

AsPaC Conference 2010 Hobart, Tasmania

Voices at Work
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Voices at Work

Overview

- Perspectives on Recovery and Hearing Voices Groups
- Why the project was developed
- Who it will help
- How it will be delivered
- What outcomes we hope to achieve



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The Recovery Dilemma

People can be surrounded by services but get no help.



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Understanding the 80 / 20 rule

- 20% of the problem is the effect of the symptoms of the diagnosis
- 80% is the impact of the diagnosis. Their world falls apart.



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The key to recovery is in the relationship

- Traditional Service Approach – a relationship between professional and the ‘diagnosis’ (not the person)
- A recovery approach – establishes a relationship with the person and their story and focuses on outcomes – Quality of life of the individual



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Helping Voice Hearers with their recovery

- Hearing Voices is a part of the normal human variation
- Not pathologising the voice hearer
- The Hearing Voices Network Australia



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Why the “Voices at Work” Project was established

- Vulnerability of people with mental ill health
- Limitations of supported employment services
- Specific vulnerability and lack of service to voice hearers
- Lotterywest support



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Helping Voice Hearers – Local Research

- Snapshot research
- Increased confidence - 83%
- Less emergency help required – 74%
- Improving voice hearer’s capacity to be with others – 72%
- Increased capacity for participating in activities they enjoy – 67%
- Enhancing feelings of being understood – 61%
- Reduced fear of voices – 61%



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Who will be assisted by the Project?

- The individual
- Carers and family members
- Employment service agencies
- The mental health sector



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How it will be delivered

- RFWA will work with 4 Employment Service Providers
- 18 month pilot project
- Individual group support strategies
- Involvement of carers and employment service providers
- Education and information sessions



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Outcomes

- Increased confidence and self-management by the individuals involved
- Increased understanding by carers and employment service providers of the experience of voice hearing
- Social inclusion
- Financial sustainability of the project beyond the pilot
- Everyone wins



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Implications for Richmond Fellowships in Australia

- Potential for an Australia-wide service
- Potential to help people who hear voices become more socially included



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THANK YOU

Hearing Voices Network Australia

<http://www.hvna.net.au/>



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