Patient and family expertise in psychiatric care

- Rhythm of change

The 5 C:s (by Göran Henriks)

- Co-learning
- Concepts
- Communication
- Coaching
- E-Co-systems
It’s all about Co-!

Etymology:
From the Latin prefix co-

Meaning:
- Together; mutually; jointly
- Partner or subordinate in an activity
- To the same degree

If one is truly to succeed
in leading a person to a specific place,
one must first and foremost
take care to find him where he is
and begin there.

This is the secret in the entire art of helping.

Søren Kierkegaard,
Danish philosopher (1813-1855)
Life is not a problem to be solved, 
but a reality to be experienced.

Søren Kierkegaard, 
Danish philosopher (1813-1855)

Personal recovery...

"....a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. 
It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness. 
Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."

WA Anthony, 1993
• Recovery is something worked towards and experienced by the person with mental illness. It is not something services can do to the person. The contribution of staff is to support the person in their journey towards recovery.

• The journey of recovery is individual. The best way of supporting an individual’s recovery will vary from person to person.

Mike Slade, 2009
Knowledge system for “DOING TOGETHER”

PROFESSIONALS
- Knowledge derived from education and working practice

USERS AND FAMILIES
- Experiential knowledge derived from disease experience
- Growing contamination and sharing of knowledges, adding value into the care process

Doing together – Fareassieme
Users and families – UFE (Utenti Familiari Esperti)

The Microsystem Festival Feb. 27–March 1
www.lj.se/microsystemfestival

HISTORY OF “DOING TOGETHER”

- Awareness activities in schools and elsewhere
- Self-help groups
- Family meeting cycles and active citizens in the MHS
- Concertation tables

Self-help house
Sports club
Extraordinary events
Shared care pathways
Systematic quality work

From isolated and “niche” activities … TO … a wide approach, bringing hundreds of people within the development of the system, dissipating reciprocal prejudices and learning in the field to appreciate the value of others.
## Activities performed by UFEs (2009)

<table>
<thead>
<tr>
<th>AREA</th>
<th>ACTIVITY</th>
<th>NUMBER OF UFE</th>
<th>HOURS/YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health centre</td>
<td>Front office</td>
<td>7</td>
<td>2,350</td>
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<tr>
<td>Mental health centre</td>
<td>Call center</td>
<td>5</td>
<td>1,500</td>
</tr>
<tr>
<td>Mental health centre</td>
<td>Accompaniment in crisis situations</td>
<td>3</td>
<td>2,000</td>
</tr>
<tr>
<td>Community teams</td>
<td>Help in complex situations</td>
<td>2</td>
<td>2,000</td>
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<tr>
<td>Hospital ward</td>
<td>Accompaniment in acute crisis situations</td>
<td>4</td>
<td>1,500</td>
</tr>
<tr>
<td>High protection residential facility</td>
<td>Night shift</td>
<td>5</td>
<td>4,380</td>
</tr>
<tr>
<td>High protection residential facility</td>
<td>Day time activities</td>
<td>3</td>
<td>1,095</td>
</tr>
<tr>
<td>Self-help apartments</td>
<td>Accompaniment in daily activities</td>
<td>2</td>
<td>1,825</td>
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<tr>
<td>Shared care pathways</td>
<td>Guarantor of the treatment plan undertaken by patient</td>
<td>6</td>
<td>500</td>
</tr>
<tr>
<td>Families</td>
<td>Facilitator in meeting cycles</td>
<td>3</td>
<td>50</td>
</tr>
<tr>
<td>Awareness initiatives</td>
<td>Testimonial in campaigns against stigma</td>
<td>10</td>
<td>1,700</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>50</strong></td>
<td><strong>18,900</strong></td>
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</tbody>
</table>