

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.
4. To engage in shared decision making with youth, young adults, and families.

Scenario



Issues of Mental Health and Spirituality ~ Daniel

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

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

Questions for “Daniel” Scenario

After reading the scenario above, think about the following questions:

1. How do you think Daniel would want you to talk to him about his beliefs? How might you talk with him about his beliefs?
2. What biases would you need to consider as you work with Daniel?
3. Given your concern about the potential for Daniel’s mental health to deteriorate, how might you engage him 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 Daniel's 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 a young persons who could not relate to you because of cultural or other differences and identify what you did to facilitate their engagement. How might this experience be helpful in thinking about how to work with Daniel?

Module 2 Questions

Here we offer questions to guide how module 2 content could be applied in your work with young people:

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 their health and mental health? What have you done to facilitate young people's 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 those experiences? How do you approach your work differently following those experiences?
4. How can peers be helpful in supporting young adult 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 a family member's view differed from the young person's?
8. What do you do to take care of your own wellness in the context of stressful work in environments with limited resources for meeting the complex needs of young people in the transition years?