

ALTERNATE CATCHMENTS

IS ENGAGEMENT A ONE WAY STREET?

ENGAGING HIGH RISK GROUPS THAT DO NOT IDENTIFY AS CONSUMERS
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THE UNENGAGED

IS IT THE CITIZENS PROBLEM OR THE SYSTEMS PROBLEM

The Individual

- Introverted
- Poor communicator
- Lack insight
- shame/guilt/pride
- Don't identify as consumer
- Avoidant of discomfort
- Avoidant of "medicalised" environment

The System

- Oratory
- Provider-consumer transaction
- Prescription vs. strength
- Health literacy dependant
- Recovery only offered in "mental health system"
- Alternate models not well funded

YOU'RE STRUGGLING

So fester until you're ready to
open up/talk/engage with the
existing mental health system

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OR

THE FLY PROGRAM

THE GROOVE AND WELLNESS SOCIETY

SOCIAL HEALTH

- Group provides a sense of togetherness/community/belonging
- Real friendships easy to foster with the camaraderie gained through shared experience, particularly challenging experiences
- Setting pre-framed with recovery and safety in mind making it more conducive to social growth
- Exposure therapy without associated fear that comes with clinically prescribing exposure
- Provides a newfound social support network

GROWTH

- Self efficacy gained through witnessing new growth/skills/resilience
- Growth is organic in time and nature, difficult to replicate in a fractured/silo'd mental health system
- Empowered with Opportunity to pay it forward:
 - In the wider community with your change
 - Through the opportunity to share lived experience
 - In other participants and contributing to their support network
 - As lifelong advocates of the program
 - As new champions for the physical environmental/social environment

PHYSICAL HEALTH

- Directly improves physical health through shared activity/exercise
- Self identifying with the program as part of you incorporates that physical aspect too
- Programs model structured activity as part of life
- Biochemical growth associated with physical activity

RECOVERY SETTING

- Setting easy to self-identify with, compared to clinical setting
- Shared/group trusting environment
- Not tailored for comfort, rather challenge and growth
- Organic vs. fabricated setting
- Shoulder to shoulder vs. across a desk/hierarchy
- Engagement, participation and contribution immediately start the recovery journey before the conversation. Recovery not predicated on starting “the conversation”

“THE CONVERSATION”

- Easier to start in a non-authoritarian, familiar environment
- In conjunction with peers not experts pathologising
- As “the conversation” has already begun with peers, continuing it in the system is now much easier
- A prerequisite for engagement with the conventional system

WHERE TO FROM HERE?

- Explore your beliefs about different recovery pathways
- Find and refer suitable participants to these services
- Rally for funding of alternate programs that target specific populations at all levels
- Ask yourself; what can we all do to better serve those who need help that are not getting it