



INTELLECTUALL OUTPUT 3

March 2023



Enik Recovery College



LESSONS FROM THE RECOVERY PROCESS OF ADULTS WITH DEPRESSION OR PSYCHOSIS

Lessons from the recovery process include 10 short videos (two per partner) of individuals discussing their respective experiences. Each video featured one mental health user and one healthcare professional or one family member and a researcher talking together and sharing their perspectives.

IMPLEMENTATION PROCESS

COORDINATOR IO3: UNIVERSITY PSYCHIATRIC HOSPITAL VRAPČE IN CROATIA

1

The partners discussed the current situation regarding peer support and recovery- and citizenship-oriented practices in Greece, Croatia, Italy, and Denmark. They also worked together to promote peer support and recovery- and citizenship-oriented practices and learned from each other.

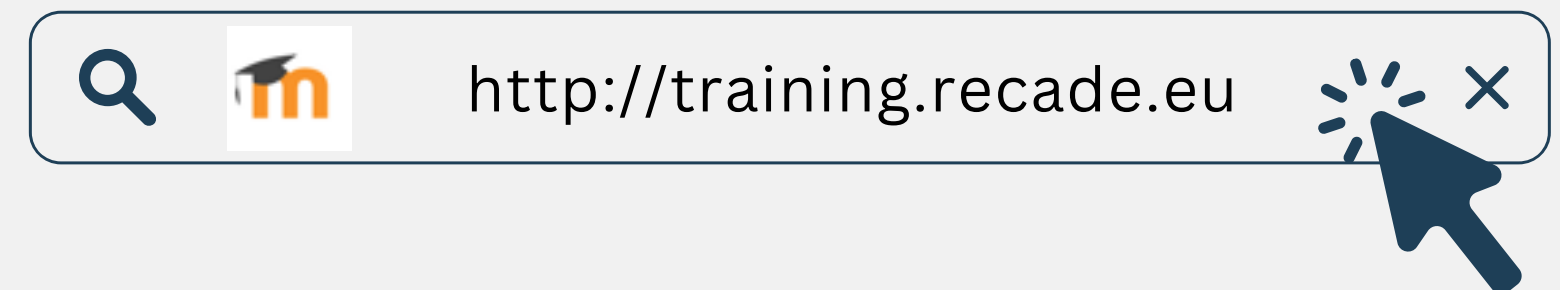
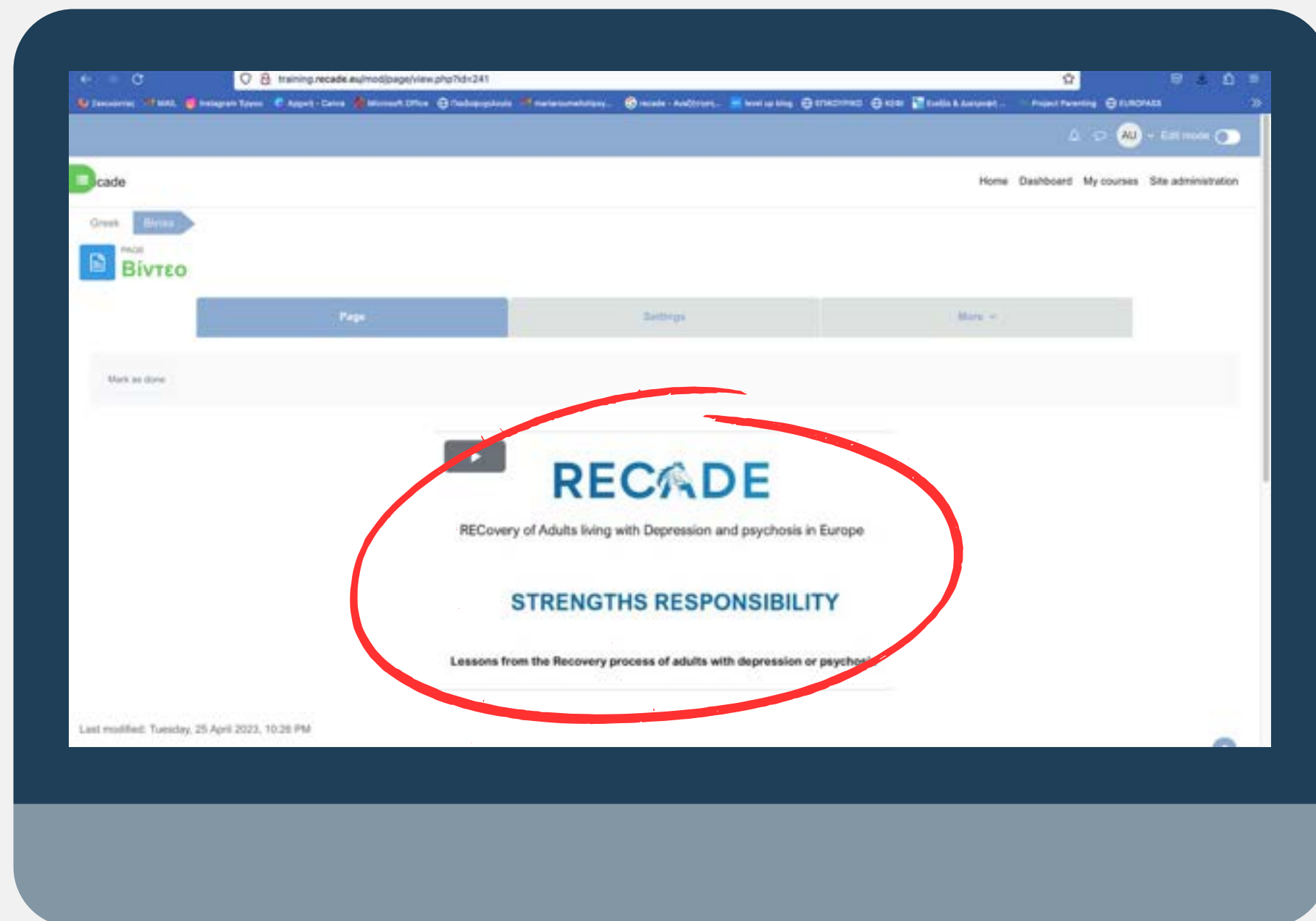
Each partner chose to discuss two of the main dimensions of SAMHSA's Working Definition of Recovery, based on the local context and why. The videos were subtitled in English, and their innovative feature was the lived experience of recovery.

2

3

The expected learning outcome of the videos was the mutual education of the participants (co-learning approach). The videos were recorded in outdoor or indoor environment and featured the main question "what does recovery mean for you?" via each principle.

YOU CAN SEARCH THE VIDEOS...



RECADE Co-funded by the Erasmus+ Programme of the European Union

Principle of Recovery: Strengths/ Responsibility

“
The key is taking responsibility and initiative, deciding what your life is about and prioritizing your life around the most important things.
- Stephen Covey -

If you take responsibility for yourself you will develop a hunger to accomplish your dreams.
- Les Brown-

Interviewer: Mental Health Specialist, Psychologist
Interviewee: Mr. Spyros

We thank the local businesses for their participation.



Holistic
4 προβολές • πριν από 21 ώρες



Person Driven Recovery
8 προβολές • πριν από 1 ημέρα



Recovery & Hope
31 προβολές • πριν από 1 ημέρα



RECOVERY of Adults living with Depression and psychosis in Europe
RESPECT
Lessons from the Recovery process of adults with depression
23:49
25 προβολές • πριν από 4 ημέρες

Feelings of Participants

Excitement

Embarrassment

Impatience

Confidence Boost

Apprehension

Anxiety

Excitement

Satisfaction