

A Recovery Approach for the Te Tai o Poutini Mental Health System



Debra Lampshire is a trainer, educator, advocate and experience-based expert on mental health. She has co-authored scientific papers and the book *Experiencing Psychosis*. In 2023 New Years Honours, she was appointed Member of the New Zealand Order of Merit, for services to mental health.

People with lived experience of mental health concerns and using mental health services recognise what helps and what hinders recovery. While recovery is a deeply personal journey, there are many commonalities in people's experiences and opinions.

What people experiencing mental health concerns want is the same as everyone else - to be included in communities and have their rights upheld. Recovery approaches share core beliefs that it is possible to have a life worth living, and that recovery is most effective when it is self-directed. The focus is on empowering people to make decisions about their own mental health and lives.

Recovery takes place when a person can exercise their autonomy, utilise their personal resources, services, support, opportunities, and their rights are respected to achieve the lives they choose. Services using a recovery approach emphasise hope, self-determination, a broad choice of services and acceptance and equal participation in society.

Who are these trainings for?

- Health NZ-Te Whatu Ora Specialist Mental Health Services (SMHS) staff
- Staff working in the Primary, Kaupapa Maori, NGO and Community mental health sector
- People and their families/whanau who have engaged with mental health services
- Anyone working to support the mental health and wellbeing of people in their communities
- GPs, Practice Nurses, Rural Nurse Specialists & Nurse Practitioners

Learning Objectives

- Unpacking the notions of Recovery
- Examining the social aspects which contribute to mental distress
- Exploring clinical Recovery vs personal Recovery
- Cultivating working relationships that embrace personal responsibility and power sharing.

What to bring?

- Courage to share and discuss your own experiences in the sector
- Being open to listen from a lived experience perspective
- Prepared to engage in open, honest, respectful dialogue
- Willing to self-reflect and practice reflectivity
- A sense of humour

What you can expect from the day

- An interactive workshop allowing for open discussion and reflection on the challenges that clinicians, whaiora and family are currently facing in the mental health sector.
- Examining what connects us as human beings, dealing with the impact of trauma, stress and the rewards of embarking on our journey of self-discovery.

Training Sessions

Training 1

Wednesday 30th April, Reefton 9am - 4pm

To express interest to enrol in this training day, please email office@bullaerreap.co.nz or 03 789 7659 with the training day you would like to attend.

Training 2

Thursday 1st May, Greymouth 9am - 4pm

To express interest to enrol in this training day, please email reception@westreap.org.nz or phone 03 755 8700 with the training day you would like to attend.

Training 3

Friday 2nd May, Greymouth 9am - 4pm

To express interest to enroll in this training day, please email reception@westreap.org.nz or phone 03 755 8700 with the training day you would like to attend.

Training 4

Monday 5th May, Franz Josef 9am - 4pm

To express interest to enroll in this training day, please email reception@westreap.org.nz or phone 03 755 8700 with the training day you would like to attend.

Training 5

Tuesday 6th May, Hokitika 9am - 4pm

To express interest to enroll in this training day, please email reception@westreap.org.nz or phone 03 755 8700 with the training day you would like to attend.

We will let you know if you have been enrolled for a training. You will receive confirmation via email, with venue details. All training days will be catered.

Granity and Westport training days will be coming at a later date - stay tuned!

