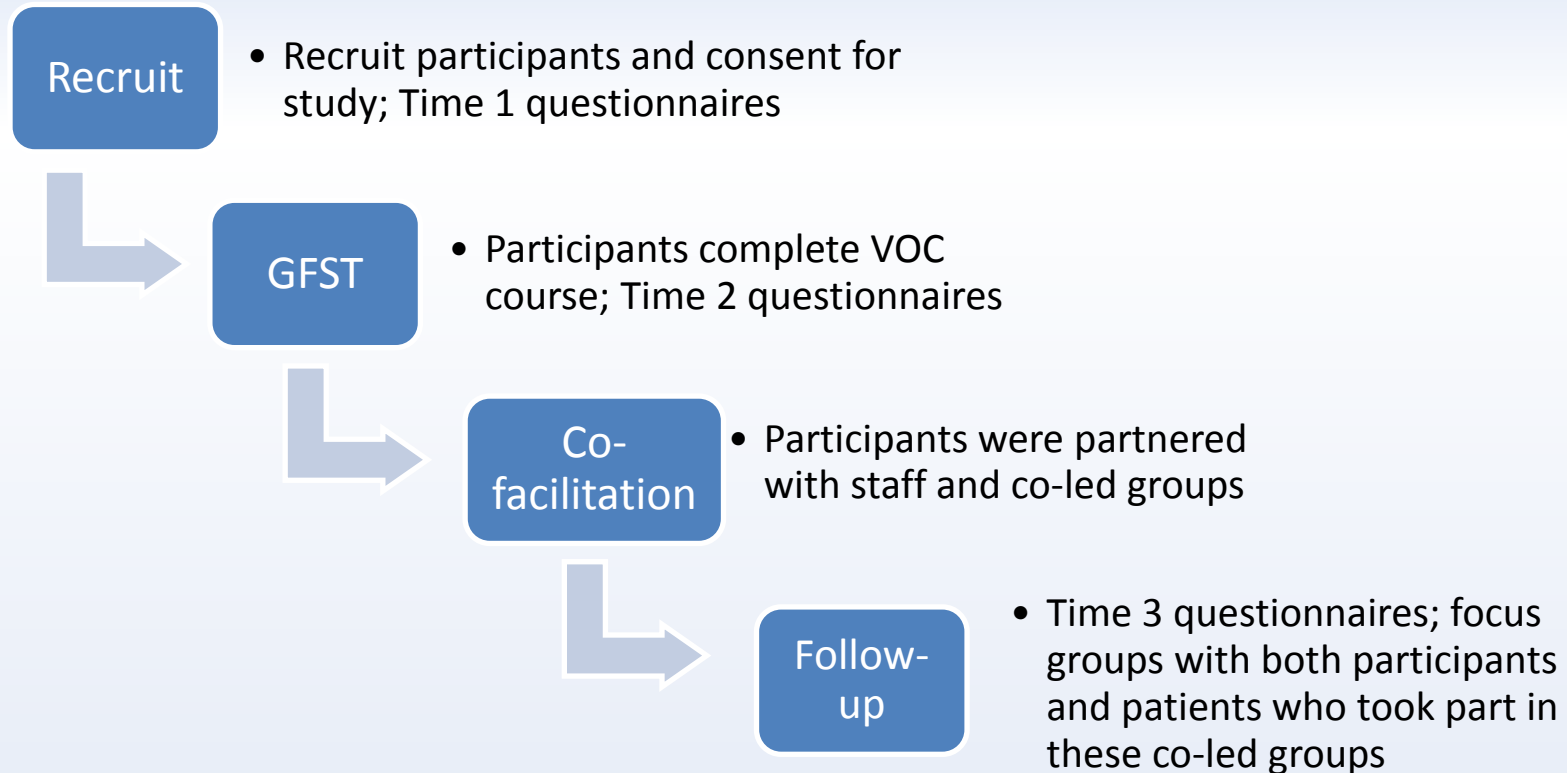




confidence
 Peer support
Research
 Occupational therapy
Participant
 Recreation therapy
 Allison Stevens
HOPE
 Recovery
 College
 giving back
experience
 Shared
Project
Patient
 understanding
 Vocational Services
co-design
 Recovery Assessment Scale
 connection
EMPOWERMENT
Outline
Group
co-facilitation
Facilitation
 Ontario Shores
Results
 Krystle Martin
Skills Course



The research project



Group Facilitation Skills Course

- preparation for participants interested in co-facilitating a course within the study
- prepares individuals to become a group facilitator and focuses on adult learning principles, communication techniques and presentation skills





Who participated?

- 18 patients consented for the study, 11 co-delivered a wellness group
- Average age was 34 (range 23-58)
- 12 men, 6 women
- Majority had psychotic diagnosis
- 11 had at least some College education
- All but one person had a history of employment

Group examples

- Running
- Colouring
- Tea & talk for women
- Women's only walking group
- Smoking cessation
- WRAP
- Badminton
- Cooking
- Healthy relationships
- Lifestyle devotions (spirituality)



Quantitative results

- No difference over time on Empowerment Scale or Recovery Assessment Scale





Qualitative results

- Phenomenological approach
 - Focus groups (audiotaped)
 - Open-ended questions to guide discussion
 - Transcripts reviewed
 - Nvivo used to organize data
 - Essential themes extracted
 - Relationships between themes identified



Sharing
personal
story

Leadership

Confidence

Mental
Health

New
perspective
/Insight

Giving back


Self-help

Enjoyment

Qualitative results



- Leadership
 - “I hadn’t had the opportunity [before] to be a leader in terms of my mental illness.”
 - “I felt like uh I’ve been given a leadership position and that was really empowering.”
 - “They sort of understand that I’ve made it through the program.”
- New Perspective/insight
 - “It gave me perspective from a position I was once in.”
 - “Yeah it sort of did, it helped me understand that I made a huge achievement in life by quitting smoking on my own about 7 years ago.”



Qualitative results continued...

- Sharing personal story
 - “I was able to share my story.”
 - “I think that once I shared at the beginning of every group, a session we had, then the rest of the group members felt comfortable to share.”
- Giving back
 - “Knowing I was able to shed light and hope onto others from my own experience was extremely rewarding and inspiring.”
 - “We are supposed to be supporting each other. You’re your brother’s keeper as well, so you’re supposed to help each other along the way.”

Qualitative results continued...

- Confidence
 - “...just showed me that I was capable of doing a lot more than I thought I was capable of doing.”
- Enjoyment
 - “It was fun.” “I enjoyed it.” “I’m glad I was part of it.” “It was really good.”
- Self-help
 - “...like the stuff that I was telling like the group participants...was like also a reminder for myself.”

Patients who took the groups

- Focus groups conducted with patients who took part in the groups co-delivered by peers
- First pass at the data
 - everyone indicated that they enjoyed the group they took
 - they felt a bit more comfortable in the group knowing that another patient was co-facilitating
 - they felt that they could approach the patient easier and that they trusted the group more because a patient was involved in the design and delivery



Our study & the OS Recovery College

- Evolution: lessons learned from our study to the creation of a Recovery College



Thank you

Questions? Comments?

