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Commission de
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Third webinar in the RECOVERY series

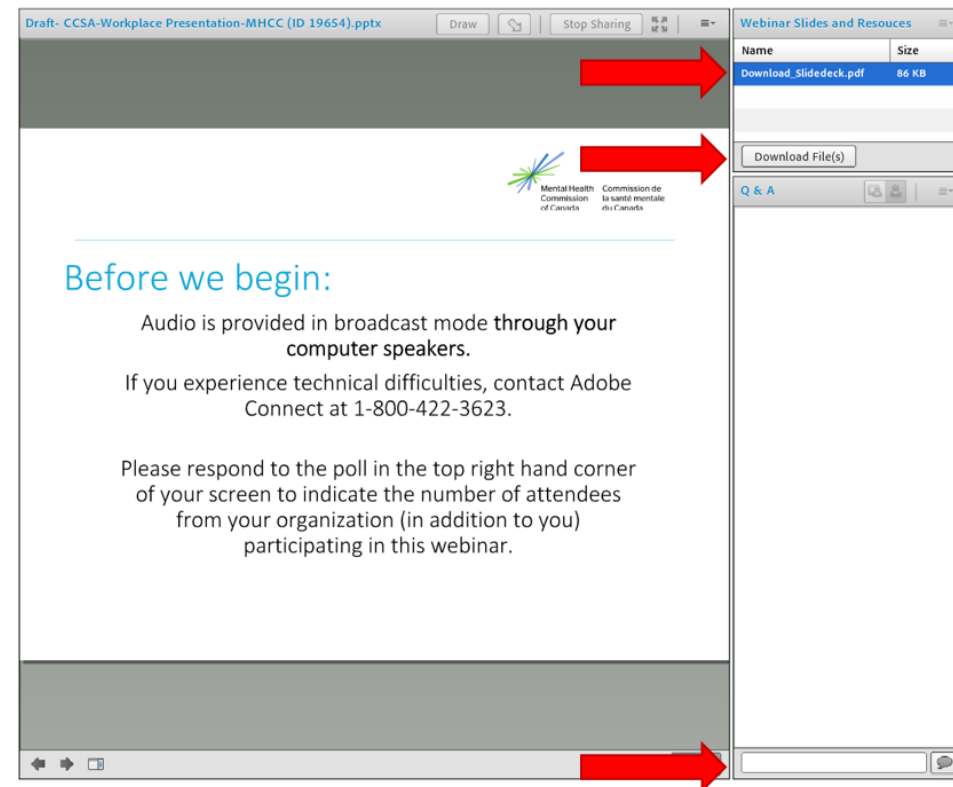
Aiming for full citizenship for all because
recovery occurs in the context of one's
life

November 23, 2017

**Samuel Breau, Laurence Caron, Eugène Leblanc,
Doris Provencher, Marie Gagné**

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Speakers:



Eugène Leblanc

Leader, Groupe de support émotionnel inc. de Moncton



Doris Provencher

Director general, Association des groupes d'intervention en défense des droits en santé mentale du Québec



Marie Gagné

Project manager and trainer in the recovery process and the full citizenship of people who use mental health services



Laurence Caron (Facilitator)

Project manager, anti-stigma program, AQRP

TODAY'S WEBINAR

Aiming for full citizenship for all
because recovery occurs in the context of one's life

TONE?

Friendly

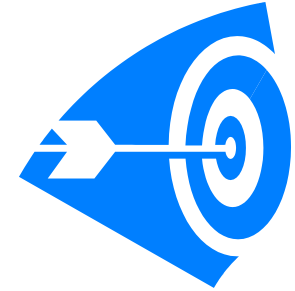
The contents
aim to?

*Open the heart
Nourish the mind
Take over daily life*



LEARNING OBJECTIVES

1. Gain a better understanding of the principles of personal **recovery** in the context of one's life
2. Identify **issues and means** that relate to support for recovery in the context of one's life
3. **Looking forward to watching the next webinars and taking part in them.**





Le rétablissement se produit dans le contexte de la vie

Mental Health
Commission
Canada

Ce chapitre expose les orientations sur lesquelles la pratique axée sur le rétablissement doit reposer pour s'attaquer aux multiples facteurs qui contribuent aux problèmes de santé mentale. Il compte quatre tableaux d'orientation :

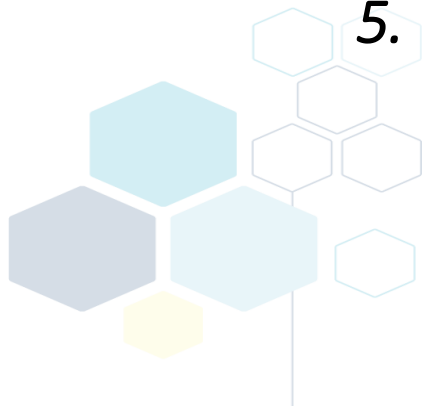
1. Reconnaître la valeur de la famille, des amis et de la collectivité
2. Soutenir l'inclusion sociale et la défense des intérêts et des droits associés aux déterminants sociaux
3. Combattre la stigmatisation et la discrimination
4. Forger des partenariats avec la collectivité

Chodos and Thorpe, 2016



Proposed schedule

1. Health and recovery 101
2. Eugène Leblanc: The importance of the peer community
EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
3. Doris Provencher: The importance of respecting people's
rights *CITIZENSHIP IS A MATTER OF RIGHTS*
4. Marie Gagné: Life outside services
5. *Questions, comments*

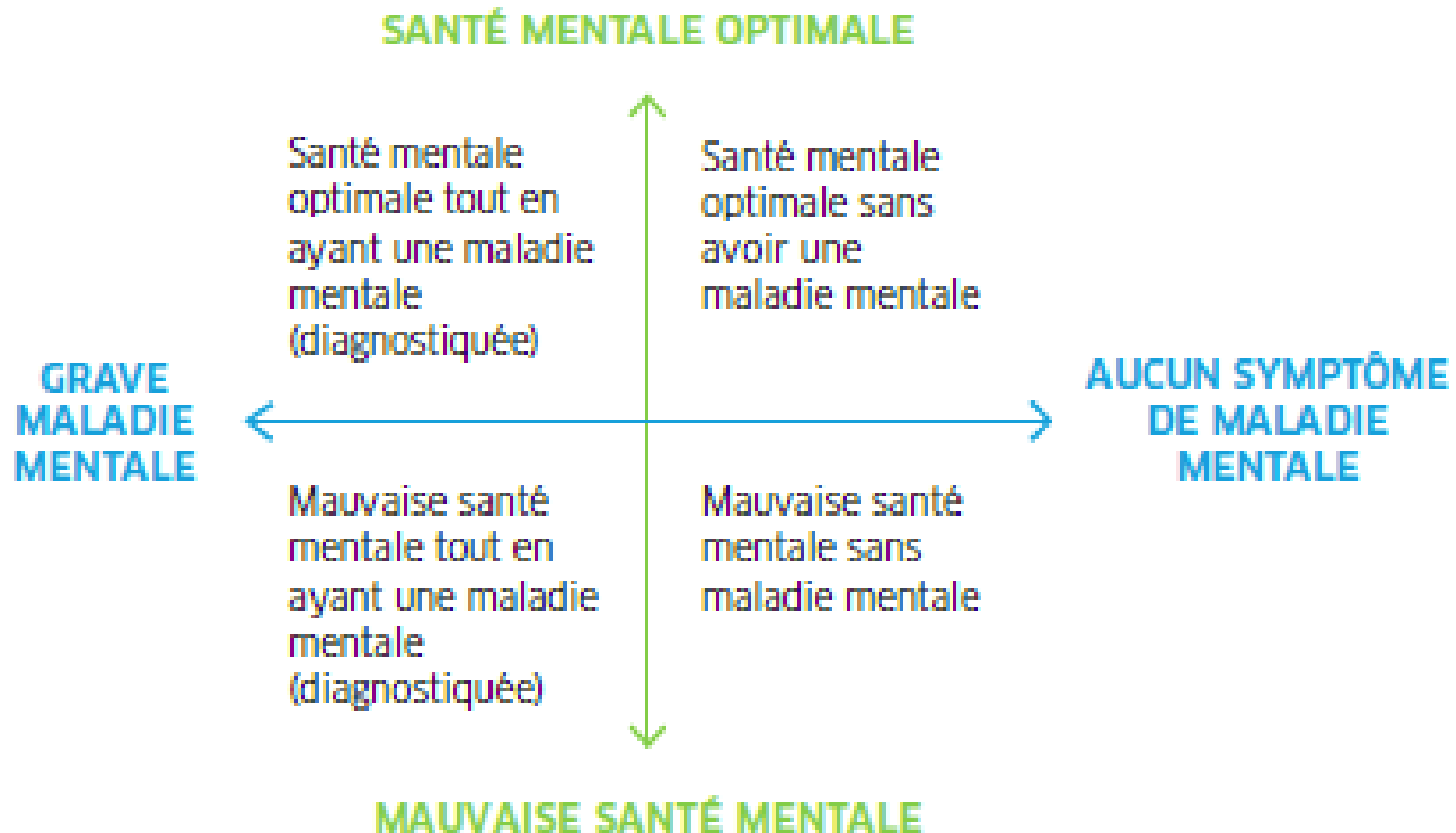




RECOVERY 101



Global or positive mental health



Global or positive health

World Health Organization (WHO)

- “**State of well-being** in which every individual **realizes** his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a **contribution to her or his community.**” (WHO, 2001a, p. 1)

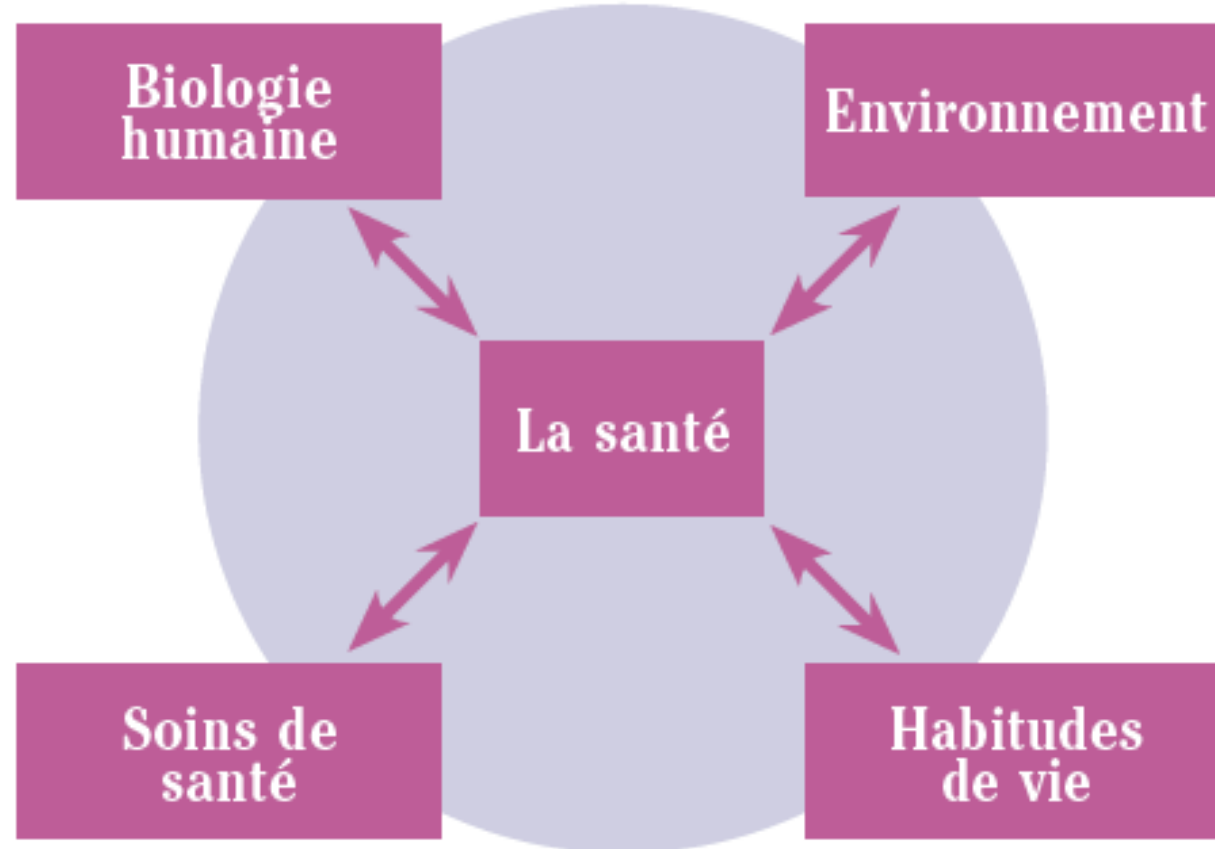
Public Health Agency of Canada (PHAC)

- “The capacity of each and all of us to **feel, think and act** in ways that enhance our **ability to enjoy life and to deal** with the challenges we face. It is a positive **sense of emotional and spiritual well-being** that respects the importance of **culture, equity, social justice**, interconnections and personal dignity”. (PHAC, 2006. p. 2)

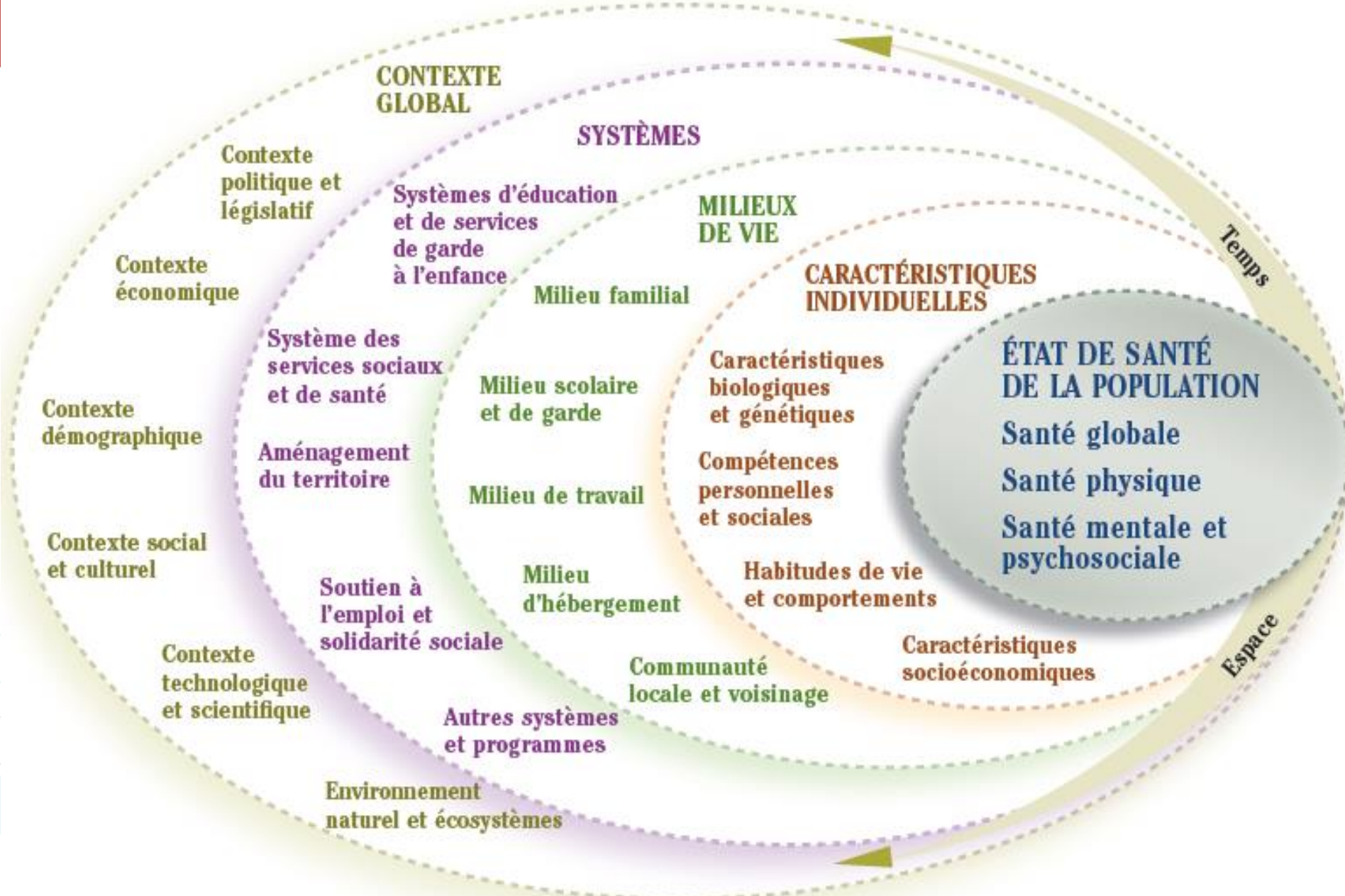
Global Health in Canada

(Lalonde Report, 1974, cited by Rouyer, 2014)

Concept de santé globale



Social determinants of health (MSSS, 2010)



RECOVERY 101

Personal, not clinical



(Antony, 1993) ... deeply personal and unique process to change attitudes, values, feelings, goals, abilities or roles. It's a way of living a satisfying and hopeful life and to make a contribution despite the limits imposed by an illness. Recovery implies finding a new meaning and a new goal in life after dealing with the catastrophic effects of mental illness and overcoming them.


(Deegan, 1996): The goal of recovery is not to become *normal*. Recovery is a way of life, an attitude and a way of meeting challenges on a daily basis. It's to aspire to live, to work and to love in a community where we can make a significant contribution.



Two pillars of recovery

(according to Chodos and Thorpe of the MHCC, 2016)

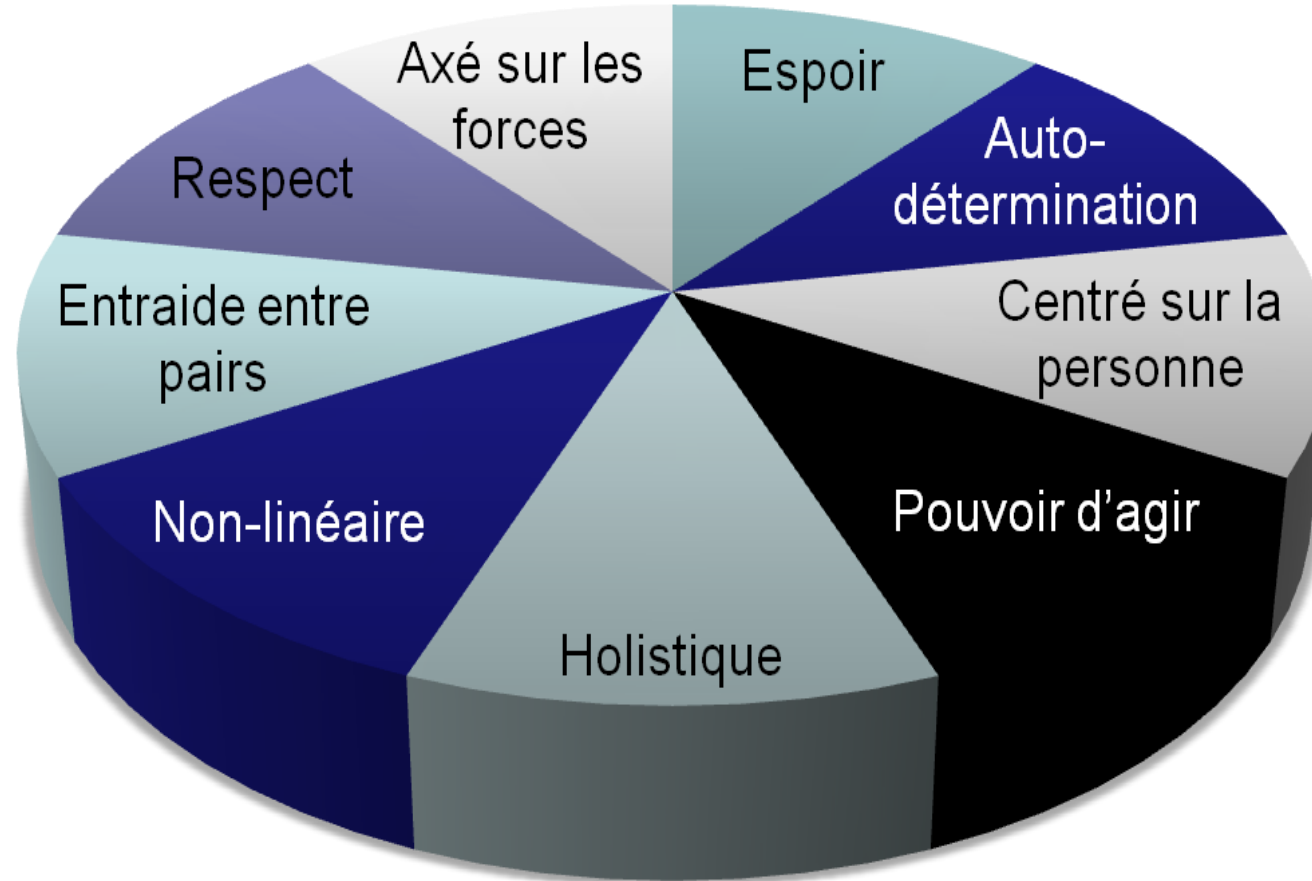
Recovery approaches stand on two pillars:



Recognizing that each person is a unique individual with the right to determine his or her own path towards mental health and wellbeing

Understanding that we live our lives in complex societies where many intersecting factors (biological, psychological, social, economic, cultural and spiritual) have an impact on mental health and wellbeing.

Components of recovery



Source: *Substance Abuse and Mental Health Services Administration (2006)*



1. Health, disease and recovery in short

CONCEPTS OF THE DAY



FULL CITIZENSHIP

(<http://www.iusmm.ca/pleinecitoyennete.html>)

In a community, “full citizenship” means that people can play an active role while having their rights, duties and abilities respected.

Full citizenship is based on solidarity and on the place given to each individual by the community.

RECOVERY 101

DEFINITION(S)



- Based on the chosen perspective, there will be impacts on:
 - The life of people in recovery
 - The support toward recovery (loved ones and service providers)
 - The recovery structure




RECOVERY 101



Let's be pragmatic here.

IT ALL BEGINS WITH HOPE



Believing that one's recovery is possible is nothing new. It's been part of the continuum of lived experience for decades (Provincial training group on recovery for housing providers, 2012)

Eugène Leblanc:

You are?

A personal strength?

You will talk about?

EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE

***Only someone who has felt this very pain can dress a
wound so tenderly (Jefferson)***

Eugène LeBlanc (November 2017)

EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



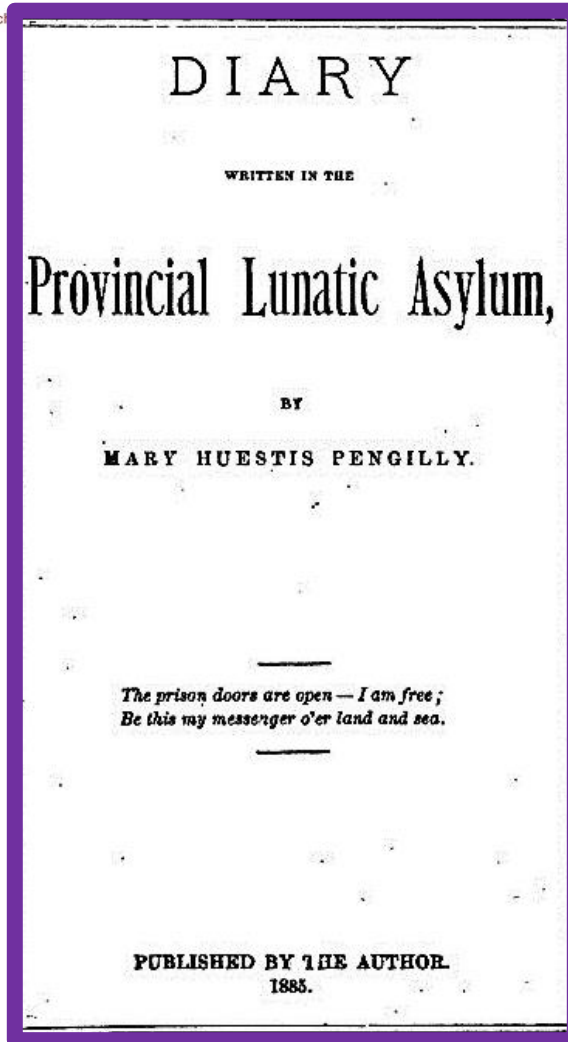
“Only asylums can cure insanity”

Surintendant of the Provincial Lunatic Asylum - 1848



EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
(Eugène LeBlanc 2017)






Mary thought of her stay as the asylum as an “education”; she hoped one day to get her “diploma.” After her release, her goal was to live with the friends she had made there.

I will teach them to think their work isn't ordinary. It's not just a matter of working to earn a living. There is a higher purpose, to ensure the comfort of the poor unfortunates they are caring for. Only then will they fully understand the importance of their work.

EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)

Mental Health in your second language Centre Hospitalier Restigouche (1954 -1990)

“When I am sick, I am not bilingual ”



EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE (Eugène
LeBlanc 2017)



NB Health Minister: Raymond Frenette (1988)

Mr. President... We will develop and reinforce the informal support groups that are already in place for people living with mental health issues, such as friends, neighbours, families and self-help groups...

We feel the need to focus on activities that help prevent mental illness and that aim to increase the number of service providers...

Over the next 10 years, we propose to reallocate resources from institutions to the community.

EXPERIENTIAL ENGAGEMENT DEFINING THE FUTURE

- **1987: Two mental health activity centres are created and Our Voice/Notre voix starts printing**
- **1993: Creation of the New Brunswick Mental Health**
- **Consumer Network**
- **1996: There are now 16 activity centres in the province and they are forming a provincial alliance**
- **2010: There are 27 activity centres in New-Brunswick**

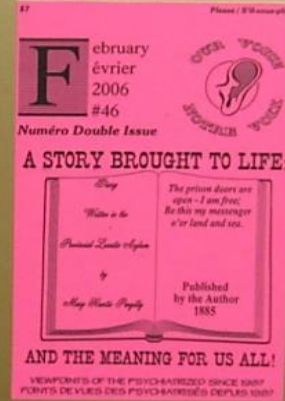


EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



Taking Control and Telling Another Story

Se prendre en main et raconter une autre histoire



EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)





COMMUNITY RESILIENCE IN N-B

RED: ACTIVITY CENTRES – VERT: PROVINCIAL INITIATIVES

EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE (Eugène LeBlanc 2017)





ental Health
ommission
Canada

http://www.ourvoice-notrevoix.c

Our Voice, mental health m...

OUR VOICE NOTRE VOIX

Viewpoints of the psychiatrized since 1987 ~ Points de vue des psychiatrisés depuis 1987

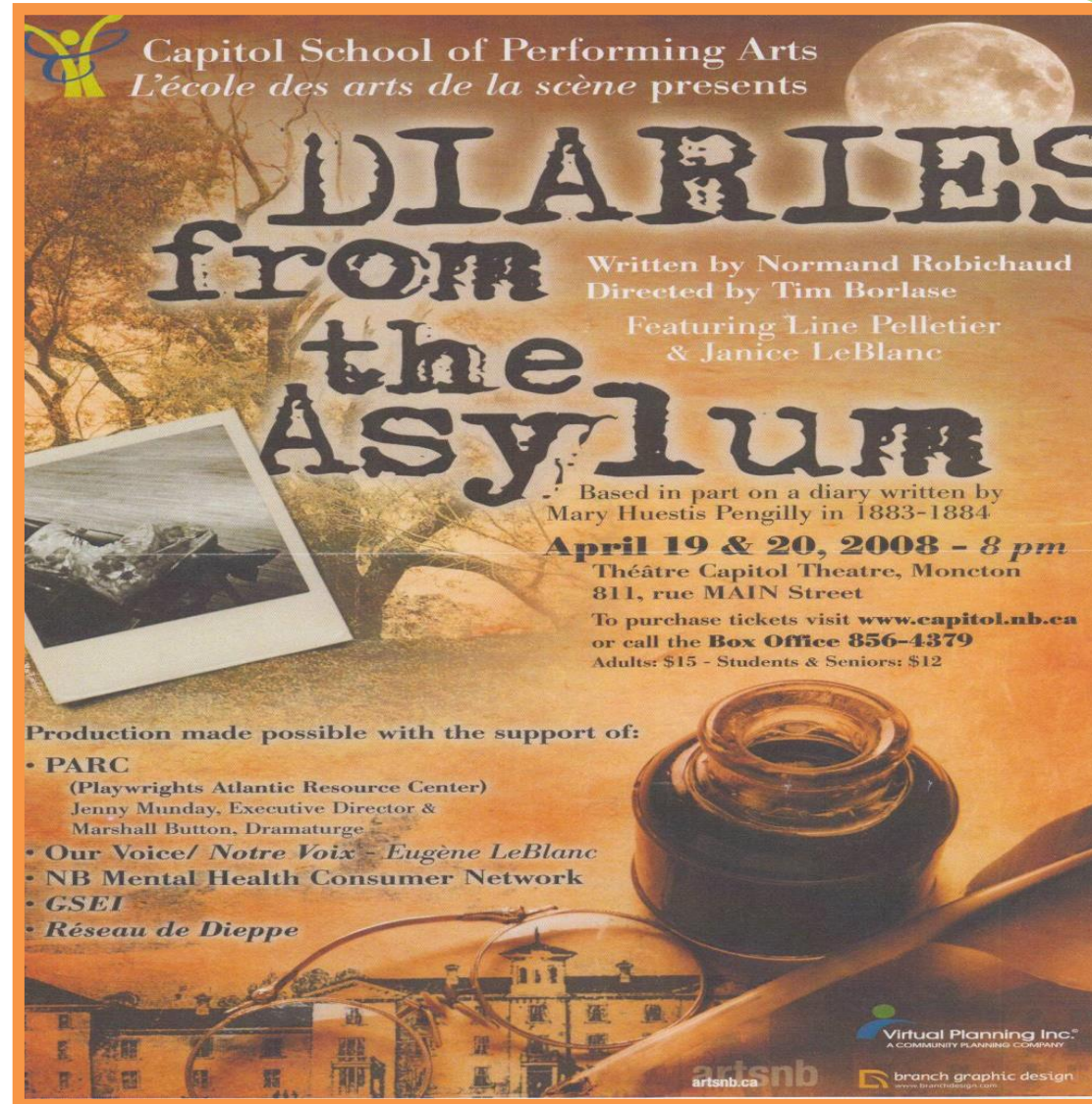
[Raison-d'être](#) [INTERSECTION](#) [All #s / Tous les No. »](#) [Submit »](#) [Donation](#) [Reader Location](#) [NB Initiatives N.-B. »](#) [Contact](#) [Links / Liens »](#)

Raison-d'être

8:13 AM
30/09/2014



EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



Capitol School of Performing Arts
L'école des arts de la scène presents

DIARIES from the ASYLUM

Written by Normand Robichaud
Directed by Tim Borlase
Featuring Line Pelletier
& Janice LeBlanc

Based in part on a diary written by
Mary Huestis Pengilly in 1883-1884

April 19 & 20, 2008 - 8 pm
Théâtre Capitol Theatre, Moncton
811, rue MAIN Street
To purchase tickets visit www.capitol.nb.ca
or call the **Box Office 856-4379**
Adults: \$15 - Students & Seniors: \$12

Production made possible with the support of:

- **PARC**
(Playwrights Atlantic Resource Center)
Jenny Munday, Executive Director &
Marshall Button, Dramaturge
- **Our Voice/ Notre Voix** - Eugène LeBlanc
- **NB Mental Health Consumer Network**
- **GSEI**
- **Réseau de Dieppe**

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EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
(Eugène LeBlanc 2017)



OCTOBER 10, 2013

MAKE ROOM FOR US!

(Fredericton, N-B)



EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
(Eugène LeBlanc 2017)





EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



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The blue door - abilities of the future:



EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
(Eugène LeBlanc 2017) 35



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Centre international Notre Voix pour les connaissances alternatives en santé mentale



Centre international Notre Voix pour les connaissances alternatives en santé mentale

EXPERIENTIAL ENGAGEMENT: AWAKENING THE FUTURE
(Eugène LeBlanc 2017)



SOME THINGS TO THINK ABOUT:

- **What are some of the current departmental policies that promote this important element of mental health?**
- **As a mental health worker, what are you doing to recognize and value this important component?**
- **Is there still interference and oppression that detract from experiential engagement? What can I do about it?**



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Thank you!
Email: ovnvletters@nb.aibn.com

EXPERIENTIAL ENGAGEMENT: AWAKENING THE
FUTURE (Eugène LeBlanc 2017)



Thank you
for your time

(Please write down your questions)



Doris Provencher

You are?

A personal strength?

You will talk about?



CITIZENSHIP IS A MATTER OF RIGHTS

**Presentation in the webinar series organized by the Mental
Health Commission of Canada**

**Doris Provencher, director general
Association des groupes d'intervention en défense des droits
en santé mentale du Québec (AGIDD-SMQ)**

November 23, 2017

QUOTE FROM JUDI CAMBERLIN AT THE COLLOQUE NORD-AMÉRICAIN
SUR L'APPROPRIATION DU POUVOIR

J'AI UN POUVOIR FOU: DE LA NOIRCEUR À LA LUMIÈRE
AGIDD-SMQ 2001

We are asking for nothing more than what is ours.

*We are asking for nothing more than having power over
our own life.*

*It's a matter of dignity and human rights. We are human
beings.*

*We are citizens. We have the right to control our life and to
make our own decisions.*

*Any diagnosis or label that takes away our rights goes
against this basic principle and we must fight it.*



L'APPROPRIATION DU POUVOIR

RETRIEVED FROM

*PAROLES ET PARCOURS D'UN POUVOIR FOU : GUIDE POUR UNE
RÉFLEXION ET UN DIALOGUE SUR L'APPROPRIATION DU POUVOIR
INDIVIDUEL ET COLLECTIF DES PERSONNES UTILISATRICES DE SERVICES
EN SANTÉ MENTALE, 2004*

Empowerment is a process to help people regain their autonomy and have a greater control over their life.



It is the possibility to:

- Make free and informed choices
- Play an active role in decisions that affect one's life
- Update one's potential for personal, professional and social growth
- Know, understand, assert and defend one's rights
- Have access to places and spaces that help affected people speak up



THE COLLECTIVE ASPECT OF EMPOWERMENT

The empowerment process occurs individually at first, then others naturally want to get involved.

- The example of community organizations.
- The example of participation in the health and social services network in Quebec.

A few principles:

- Users are the experts
- Democracy and solidarity
- Collective speaking



A FEW OBSTACLES TO EMPOWERMENT

- Loss of credibility
 - ❖ The first thing someone loses when receiving a psychiatric diagnosis
- “It’s for your own good.”
 - ❖ This expression is used with people who are often facing situations where others feel they should make decisions on their behalf.



- Prejudice and stigma

- ❖ *16. This stereotyping, prejudice and stigmatization are present in every sphere of life, including social, educational, work and health-care settings, and profoundly affects the regard in which the individual is held, as well as their own self-esteem.*

Mental health and human rights - Report of the United Nations High Commissioner for Human Rights, March 2017



- A coercive approach. Recent example:

Medical Big Brother

A medical first in the United States. The Food and Drug Administration (FDA) has recently authorized the marketing of the first digital drugs.

Initially, this technology will be used with a drug for the treatment of schizophrenia, bipolar disorder and severe depression. “Once swallowed, the drug lands in the stomach where it sends a signal to a skin patch on the patient,” explains Dr. John Lappock. “This patch sends a message to a phone app that confirms you have taken your drugs”, he continues.



THERE ARE ALTERNATIVES

- Look in a different way at people who are living or have lived with a mental health problem.
- Access to alternative approaches
- People must know their rights and be able to assert them



UNITED NATIONS RECOMMENDATIONS

MENTAL HEALTH AND HUMAN RIGHTS - REPORT OF THE UNITED NATIONS HIGH COMMISSIONER FOR HUMAN RIGHTS, MARCH 2017

- *34. Mental health is not merely a health or medical concern, it is very much a matter of human rights, dignity and social justice.*
- *A comprehensive approach to addressing their human rights situation requires the protection of autonomy, agency and dignity as well as the other human rights [...]*
- *It also requires policy shifts that recognize exclusion and marginalization as the causes and consequences of poor mental health [...]*



WHO RECOMMENDATIONS FROM THE REPORT OF THE SPECIAL
RAPPORTEUR ON THE RIGHT OF EVERYONE TO THE ENJOYMENT OF THE
HIGHEST ATTAINABLE STANDARD OF PHYSICAL AND MENTAL HEALTH

- *71. States should first and foremost address emotional and psychosocial environments, targeting relationships rather than individuals.*
- *72. An environment that respects, protects and fulfils human rights and is free from all forms of violence, including gender-based violence, is fundamental for effective health promotion.*



- *77. Reductive biomedical approaches to treatment that do not adequately address contexts and relationships can no longer be considered compliant with the right to health. While a biomedical component remains important, its dominance has become counterproductive, disempowering rights holders and reinforcing stigma and exclusion.*
- *79. While psychotropic medications can be helpful, not everyone reacts well to them and in many cases they are not needed. Prescribing psychotropic medications, not because they are indicated and needed, but because effective psychosocial and public health interventions are not available, is incompatible with the right to health.*





Thank you
for your time

(Please write down your questions)

Marie Gagné

You are?

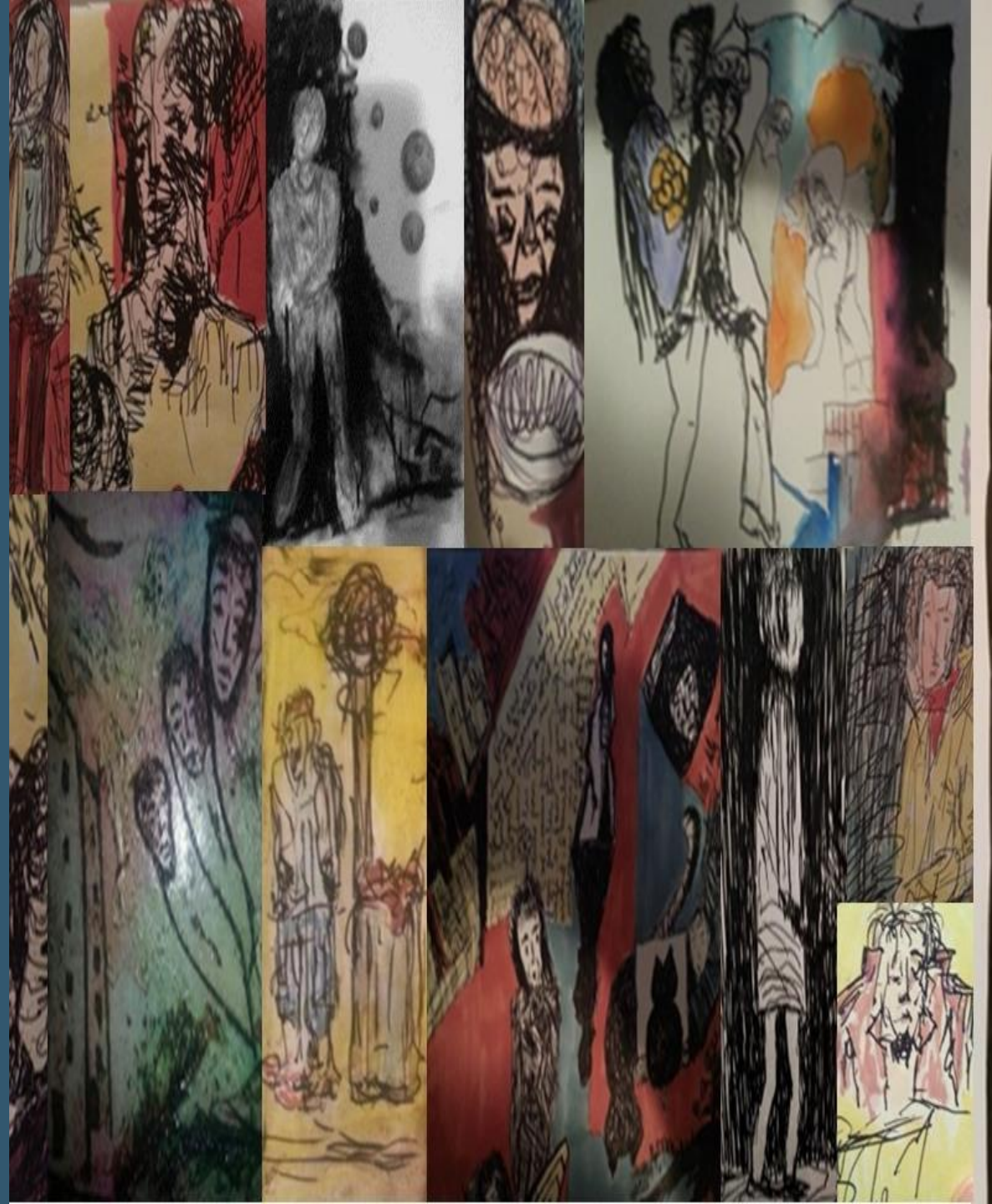
A personal strength?

You will talk about?

Marie Gagné

Trainer, Recovery stream
for the

*Association québécoise
pour la réadaptation
psychosociale (AQRP)*

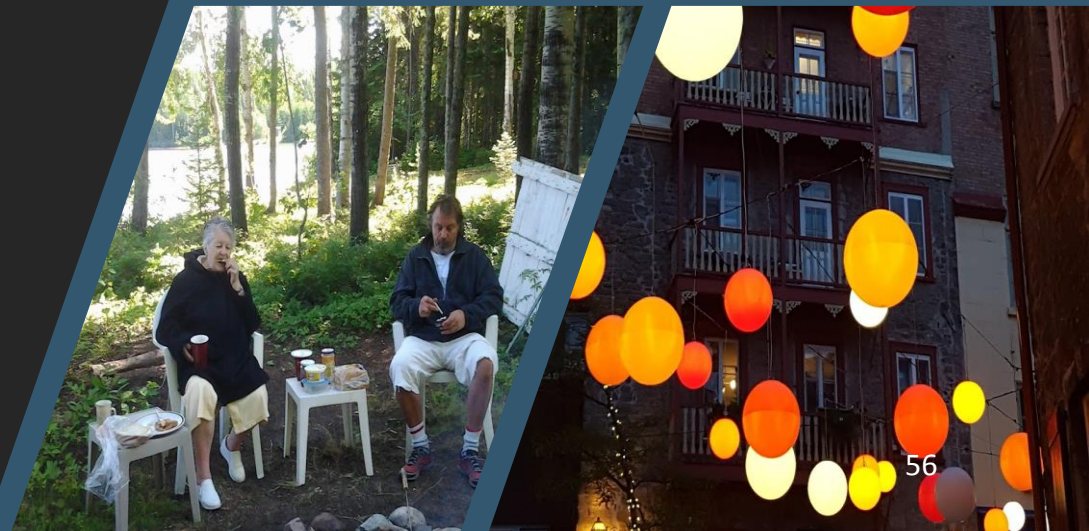
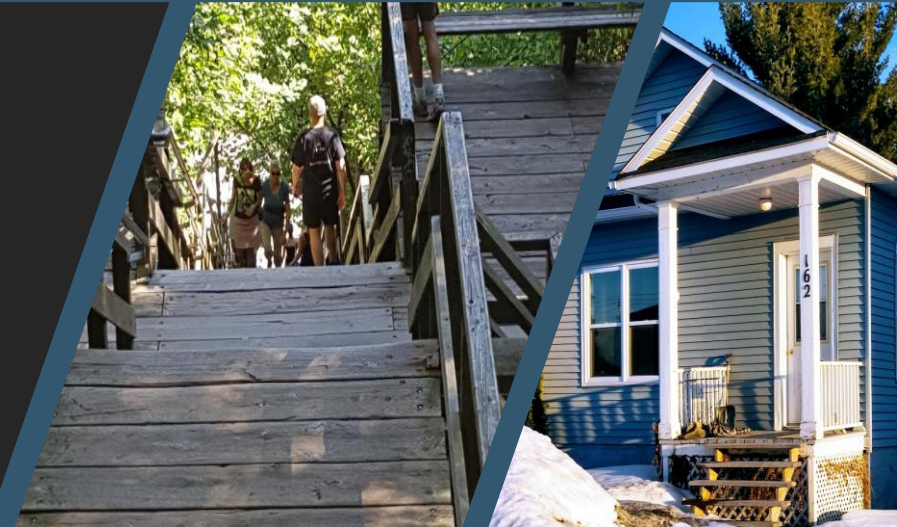


Aim for full citizenship because recovery occurs in the context of one's life

Personal photos that speak to people's lives outside the health system.

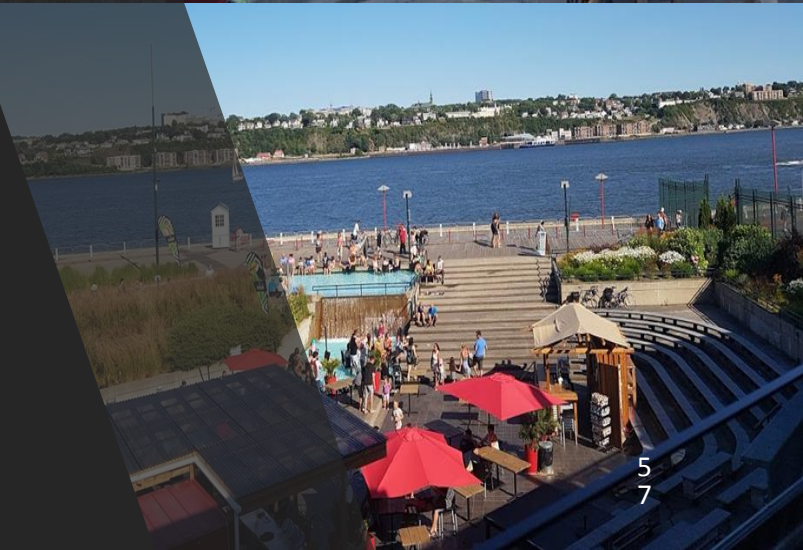
- *Hike on the plains of Abraham*
- *At home*
- *Family time*
- *Walk on the streets of the Petit Champlain in Quebec City*

Everyday life!



Social inclusion:

*It also means to
be part of a
community!*





Recovery

- The importance we place on someone's values
 - *Values of survival and development*
 - *Culture, close environment*
- Why recover? Who is it for?
 - *Fears, gains, citizenship...*
- The diversity of needs implies a diversity of responses:
 - *The possibility to choose*



Recovery-oriented support and full citizenship:

The importance of soft skills and of making life meaningful

Soft skills and making life meaningful

Excerpt about making life meaningful
by Jean Heutte

It is possible to have a meaningful life
and yet be unhappy,

but it is unlikely that someone can be
happy if their life has no meaning. »

Source: <http://jean.heutte.free.fr/>



Recovery for the person who provides support

The importance of soft skills and of making life meaningful

- Service providers must rediscover themselves and let go of their expert persona in order to better discover others, in a human way. »

Find new meaning in one's work?

- Taking the risk to support someone else means taking a few risks yourself
- It's taking another look.

Côté, B. (2009)., *Prendre le risque du rétablissement ou comment donner du sens au non-sens*, 19^e colloque régional, Le suicide : intervenir autrement, 5 février 2009, Saguenay. CPS 02. [Retrieved online].

[<http://www.infopech.org/documents/Colloque%20Saguenay%202009.pdf> Page 51 Participant Handbook



Three pillars that support a recovery-oriented health system:



Choice, community, integration [...]

Choice made by people who choose services that are the most likely to help them recover.

Community is about the importance of offering interventions in people's environment and to encourage them to use resources in their neighbourhood or community.

The third value, **Integration**, emphasizes the necessity of articulating the service offering in a coherent way that is based on a holistic view of people and on their overall needs when it comes to services.

Collaborative care:
the strength of
bonds and
alliances between
service providers

Recovery-oriented services

Connaissance

du réseau local de services et création
de rampes d'accès :

➤ *pour faciliter une inclusion sociale
et une pleine citoyenneté*



Recovery of the provider or setting

Providers must commit to their own recovery

They must discover strengths that relate to recovery

They must be aware of their own suffering

They must redefine their life and give it new meaning

They must become aware of their power to act as they transform their practices to focus on recovery





We build together
Our daily life...





Quotes

There is no light without shadow, no silence without noise and no wisdom without insanity.

Carl Gustav Jung



Au pays de la folie *by Marie Gagné*

In the land of folly, everyone builds a shelter against mindless diagnosis. Somewhere in there, I have met good-hearted friends, people looking for meaning in a world full of uncertainties. How can we not need feel solidarity after spending so many nights wandering the streets among thugs, throwaways, women of loose morals and criminals exhausted by too much violence? They are the children of abuse, blowing their noses with clothes shredded by pain, and don't realize they have grown up. The insanity of nothingness cannot hold flowers and rosewater. It feeds on hope, true love, belonging and non-judgment. In this country, there are lights that only shine when wandering souls want to get out of the darkness of everlasting nights.

In such places, we find supportive friends, sweet madness, creativity and compassion. People who can listen beyond words. It is a country without borders for those with no fear of others. Ugliness becomes pure beauty to those who can really look. Visitors sit at the table of differences while sipping on something hot. Conversations are always friendly. Everyone tells their story and shares bits of their similar experiences. Human complexity is simply discovered. Neurosis, anguish and anxiety are not around, but we are reminded that minds are fragile in a world full of imperfections.

There are workers, parents, unemployed people, homeless people, artists and geniuses, people from all walks of life and from all cultures. At dawn, a fire, sign of a better tomorrow, crackles and warms up friendships while lighting the way for those who can't see the beauty of their wildest dreams in the dark.

Flames dance in the dark, like siblings too shy to come closer, afraid to get burned by hope. Others twirl in the darkness of their own mind, unable to get out of the whirlwind that keeps them in their imaginary world. Let's stay close to them without losing hope. Let's keep the fire burning to light up the darkness of their shadows that have been forgotten for too long.

In the land of folly, there will always be wandering souls looking for warmth, friendship and hope, like a mother's embrace. Sometimes, wandering souls soothe and even console the souls that give life. Such is the miracle of giving and receiving that goes back and forth in the far-reaching land of folly. A place where suffering becomes wisdom over time.



Thank you
for your time

(Please write down your questions)

In summary

Questions and comments

You are?

A personal strength?

Your question or comment
(for whom?)





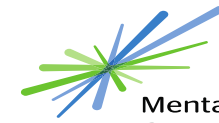
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What did you think of our webinar?

Please fill out the survey
that pops up after the webinar.





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Thank you!

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