

GETTING LIFE BACK!



**A HOME, A JOB, FRIENDS, A
DATE FOR THE WEEKEND
& SOCIAL JUSTICE**

**Many people become
invisible and lost under the
blizzard of diagnostic labels
other pessimistic messages
and relying on services**















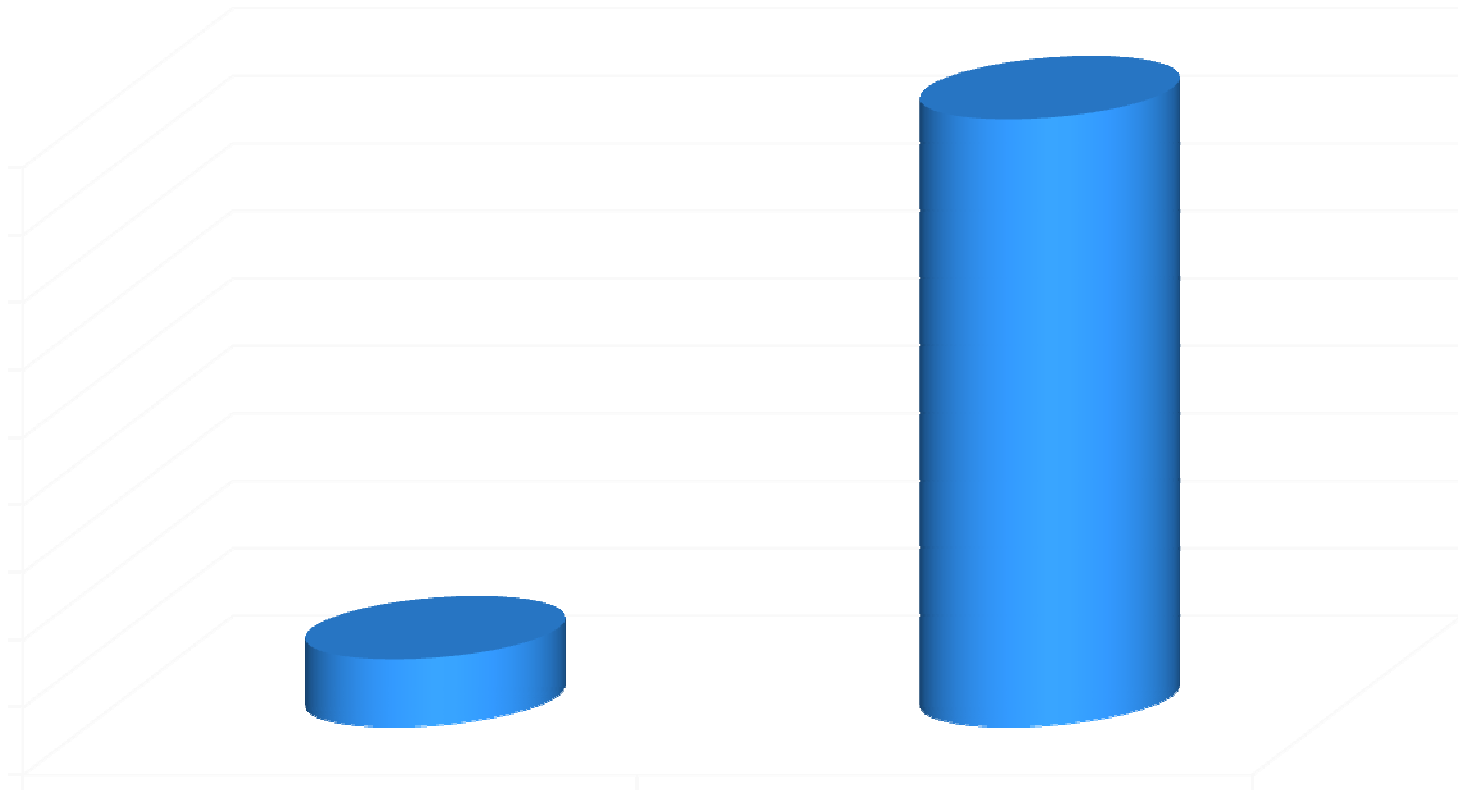
#1

**FINDING THE REAL PERSON
IS UNDERNEATH ALL THE
LAYERS**

**#2 – REMEMBER THAT THE
PERSON HAS A CHANCE TO
SIGNIFICANTLY IMPROVE
AND MAY EVEN FULLY
RECOVER!**

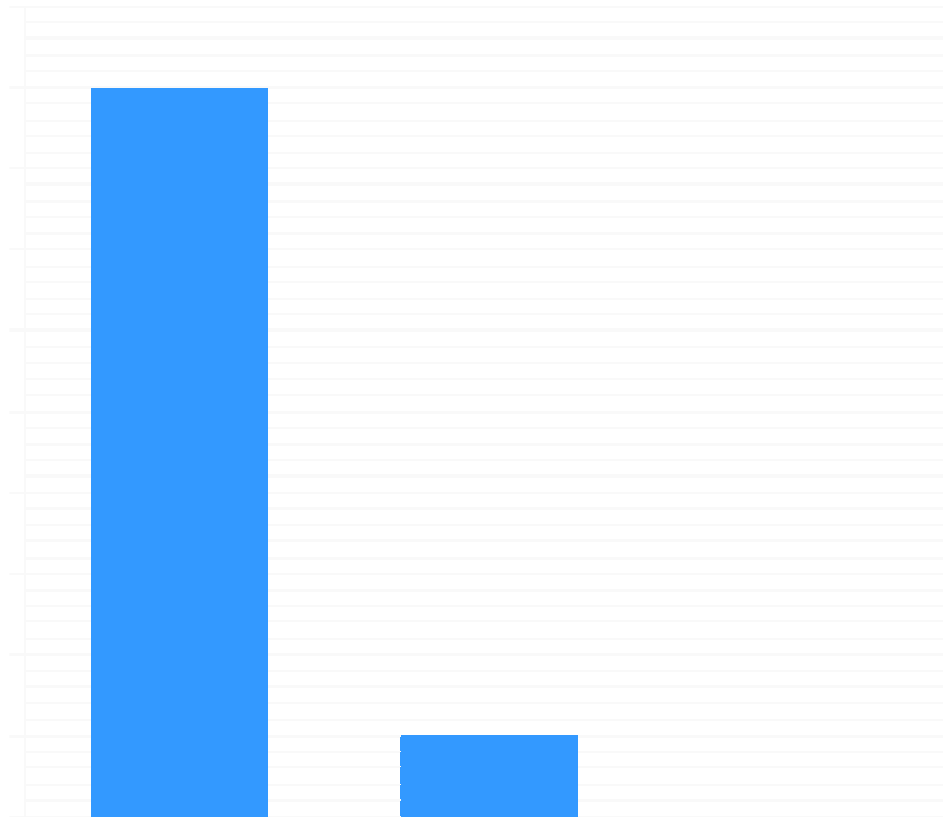
**11 STUDIES FROM AMERICA,
EUROPE, & ASIA ALL SHOW
46-68% OF ONCE DISABLED
PEOPLE GOT THEIR LIFE
BACK**

ORIGINAL IDEA ABOUT PSYCHOSIS -1890



REVISED UNDERSTANDING ABOUT LONG-TERM OUTCOME





**90% GOOD VS 10% POOR OUTCOME
REVERSE OF WHAT WE
THOUGHT!**

What Vermonters said helped the recovery process

- **Decent housing, food, and clothing #1**
- **People with whom to be**
- **Ways to be productive citizens**
- **Ways to manage medication and symptoms**
- **Individual treatment planning & case management**
- **Integration into the community**

What the Vermont subjects said made the most difference in their struggles toward recovery

- **“SOMEONE BELIEVED IN ME”**
- **“SOMEONE TOLD ME I HAD A CHANCE TO GET BETTER”**
- **“MY OWN PERSISTENCE”**

- **Translates to hope and hope connects with natural self-healing capacities**

#3. HOW TO FIND OLD DREAMS

USUAL STRATEGIES IN REVIEWING PEOPLE

- **Diagnosis & s/s**
- **Possible deficit syndrome**
- **Medications & side effects**
- **Medical problems**
- **Neurocognitive status**
- **Street drug use**
- **Behaviors**
- **Personality**
- **Sex differences**
- **Social supports**
- **Cultural issues**
- **Trauma history**
- **Coping strategies**

COMPOSITE PROFILE OFTEN OF THESE PERSONS

Depressed

Delusional

Assaultive

Suicidal

Manipulative

Drinking too much caffeine

Smoking

Poor social skills

Demoralized

- **Acting out**
- **Angry**
- **Unpredictable**
- **Displays poor hygiene**
- **Self injurious**
- **Unpredictable**
- **Refusing treatment**
- **Unmotivated**
- **Coping with serious medical problems**

Start looking for other things

- **Strengths**
- **Interests**
- **Early goals**
- **Hopes**
- **Dreams**
- **Helpful behaviors**
- **Personality styles**
- **How did the person get into such a muddle?**

SOME OF THE MANY STRENGTHS AND TALENTS FOUND WHICH WILL HELP FIND THE WAY OUTSIDE

- **Intelligence**
- **Sense of humor**
- **Charming**
- **Persistent**
- **Musical talent**
- **Artistic**
- **Work histories**
- **Contributing to groups**
- **Feisty**
- **Cooking skills**
- **Cognitive strengths**
- **Cultural heritage**
- **Athleticism**
- **Spiritual**
- **Educated**
- **Personable**

SOME OF THE SUGGESTIONS TO SURPRISE AND ASTONISH BASED ON THE PERSON'S DREAMS

- **“Hyperscore”**
- **Piano playing**
- **Setting up a mentoring program**
- **“Scientific American”**
- **Training guide dogs**
- **Russian history**
- **Jewish traditions**
- **Connections to the Greek Orthodox community**
- **Human rights commission**

MORE OF THE SUGGESTIONS

- **Definition of a name**
- **“VideoEye” for low vision**
- **An art studio of her own**
- **Become a psychologist**
- **Greek history**
- **Hidden messages in records**
- **Celebration of other holidays than Christian ones**
- **Social learning**

MAJOR INGREDIENTS TO THE HOOK OR THE SECRET

- **Meaning and Purpose**
 - ▶ **Hope** ▶ **Resilience** ▶
 - Recovery**

THE SECRET

- **Help to make a person feel special (maybe for the first time)**
- **Refocus attention to helping other people**
- **Suggest things that helps to give meaning and purpose**

THE GOAL

- **Help to change someone from thinking that they could only be a patient to**
- **A person with a life and hopes and dreams and perhaps diminishing episodes of psychosis**

**THE WORK NEEDED TO
RECOVER A LIFE**

Phase I- Overwhelmed by the..... disorder

- **“Daily life is a struggle”**
- **“Tries to understand and control what has happened”**
- **“Feels confused, disconnected from others”**
- **“Often feels out of control, powerlessness in life”**

Spaniol et al , 2002

Phase II- Living with disability

- **“Has come to terms with disability and feels confident about managing it”**
- **“A stronger sense of self and feeling of confidence about managing it and having some control.”**
- **“A sense that one could have a satisfying life with the disability”**
 - **Spaniol et al, 2002**

Phase II- Living with disability

- **“Utilizes coping strategies and assumes meaningful roles”**
- **“Consistency and security in the people, roles, and environment”**
- **“But still feels limited by disability”**
 - **Spaniol et al, 2002**

Phase III – Living beyond the disability & reclaiming a life

- **“Feels well connected to self and others in living, learning, and working environment experiencing a sense of meaning and the purpose in life.”**

Spaniol et al, 2002

**It is hard work to bootstrap
one's self into recovery
process and takes time**

RECLAIMING A LIFE TAKES PASSION, ENERGY AND A BELIEF THAT IT MIGHT BE POSSIBLE

- **An active self**
- **Taking stock**
- **Relying on self**
- **Finding supports**
- **Learning to love**
- **Increase self-esteem**
- **Tolerance/**
- **Acceptance**
- **Building on reality**
- **Better coping**
- **Self-monitoring**
- **Spirituality**
- **See a process**
- **Reclaim hope**
 - **Spaniol, Gagne, Koehler, 1999**

SOME OPTIONS IN LIFE

- **MORE EDUCATION**
- **TRIAL JOBS →**
- **REAL JOB OF INTEREST →**
- **A CAREER**
- **MAKING FRIENDS**
- **TRY DATING**
- **FIND A SPECIAL PERSON**
- **BOARD & CARE →**
- **SUPPORTED HOUSING →**
- **AN APARTMENT**
- **LEARNING TO MANAGE MONEY**
- **VOTING**
- **HOBBIES**
- **FULL CITIZENSHIP**

To hope under the most extreme circumstances is an act of defiance that....permits a person to live his [her] life on his [her] own terms. It is the part of the human spirit to endure and give a miracle a chance to happen.”

Groopman (2004)



Investigations with ultraviolet, polarized & raking lights, X-ray fluorescence, defraction analysis and infrared spectroscopy

**Vinzenz Brinkmann and Raimund Wünsche (2007)
“Gods in Color: Painted Sculpture of Classical
Antiquity”**

THE NEW VIEW FROM THE SACKLER MUSEUM

