

Exploring the Intergenerational Possibilities of Recovery from Mental Illness

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There are many possibilities for an Intergenerational (IG) application in Recovery focussed Mental Health Care. In many younger people family life has been fragmented and many lack a significant male or female person with whom to build a care relationship. Often an older person can fill this mentoring role and assist in building esteem and creativity which are building blocks to wellness. Younger people can provide stimulus for older people with mental illness in creating a sense of belonging and community. An IG approach can add depth to existing programs and assist in building self esteem and self awareness as part of a broader community. This has been proven in Aged Care and in Prison reform and offers a different set of parameters for Mental Health. The learning objectives are increased community involvement in the path to wellness, a deeper understanding of an Intergenerational approach to mental illness and recovery.

About Michael C. Cahill

(a) Mike Cahill is the Deputy Chair of Richmond Fellowship Western Australia and comes from a background in Mental Health and Dementia Care. He is an accomplished speaker having presented at Alzheimer's Disease International, International Council on Ageing (Toronto & Melbourne), International Association of Homes and Services for the Ageing (Malta & Perth). He has spoken at numerous national conferences and is a Churchill Fellow having travelled to America and Canada to explore Intergenerational Relationships in Aged Care.

(b) I believe this subject would suit a workshop or Symposium and I am most willing to lead this and would welcome any other speakers who may have similar interests.