

Bringing Recovery to Life

hope control opportunity

refocus

Personalised Recovery Planning

Our Vision

Who is it for?

REFOCUS

is designed for anyone who has experienced mental health problems that have significantly impacted on the way they want to live their lives.

REFOCUS

is a new mental health recovery initiative which puts you at the centre of planning and designing services that will help you build a life beyond illness.

Our Mission in Refocus

REFOCUS will help you build a Life Beyond Illness in supporting you fulfil your dreams and ambition. It will assist you in exploring areas of your recovery where you would like to consider making change, such as getting more involved in your community. Exploring the possibilities of returning to education and training, becoming a volunteer or looking to return to work. REFOCUS is here to support you on your recovery journey.

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Personalised Recovery Planning

How will Refocus Support me?



Family, Friends
Community, Clubs, Societies,
Volunteering, Employers,
Training and Education

When you participate with

refocus



Participation

When you participate in REFOCUS you will have access to a Planning Facilitator and Peer Support Worker in addition to all the current supports you receive. Your Planning Facilitator will be your main contact.

Support from Planning Facilitator

The Planning Facilitator role is to support you in developing your team of supporters who will enable you to take control of planning and designing your recovery journey. If you wish you can also include other people in your team of supporters such as family or friends this is entirely up to you, it's your journey.

Understanding of Peer Support Worker

You will also have the support and understanding of a Peer Support Worker. A Peer Support Worker is someone who has had a lived experience of a mental health issue themselves, and who has experienced a personal journey of recovery.



Peer Support Workers

Peer Support Workers (PSW) have a special understanding of what it is like to experience mental health issues.

You will have the opportunity to talk and discuss with your Peer Support Worker their experience of mental health recovery.

Each PSW is trained in mental health awareness and hold a nationally recognised qualification. All conversations discussed between you is confidential.

They too are happy to share their own journey of recovery with you and to talk to you about what personally helped them.

In addition to REFOCUS you will still continue to receive **all** the existing supports from staff such as the Community Mental Health Team and Training Centres.

What REFOCUS participants said about Peer support working:

"The lived experience of the PSW is very valuable"

"Getting better with awkward situations in the community"

"It takes me out of myself - I'm a loner"

"Will now go into situations I would have avoided before"

"Situations in life occur & you have to address them in the community. I have enough confidence to do it now"

"Humour and communication with the PSW helps me to relax"



Recovery
Growth

Why get involved in



Personalised Recovery Planning

By participating in REFOCUS you will have the opportunity to become more involved in your community and to take up social and recreational activities that you are interested in.

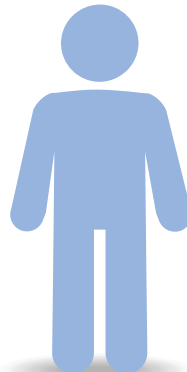
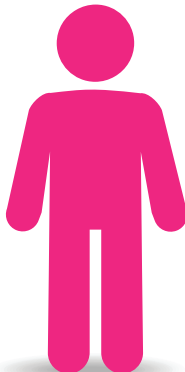
These Lifestyle changes may include becoming more independent, seeking employment and educational opportunities to becoming a volunteer.

As you progress with your recovery journey there will be opportunities to consider whether or not you still require the support of REFOCUS and where you are in fulfilling your ambitions.

Together with your Planning Facilitator and Peer Support Worker you will agree when you want to end your participation in REFOCUS.

Whilst participating in REFOCUS it is expected that you will carry out the plans and activities that you identified at your planning meeting.

At all times you will have support from your team.



How do I get more involved?
To get involved or find out more about REFOCUS, simply talk to a staff member that you feel comfortable with and discuss how this project might be of benefit to you on your recovery journey.

To get more information on REFOCUS please contact:
Clem McLoughlin-Project Leader: Tel - 094 9042131 | Email: clemmcloughlin@hse.ie



The Mayo Recovery College is one of the main pillars of Refocus which is a partnership project between the HSE and RehabCare and is supported by GENIO, other partners include the GMIT and The Learning Curve.

