

RESILIENCE AND RECOVERY OF PEOPLE WITH MENTAL HEALTH PROBLEMS

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The aim of the paper

- Explore the language (or experience) of healing and recovery, congruent to recovery discourse as was expressed by a Muslim cohort at the National Centre of Mental Health in Jordan

Recovery and individuals with mental health problems in NCMH

- National Centre of Mental Health NCMH in Jordan

The concept of Recovery

- Anthony defines recovery as “a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness (1993 P.527).”

Research Process

Methods and Sampling

- Twenty interviews were conducted via a quota sampling method with participants recruited through the National Centre of Mental Health NCMH in Jordan.
- The 10 male and 10 female participants were from Jordanian or Palestinian

Data Collection and Analysis

- Semi structured interviews were conducted
- The aim was to explore participants' perspectives on causation and helping in relation to their mental health problems and to understand their views on their own coping strategies.

- The findings of the research fit well with the recovery model.

- The mean age for male participants was 35.2
- The mean age for the female participants was 33.9 years.
- The occupation of the women was predominantly house duties. There was no difference in education level between male and female participants.

Discussion

Four core themes were identified from the data :

- Recovery and the centrality of religion
- Causation linked to coping and recovery
- Recovery as a dynamic process
- Barriers to recovery

1. Reflections of recovery and the centrality of religion

- The experience of recovery is unique individualized one, for each participant.
- Religion and spirituality is central in recovery healing experience in most of the participants' expressions.

One of the female participants said

- *The beliefs in Allah and my devotion to my religion is the only way to cope with my problem. I tell myself I need to be patient and that there is no any other way. The illness is Allah's will and Allah is the one who grant cure from illness.*

The challenge to develop insight about religious and life events

One of the male participants said

- *The illness make you think about life. I am not the same person any more before the illness. I think a lot about religion, life and what is right and what is wrong. I think I became more of a deep thinker. I think of things like poverty, social class and dominations.*

2.Causation and the link to coping and recovery

- Perceptions about causation are linked to ways of coping with the problem.
- The link to recovery process
- They in most cases talked about multiple causes and multiple coping strategies

One of the male participants said

- *The illness is Allah's will. Allah says "And when I am ill, it is He Who cures me; 26:80) It is a trial. We have to be patient and keep making Dua (prayers) To Allah. We can do nothing except making Dua. I pray to Allah every day to make me feel better. I am believe that this is Iradat Allah (Allah's will). Al hamed lil Allah (thank Allah) for every thing*

One of the female participants said

- *My depression is a blessing form Allah. It is cleansing from sins. I am Moutawakela (depending) on Allah. I visit the clinic regularly and take medication. The psychiatrist tells me I will improve. I have hope that Allah is going to cure me insha Allah (God's will).*

3.Recovery as a dynamic process

- Recovery is an active process.
- The journey to recovery changes according to various influences such as getting new information and knowledge about the disorder, or due to gaining new insight, or because of becoming more spiritual.

One of the male participants said

- *I constantly look for information about my psychological problem. Reading books to help me with my problems. I read lots of books maybe professional people who are specialized haven't read as much as I read in the area. I also watch programs which talks about mental health problems. I want to understand my problem a bit better. I always think of ways to overcome the problem*

One of the female participants said

*I read Quran and attend religious teaching classes.
The Sheikh teaches us about being tolerant and that
our difficulties in life are trial and Qadar.*

Barriers to recovery

Aspects delays the help seeking

- The loss of self esteem
- Not being able to perform their role
- Worries about being stigmatized by the community

- One of the male participants commented about the barriers to connect with others who experience recovery by saying:
- *When you have a chance to hear about other people's problems you feel that you are not alone. I want to see someone who is healed. I want to meet someone who went through my problem and recovered and would say to me (do not worry, keep your faith in God" I then would feel relieved. I know it is not easy because people do not want others to know about their illness.*

Summary

- Most of the participants in the study indicated they had a high level of religiosity
- Religious values contributed to their recovery
- Recovery is dynamic, personal involve internal thinking and dialogue with the self.