



Exploring the Intergenerational Possibilities Towards Recovery from Mental Illness

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"People Can
and Do Recover"

Overview

Richmond Fellowship of WA

Origins?

Directions?

Why an Intergenerational approach is important in Mental Illness?



What do we as an Organisation do well?

We Listen – Recovery First is about hearing the story of the individual.

We don't judge – We accept that at times the stories we hear are impacted by the illness.

We assist – We seek to assist the individual to a clearer and more accurate understanding of their environment and social interactions.

We help – We help each individual build up their self esteem and confidence, we acknowledge their capabilities and skills.



UNDERSTANDING

- ☺ Peer Support
- ☺ Psychosocial Support
- ☺ Social Programs
- ☺ Group consultation and discussion



INTERGENERATIONAL

- ♥ Building relationships
- ♥ Building hope
- ♥ Building awareness of others
- ♥ Building self reliance
- ♥ Building trust

An International Perspective to Intergenerational Peer Support

❖ What are we looking to achieve?

- ❖ "Positive mental health 'is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community' (WHO, 2001)."

An International Perspective to Intergenerational Peer Support

❖ What are our goals?

- *To further develop peer support to include an intergenerational aspect.*
- *To develop the **PHaMs** program to include an intergenerational component in conjunction with the Australian Government Health Department who are the funding authority.*

How to achieve our Goals

- ➔ Listen to our consumers
- Listen to other providers
- Listen to our funding sources
- Listen to our own staff
- Evaluate
- Develop a workable strategy
- Source funding for a pilot study.
- Evaluate results and feed back to all.

We are delighted to share our passion for an Intergenerational approach to both Aged Care and Mental Illness with you all.

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and Do Recover"**

