

Module 2:

Promoting Recovery

Objectives

1. To understand the meaning of recovery for youth and young adults in the transition years (14-29) who have mental health conditions.
2. To partner with young people to identify and implement preferred strategies for wellness and recovery.
3. To find reliable information about mental health and effective treatments and judge their quality.
4. To engage in shared decision making with youth, young adults, and families.

Scenario for Team Discussion

Issues of Mental Health and Spirituality ~ Hannah

Hannah is a 19-year-old young woman who lives alone in an apartment and works at a children's early education center. Hannah moved away from her parents' community and into your area after experiencing her first inpatient psychiatric hospitalization. Hannah experiences symptoms consistent with a diagnosis of Bipolar I with symptoms of psychosis and mania. Hannah has a strong connection to her sense of spirituality and explains the experiences you think are clinical symptoms as a spiritual awakening.

Hannah has chosen to not take medication to reduce her symptoms. You are concerned about the high risk for her symptoms worsening. Hannah has told you she is concerned that you and she do not share the same faith. Just before a meeting with the team psychiatrist to talk about Hannah's problems with sleep, Hannah shares her concerns with you about her ability to explore topics that are meaningful to her. She explains that there is information that only believers in her faith can discuss. She is not sure if she should drop out of treatment given the enormous differences between her beliefs and you, your team, and the mental health system.

Questions for Team Discussion

After reading and thinking about the scenario above, engage in a staff discussion of the following questions:

1. How do you think Hannah would want you to talk to her about her beliefs? How might you talk with her about her beliefs?
 2. What biases would you need to consider as you work with Hannah?
 3. Given your concern about the potential for Hannah's mental health to deteriorate, how might you engage her in services?
 4. How do your own spiritual beliefs as well as your training in mental health affect how you think about this situation?
 5. What other aspects of her life might you explore? What tools might you use to help you with this exploration?
 6. What professionals would you consult with? What other people would you consult with and why?
 7. Think of a time when you worked with young persons who could not relate to you or other members of your team for cultural or other reasons and identify what you did to facilitate their engagement. How might this experience be helpful in thinking about how to work with Hannah?
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Debriefing

After discussing the scenario, it may be useful to reflect on what staff members learned from each other, using the following questions to guide the conversation:

1. What approaches or strategies seem to be most useful to your team?
2. Where are the areas of agreement and disagreement?
3. In what ways have team members' responses contributed to changes in your own perceptions of Hannah and her life?

Training Video



Promoting Recovery 1



View the video at YouTube:
<https://youtu.be/cwr5l9cXQP0>

Video Discussion Questions

A young woman is moving toward a goal of “Better by 30.” She discusses her wellness activities with her service provider. After viewing the video segment, discuss the following questions:

1. What is recovery for this young adult? How might you invite her to expand on what she thinks about recovery and what aspects she might focus on?
2. What types of goals does the young person talk about that are relevant to her recovery?
3. What would you ask to learn more about her goals?
4. What do we learn about this young woman’s approach to handling stress?
5. What are the questions the service provider asks or statements she makes that are particularly helpful? Were any questions or comments not helpful? If so why?
6. What are the next two questions you would ask this young person to explore other areas of recovery?

Module 2 Discussion Questions

Here we offer questions to guide discussion of how module 2 content could be applied in your team's work in the local area and with the young people you serve:

1. How have you partnered with young adults to identify and adopt healthier ways of living? What have you found to be an effective way to learn how a young person takes care of her/his health and mental health? What have you done to facilitate young persons' adoption of healthier ways to manage their mental health?
2. What aspects of youth culture are important to consider here? How do you incorporate youth culture in your work?
3. Are there times when you have struggled in your work with youth or young adults? What did you learn from that experience? How do you approach your work differently following that experience?
4. How can peers be helpful in supporting recovery?
5. What sources of mental health and treatment information have you shared with youth and/or their families? How have you helped them to recognize better sources of information?
6. How do you engage young persons who push back against your suggestions? What might you do to increase their involvement in discussions about recovery and wellness?
7. How have you worked with family members around shared decision-making? What have you done when the family member's view differs from the young person's?