

Beaver County Dialogue

Group 1

What is recovery?

Common themes for consumers were education is important, psych rehab is vital, recovery is different for everyone.

Common themes for providers were that the individual potential needs to be recognized even when the individuals do not themselves recognize it. Providers must restore and encourage hope.

In this group, many of the providers were also consumers. The themes between the two groups were similar, agreeing on the need for perseverance, increased education and instilling hope.

The effects of stigma on recovery:

The common themes for consumers were that there is a sense of division between providers and consumers. Some physical illnesses are dismissed as a mental illness if the source is not found. Stigma greatly effects recovery.

The common theme for providers was that changing stigma begins with the individual.

Overall this discussion focused on outward appearance, and that providers made judgments based on hygiene and appearance and not actual abilities and strengths. The discussion did not move beyond this.

Group 2

What is recovery?

The consumer themes focused on the tools that are used to aid recovery, including faith and being creative and active.

The providers themes focused on how to help people achieve their recovery, by meeting people where they are, trusting the individuals, and looking at this as a partnership.

The overall discussion focused on accepting people where they are, not categorizing, or judging people by their diagnosis.

The effects of stigma on recovery:

The overall discussion focused on stigma and what it means to different people. Ways to combat stigma included accepting others, being aware of personal stigma, and educating people.

Group 3

What is recovery?

Common themes for consumers were to be able to accomplish things, to grow, to give back to the community. Needing to take control of the situation and be respected.

Common themes for providers were to help people be functional and complete and acknowledging that recovery is different for everyone.

The effects of stigma on recovery:

Consumers experience stigma from their own peers. Stigma can negatively affect recovery. More education is needed to combat stigma.

Media promotes very negative images of mental illness; this prevents people from getting help.