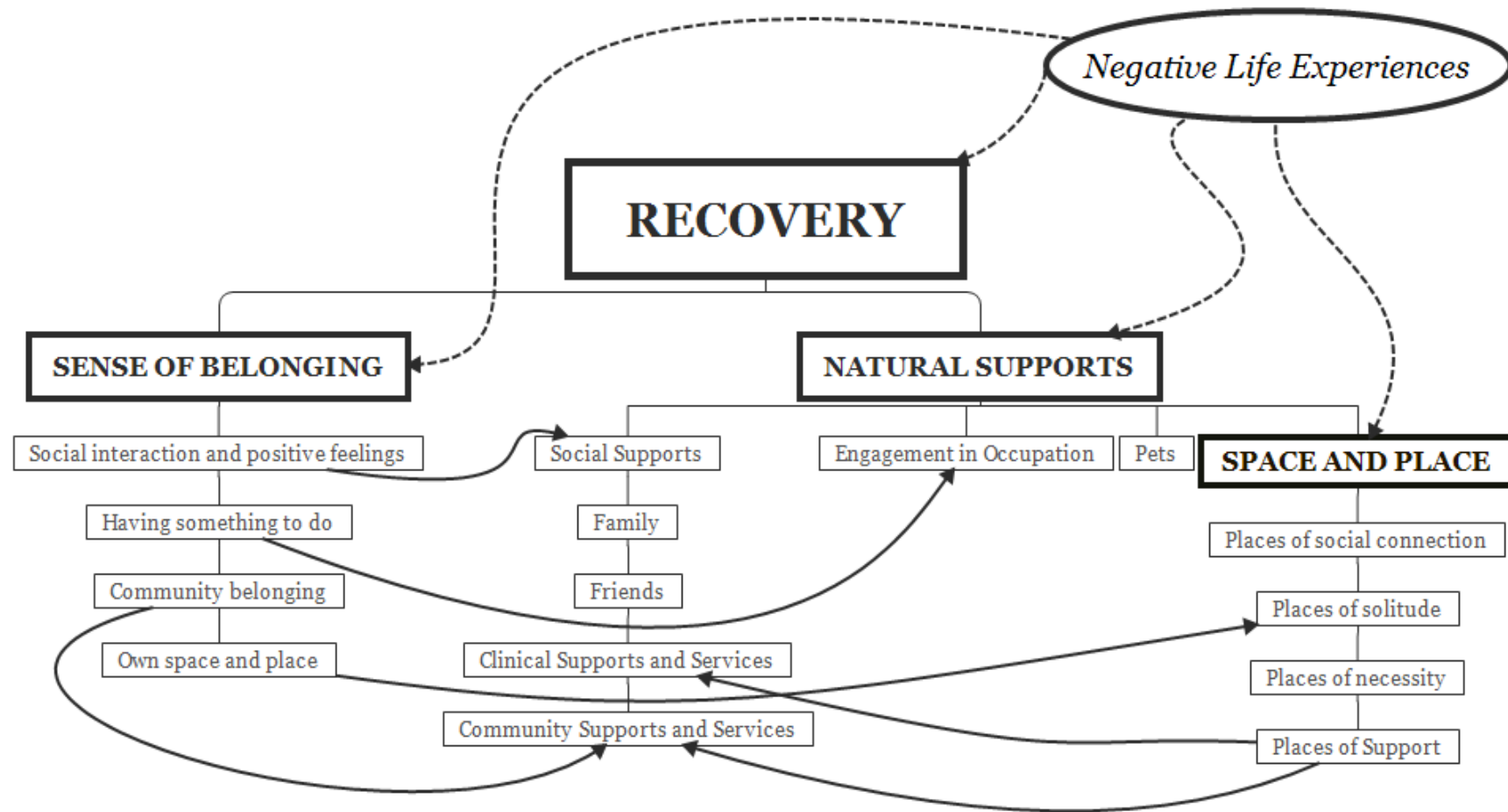


# Data Analysis

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- Demographic information – Descriptive statistics (frequency of each characteristic)
- In-depth interviews:
  - Transcribed verbatim
  - Participant photographs labelled throughout interviews
  - Considered an analysis of narrative approach – common themes located (Polkinghorne, 1995)
  - Principles of thematic analysis including generating various levels of codes – descriptive, interpretive and pattern codes (Langdrige, 2004)
  - Interrelationship between natural supports, space and place, and sense of belonging identified throughout analysis process – mind map developed with codes and themes identified to consider interrelationship
  - Decided that participant stories would be told throughout the findings consistent with the story telling approach identified by Mattingly (1991)

# Findings Time Point One



# Negative life experiences

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- All four participants discussed negative life experiences they encountered including:
  - Homelessness
  - Abusive relationships
  - Family moving away
  - Breakdown of friendships
  - Bike accident
- Negative life experiences shaped and influenced the participants:
  - Natural supports – including lost natural supports, support gained from natural supports in difficult times
  - Use of space and place – avoidance of particular spaces and places in the community (fear for safety, avoiding negative feelings or memories)
  - Sense of belonging – feelings of being alone, unsupported

# Sabrina – Negative Life Experience

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I used to love going to the beach and just you know watching the waves. But now when I go to the beach it just reminds me of my ex-husband. So it's more of a mental thing that I don't want to be reminded of that. And I do get reminded of everything that happened and it makes me feel unsafe. ... not that anything happened at any particular beach or anything like that but there would be often times like when I've had a real rough patch that I would go down to the beach and just sit and stare at the water. Now I don't know if I go back to a beach and sit and stare at the water if that's going to bring back memories of what previously happened and what I used to do in that respect.

(Time point one, preliminary interview, line 206/photo elicitation interview, line 204)



“My Sanctuary” – Photo taken by Sabrina\*. It represents the place she previously went to cope with her abusive relationship with her ex-husband.

# Natural Supports

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- Social Supports:
  - Family
  - Friends
  - Clinical Supports and Services (i.e. PHaMs support workers, psychologists, psychiatrists, doctors, counsellors, therapists)
  - Community Supports (i.e. community houses, City Life, the Salvation Army)
- Spaces and Places
- Engagement in Occupation (i.e. gardening, exercising, reading, listening to music, using technology, motor bike riding, craft, enjoying nature, participation in community courses)
- Time Alone
- Pets



Lindsay\* - Artwork drawn by Lindsay depicting the importance of her family as a NS in her recovery.

# Space and Place

## Places of:

- Social interaction and connection
- Solitude
- Necessity
- Support and acceptance

## Attributes of space and place important for participants:

- Safety
- Security
- Ownership
- Choice
- Openness
- Familiarity
- Peaceful
- Soothing
- Lovely
- Relaxing
- Mesmerising
- Quiet



# Sense of belonging

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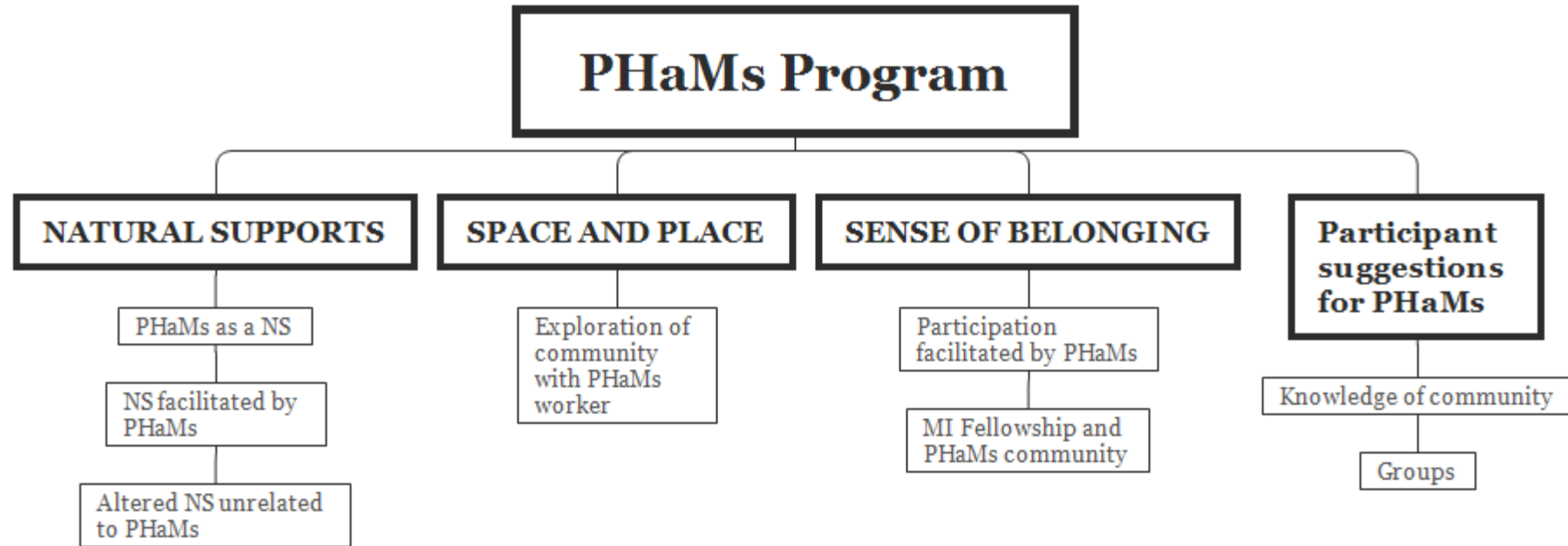
- Belonging through:
  - Social interactions and positive feelings
  - Own space and place
  - Sense of ownership and control
  - Having something to do
- Some participants experienced feelings of a lack of belonging to their community
  - Potentially related to participants negative life experiences (safety and comfort in community)
  - Not associating themselves with the drug culture of the community
  - Comparison of current community to previous communities (particularly earlier in their life)



Sabrina – Photo of community garden.  
“The community garden I suppose I love gardening. But renting I don’t have the opportunity. I mean I’ve got the landlord from hell”

# Findings Time Point Two

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- Overall, the PHaMs Program was viewed as positive in the development of natural supports, use of space and place, and fostering a sense of belonging for the participants



# Findings Time Point Two

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## Natural Supports

- PHaMs Program:
  - Times of need
  - To ensure not placing burden on family or friends in gaining support for recovery
  - Professional support
  
- Natural supports facilitated through PHaMs Program:
  - Participation in community courses
  - Participation in community garden

# Findings Time Point Two

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## Space and Place

- Exploration of spaces and places in the community with PHaMs support worker – focusing on the attributes of space and place that made the participants feel welcome, safe or comfortable

Dean reflected on his experience of looking for a church and his readiness to attend:

“I was going to go to a church but I don’t want to go to a loud, raging church, I don’t like that. I like a quiet place where you think so I haven’t found any... I’ve spoken to [PHaMs support worker] about it once and we did find a church but I’m not sure if I’m being lazy or just the fact that I’m just not ready to go to a church where I don’t know no one.”

(Time point two, preliminary interview)

Between the preliminary interview and the photo elicitation interview for time point two, Dean had started attending a church with one of his neighbours, *Jack\**.

“[*Jack’s\**] just a friend. He lives below me. We go to church together. It’s good but this place is really loud because they have a band. I like to go to church to think and it’s hard to think with all that noise.”

(Time point two, photo elicitation interview)

# Findings Time Point Two

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## **Sense of Belonging**

- Encouragement for participation in occupations meaningful to the individual - community courses preparing individual for future employment
- MI Fellowship and the PHaMs Program community

Sabrina- “They have been making me feel like I belong. So I feel like I’m a part of, not so much the organisation but part of what they provide. Not what they provide but they just make me feel wanted and appreciated. I do see it as a community.” (Time point two, preliminary interview)

## **Participant suggestions for PHaMs Program**

- Some participants expressed a lack of knowledge of spaces and places to go in the community
  - Participants would like more knowledge and suggestions of places in the community they could participate that are consistent with their interests
- Participants also suggested more groups facilitated by the PHaMs Program to facilitate their participation in the community
  - E.g. coffee group, walking group, board games

# Recommendations

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## **PHaMs support workers encouraged to continue:**

- Considering clients existing natural supports, and where new natural supports may be developed when working with new clients of the program
- Utilising clients interests and goals for the future in seeking to assist developing natural supports, engaging in space and place and developing a sense of belonging
- Seeking out places in the community that are welcoming for people with mental illness that are unrelated to mental health services and communicate these to clients

# Recommendations

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- Offer clients the opportunity to have their natural supports attend appointments for support and to ensure their natural supports are supportive of recovery
- Assist clients to re-create positive meanings associated with spaces or places within the community – particularly those clients who have experienced negative life events in specific spaces or places
- Facilitate more groups of interest to the clients that will also contribute to the development of natural supports, facilitate use of space and place in the community and contribute to feelings of belonging
- Address the lack of belonging to the community experienced by participants including:
  - Establishing connections with local council and police in addressing issues of safety
  - Working with local council to locate or develop spaces and places in the community that are deemed welcoming, safe, or comfortable for people with mental illness
- The process of taking photographs and talking with the client to help them identify and develop natural supports, identify spaces and places and what gives them a sense of belonging could be incorporated into the PHaMs Program, in conjunction with goal setting

# Conclusion

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- A relationship exists between natural supports, space and place, and sense of belonging in recovery from mental illness confirming previous research findings
- Natural supports, space and place, and sense of belonging all play a role in recovery from mental illness
- The PHaMs Program had a positive influence on the participants experience of natural supports, space and place, and sense of belonging
  - This supports the role of the PHaMs Program in developing natural supports, exploring space and place, and developing a sense of belonging for its clients
  - Demonstrates one way the PHaMs Program is working to achieve social inclusion and community participation
- Findings will assist the PHaMs Program, and potentially other programs outside the MI Fellowship, in improving their services for promoting personal recovery, social inclusion and community participation

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# Questions?

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