



ST VINCENT'S
HEALTH AUSTRALIA

Peer Developments

My Recovery Story: A youth peer perspective on recovery from Schizophrenia

Peer Workforce Development in the Acute Inpatient Setting

Presenters

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My Recovery Story

Co presented by: Gloria and Meagan



"Recovery from a mental illness is possible!!"

- Gloria

Contents

My own experience of having a mental illness

- Diagnosis
- Complications from the past and symptoms
- What I'm doing now and treatment
- My road to recovery**

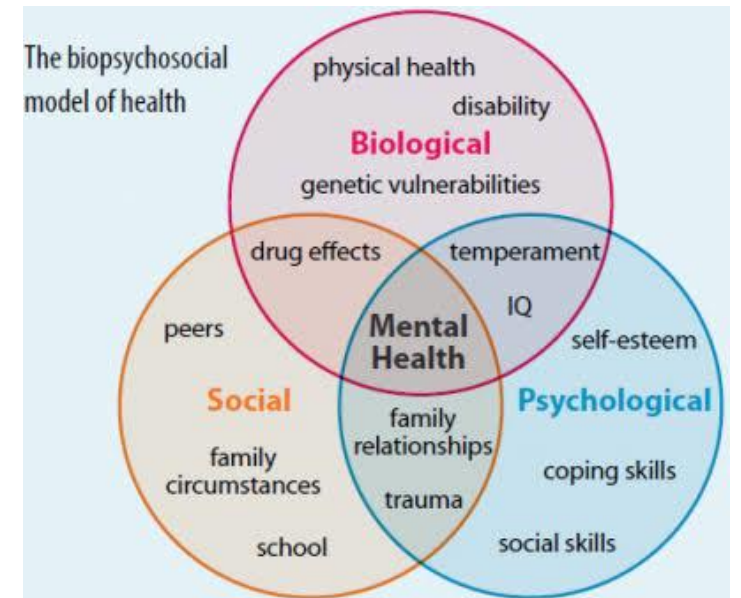
Questions towards the end



Introduction

“I want to foster hope for you because I believe mental health recovery is **possible** no matter what your own story may be.”

- My diagnosis: Schizophrenia and Social Anxiety
- When I was 16 years old.
- Bio psycho social model
- Support is important in ones recovery



So what went wrong when I was 16?

- Lost touch of reality
- Auditory hallucinations
- Mind reading
- Delusions persecution and reference
- Paranoia



All symptoms of schizophrenia, which lead to...

- Unable to finish schooling
- Loss of friends
- Loss of self confidence
- Loss of self esteem
- Thinking I'm not good enough
- Couldn't think clearly
- Confusion
- Lack of concentration
- Worried a lot
- Relationship problems
- Social withdrawal



After that...

Developed social anxiety

Judging and criticising

Difficult to form friendship



Let go of the past in order to build a better future

How did I deal with it all?

Mental Health Hospital admissions

Ultimately, I talked to people I trust about my problems but it was being in hospital which I learnt about everything, including diagnosis and what to do after.

Admitted 3 times within a 3 month interval overnight

Wasn't scary

- Monitor side effects
- Sorting out medication that responds best
- Good food cooked in the ward.
- Friendly staff



Independence

- Never been admitted to an adult ward
- Therapy and support:
 - Psychiatrists
 - Social Workers
 - Psychologist
 - Occupational Therapists (OT's)
 - Nurses
- Community workers: community mental health practitioner (from MIND organisation)
- Footbridge CCU (Community Care Unit) lived there 3 years in and out



Community Care Unit

- Living skills
- Education
- Independence
- Quality of life



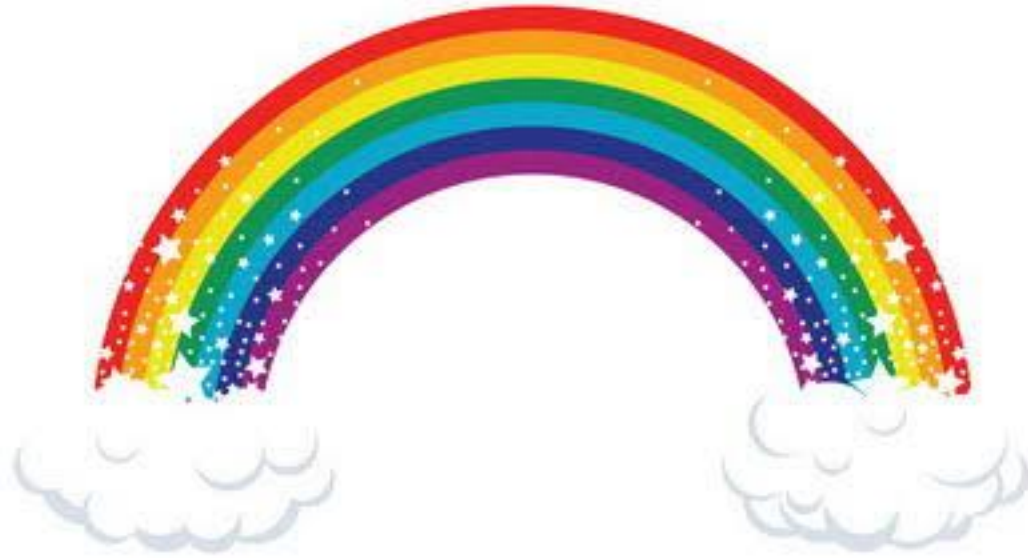
Relationships → Recovery

“Working together makes things easier”

Treatment

- Crucial and critical to take anti-psychotic medications as required
- Took some time to find out which works best for me
- Schizophrenia: Clozapine
- Must take a monthly blood test
- (Which I like because it's just like a mosquito bite; just slightly painful)
- :)
- Social anxiety: Lexapro and Abilify
- Past meds: Risperidone and Olanzapine





Of all that I have experienced, the difficulties that I faced, look what I have become now

Recovery: symptoms



Past

- Loss contact of reality
- Auditory hallucination
- Mind reading
- Delusions
- Paranoia

TO

Present and future

- Awareness
- Barely hear voices
- Barely think this way
- Don't believe in them anymore
- Not anymore

Recovery: general



Past

- I was really psychotic and hence needed hospitalised
- Couldn't finish school
- Felt hopeless, naïve

- Felt like I couldn't cope
- Too dependent on others

TO

Present and future

- I don't need hospitalisation
- I'm studying again, to become the best mental health nurse!
- Having more experience in the outside world

- Responsibly taking meds
- Stronger as a person
- Gained independence

Recovery: general continued...

Past

- Lack of self confidence
- Lack of self esteem
- Thought I wasn't good enough
- Grieving

TO

Present and future

- Gained heaps of confidence
- Feeling better about myself
- Thinking I am good enough
- Managing my mental health with meds, therapy and independence and support
- Learnt to accept my mental illnesses



Recovery Continued...



This list stops here, but,

“ If I could recover, I believe you could too!! Just have faith in yourself.”

- Gloria

And this list goes on!!

- Learnt new skills
- I have hopes dreams and goals
- Managing my mental illnesses
- Living a happy, fulfilled life!!
- I have become the person I am today

“

I hope that from now on, you can start to tell your own story of having a mental illness with love, courage and hope and have a happy and brighter future no matter how difficult your story may be.

”



Questions or comments?

