

Alternative approaches to hospital and medication

FLIPCHARTS - post it notes of people's ideas, concerns, thoughts, questions

Power ideas:

- Peer control.
- Together we have the power to change reality.
- How do you become a peer? Issues of identity? Who decides?
- From power- difference → empower everyone.
- Leadership and PR.
- Being with rather than doing to.
- No one person needs to know how to do it all-we can do it together.
- Pharmaceutical advertising power in America.
- National Institute for Mental Health-in America- an organisation receiving a lot of funding for biological research.
- Peer definitions-is there a danger of them and us?
- Pharmaceutical industry-power and influence towards approaches used and available in the mainstream.
- Democratic.
- Connections and relationships.
- Works well when works for everyone- both people working in paid work and people asking for support.
- Power with rather than power over.
- [Intentional peer support](#)-Sherry Mead.

Environment ideas - Natural and Built

- Outdoor/land-based liberal day activities (no goal of qualification).
- Ecotherapy, permaculture, low impact therapeutic community. Ecopsychology-soul/mind body/planet.
- Design the building of a crisis house in a health promoting way.
- Putting the heart back in the hospital.

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Art and creativity

- Natural art.
- Creative maladjustment week in July.
- 'Art isn't a mirror to reflect reality, it is a hammer to smash it.'
- Collecting words/images about an alternative approach that are important to us to create a piece of artwork.
- Words: recovery is about hope, choice and control, not about coercion, diagnosis and drugging.
- Adapt "artist's way" as a course to help those with mental health discover who they are.

Coping and causing change ideas:

- Inspiration from alternative approach examples.
- Building on what we are doing already.
- Using ideas from the critical psychiatry network for coping strategies and support networks when being a staff member initiating change.
- Sharing successes.
- Remember we are working together-one person doesn't have to do it all by themselves.
- Roots, doing it together.
- Never despise the small beginning
- Solution focus.

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Here is one way of looking at the difference between problem and solution focus:	
Problem Focus	Solution Focus
What's wrong?	What do we want?
What needs fixing?	What's working
Who's to blame?	What can we do to move forward?
What caused this problem?	What resources do we have to help us move forward?
The expert has an answer	We have the answers
What we can't do	Our resources and strengths
Complications	Simplicity
Definitions	Action
Thinking "... always happens"	Thinking about when it is different
Barriers	Clues
Opposing	Proposing
Its hard work	Its what we want to be doing
Being overwhelmed by the scale of the problem	Identifying small achievable steps
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Creating an Alternative- Things that lift us off

- Working together, collective action.
- Energy, belief that alternatives are possible.

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Future venue ideas

- Ideally free venue.
- Bridge Collective

Roots, History and Storytelling

- Personal testimony-changing public attitudes.
- Media watch-responding to stories in the media.
- Freedom to be myself.

Research ideas

- Selection? How does that influence results?
- Find out about the research done into crisis houses.
- Research on recovery alternative approaches effectiveness.
- Spreading knowledge about Soteria research project papers (35 research papers)
- Positive research on alternative approaches leading to NICE guidelines changing.

Risk ideas

- How have people managed risk and persuaded commissioners about safety of service.
- Pay for peer support workers.
- Haven/crisis houses.
- [May Tree](#), London-people taking responsibility for self.
- We live in a risk averse culture (generally not just around mental health).

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Parking Ideas-We want to Remember and Come Back to:

- How to measure success? What is a success?

Money Ideas

- Donations pot.
- Bring and share lunches.
- Funding for meeting up eg, venue hire, train fare for speakers, lunch, tea and coffee?
- Independently fund an alternative.
- Convince NHS commissioners (clinical commissioning groups) to fund a crisis house.
- Research funding.
- Independent venture that is NHS grant funded or commissioned?
- A project within the NHS.
- Scale, size and values.
- What funding services do we have access to through the various professional organisations we are all involved in?
- Find out how other UK crisis houses are funded.
- Capacity-waiting lists-how deal with?
- Alternative routes to mental health recovery in USA. Examples, all free at point of use.
- Research- evaluation of alternatives-cost effectiveness studies?

Sharing Resources

- [Maytree](#) sanctuary for the suicidal in London.
- Asylum-an international magazine for democratic psychiatry www.asylumonline.net.

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- Leeds survivor led crisis service website: www.lslcs.org.uk
- Mad love project www.madlove.org.uk
- [Schwartz rounds](#)-NHS staff sharing experiences of what it's like doing their job.
- Book '[Madness Contested](#)'-chapter 21 'alternative approaches to crisis' Leeds survivor led crisis service.
- Search library catalogue for books already in library.
- [Creating capable teams](#)-initiative.
- [Triangle of care](#)-something NHS trusts are signing up to.
- Books, websites.
- Book '[Models of Madness.](#)'
- [Evolving Minds](#) film free download <https://vodo.net/evolvingminds>
- 'A Journey through Post Traumatic Psychosis' by Stephanie Aylmer.
- [Asylum magazine](#) website has a list of alternatives to conventional mental health services in the UK.
- Birmingham Crisis houses.
- Make a list to ask library-would they buy?
- Jacqui Dillon podcasts.
- Coming soon: Devon Recovery library in Workways in Exeter. Email dpt-tr.recoverylibrary@nhs.net.
- Genita Pertrolli(?) Citizens commission on Human rights award. www.biosanctuary.com Green Mental Health Care stay sane in a toxic world. The Invisible Crazy Makers by Adam ?
- www.psychologyintherealworld.co.uk/outofthebox
- All about prevention
- International Network Towards Alternatives and Recovery-June 2014 conference Liverpool. (<http://intar.org/category/conferences/>)

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- Discussion group at the Bridge Collective
Open spaces for dialogue and enquiry principles
 - *everyone brings to the space valid knowledge from their own background*
 - *all knowledge is partial and incomplete*
 - *all knowledge can be questioned.*
- www.cochrane.org –The Cochrane collaboration promoting evidence-informed health decision making
- Link to film-Loren Mosher talking about soteria (<http://www.youtube.com/watch?v=qnryFXxl7yU>)
- www.cepuk.org Council for evidence based psychiatry.
- SWAN- social work action network www.socialworkfuture.org/
- Alternative routes to mental health recovery Tamasin Knight www.wcmt.org/uk/reports/1163_1.pdf

Future Event Ideas

- A talk about spiritual crisis.
- Family friendly events.
- Invite Rufus May to talk about Evolving Minds.
- Invite student architects to talk about their designs and ideas at a future event.
- Something to do with the natural and built environment
- Eco-psychology and permaculture and wellbeing.
- Critical psychiatry speaker eg Jo Moncrieff, Phil Thomas
- Public meeting once a month in a non-mental health setting in a similar way to Rufus May's Evolving Minds group up North.
- Inviting speakers eg, Mervyn Morris, Soteria Network.
- Inviting Speakers who have already set up a crisis house- eg South Devon, Leeds (Fiona Venner) Leeds survivor led crisis service.

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- DRRIG, [Recovery Devon](#) – working to improve DPT strategy
- Mental Health and law- finding and inviting activists and speakers.
- Showing films eg, Soteria film, Open Dialogue.
- The way forward peer support, peer control specialist.
- “Peer Lobby” way forward event.

Alternative to Conventional Mental Health Services Ideas

- How can we set up peer led crisis houses in the UK?
- Close to nature-low impact eco-therapeutic community.
- Hospital admissions and isolation from families-how to link people and connectedness.
- Outdoor/land based liberal day activities (no qualification)
- Input friends, relatives, family.
- Setting up intentional long term peer community housing.
- Listening to people who've experienced.
- A Soteria house for the 21st century.
- People willing to meet up and do things.
- Open Dialogue used as an approach within Devon Partnership Trust.
- Creating/developing an alternative for people in acute distress/crisis.
- Continuity-seeing and being supported by some people eg open dialogue.
- Set up Peer led crisis houses in the UK like in Massachusetts and use teddy bears!
- A crisis house-alternative to medication and hospitals.
- Self-referral is a big issue. Only access those who are capable to self-refer.
- How to spread the word? When something is self referral.

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Action planning tools:

Action planning				
Activity	Who	When	Resources	Measure of success

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Impact ranking			
	High impact		Low impact
Easy			
Difficult			