live with symptoms. For instance I think it is important to allow space for symptoms to reappear without it necessarily being a devastating event.

BPDSurvivor In terms of communicating recovery to others in my life is "show don't tell". Sometimes, my actions speak loudest.

mrnobody2021 (PSW) Yes I agree. And I think focusing on those positive actions can be empowering for ourselves :blush:

BPDSurvivor @Jynx (Moderator) True. And also, the clinical def means as soon as symptoms rear their head, you are 'sick' again. Whereas we all know MH challenges can be episodic.

BPDSurvivor @mrnobody2021 (PSW) True. People who knew the former me would probably choose not to befriend me based on my past....however, from my current actions and way of living, I've 'redeemed' myself and have (without blowing my own trumpet) become very 'popular'.

TideisTurning (PSW) **How does the idea of recovery fit into your experience with mental health issues?**

mrnobody2021 (PSW) Thats great to hear that people are acknowledging the work that you've done to support yourself @BPDSurvivor :relaxed:

Zoe7 That's a really hard question @TideisTurning (PSW) For me it has been learning more about myself, my triggers, my reactions and being more in tune with how I am actually doing - then taking steps to head it off if I can

Jynx (Moderator) @BPDSurvivor I say blow your trumpet loud and proud ;) I find that it fits really well with my own lived experience. I've always felt that my experience with mental health issues is a non-linear journey. And the concept of "graduating" or "completing" therapy for good doesn't resonate with me.

mrnobody202
1 (PSW)

BPDSurvivor @TideisTurning (PSW) .. in terms of my recovery, I no longer need to engage in the intensive support of an area mental health team. After many years, we collaboratively decided I was ready to "move on". It was challenging as I'd engaged with the service for so long, yet it was also a celebration to know I've made progress!

Shaz51 Finding it hard for me @TideisTurning (PSW)

BPDSurvivor Absolutely @Shaz51 ! Definitely NOT linear with a clear beginning and end.

mrnobody202
1 (PSW)

Thats really awesome @BPDSurvivor :smiley:

TideisTurning
(PSW)

That's totally ok @Shaz51 :)

TideisTurning
(PSW)

What might recovery look like for you in your life?

Zoe7 Being able to live a life being able to do my job and handle all of life's ups and downs

BPDSurvivor For me, recovery fits perfectly with the personal recovery definition as stated above.

Shaz51 Yes I totally agree with @Zoe7 , @BPDSurvivor

BPDSurvivor Great definition @Zoe7

Jynx
(Moderator)

For me, it's developing my skills of self-reflection. In that sense, it doesn't matter if I'm thriving or just surviving, as long as I can recognise those moments where I need to slow down, recognise where my needs are maybe not being met, or when it's time to ask for help.

mrnobody202
1 (PSW)

Well put @Jynx (Moderator) !

TideisTurning
(PSW)

I think for me, recovery is about 'living with' the trickier aspects of mental health issues. Learning how to navigate and manage things as they arise and continuing to live my life, as opposed to letting it stop me, or giving up when things might get a bit harder (which, I know, is not at all easy!)

BPDSurvivor So @jynx, is sounds like it's a journey of discovery

mrnobody202
1 (PSW)

Excellent perspective @TideisTurning (PSW)

Yeah for sure @BPDSurvivor - the first step is always awareness

Jynx
(Moderator)

BPDSurvivor Sounds great @TideisTurning (PSW)

TideisTurning **Starting to wrap up now: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?**
(PSW)

Zoe7 To be honest - no

BPDSurvivor Sorry everyone, I need to dash off now to put some kids to sleep. I'll come back to check in later and complete the feedback form. Thank you everyone!

Jynx
(Moderator)
TideisTurning
(PSW)

Haha @Zoe7 your honesty is always refreshing

Awesome to have you join us @BPDSurvivor :)

mrnobody202
1 (PSW)

That's fair enough @Zoe7 We're not always going to cover new ground when talking about some of these issues :smile:

Jynx
(Moderator)

I always love to hear about others' journeys and perspectives, so thank you to everyone who shared with us tonight <3

mrnobody202
1 (PSW)

Likewise @Jynx (Moderator) :blush:

TideisTurning **Tonight's topic may have brought up some heavy feelings as we talked about our struggles with recovery. Would some self-care be helpful for you after we finish? If so, what might you do? 😊**
(PSW)

Zoe7 Nah - all good

Jynx
(Moderator)

Good on you @Zoe7 haha take care and thanks for joining us tonight!

mrnobody202
1 (PSW)
TideisTurning
(PSW)

I think I might chill out and do some light reading to relax

We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. As we're trialling this service, we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

**Jynx
(Moderator)**

I believe I shall have a cuppa and a lounge about ;)

Zoe7

Goodnight all

Here are some further resources we recommend having a look

**TideisTurning
(PSW)**

at: <https://www.mindaustralia.org.au/resources/recovery> <http://www.mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide-2019ed-v1-20190809-Web.pdf>

**Jynx
(Moderator)
mrnobody202
1 (PSW)**

Goodnight @Zoe7

Goodnight @Zoe7 !

**TideisTurning
(PSW)**

Have a great night @Zoe7 Thank you for joining and sharing with us :)

**Jynx
(Moderator)**

@Shaz51 Thanks for coming as well, have a good evening!

Thank you for joining, and we hope you enjoyed the discussion 😊 If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <https://www.sane.org/peer-support/online-mental-health-meet-up>. You can also ask questions for us to discuss in future peer chats! Our next topic will be on resilience :)

**TideisTurning
(PSW)**

BPDSurvivor

Thank you for all your contributions. Have a great night everyone!

**mrnobody202
1 (PSW)
TideisTurning
(PSW)**

You too @BPDSurvivor :blush:

Thanks so much everyone :) Have a great night and take care :)

