



AUGUST 2020

## European Empowerment Seminar

### “A Celebration of Recovery and Empowerment”

On July 24th, the Mayo Recovery College took part in the annual Mental Health Europe Empowerment Seminar. This online seminar, which was hosted by Mental Health Ireland brought together people with lived experience of mental health challenges, family members/supporters and professionals to discuss the many ways that we can foster “empowering recovery “ in our services and communities.

The Mayo Recovery College hosted a workshop on the day entitled “Empowerment Through Education”. In this workshop we explored how “empowering recovery” underpins Irish Mental Health policy and identified both the benefits of and challenges to empowering people through education.

A major theme of this year’s Empowerment Seminar was the value of “creativity” in empowering recovery. Supporters of recovery from all over Europe submitted their songs, poetry and art which were displayed at various intervals throughout the day. We are so grateful to and proud of our students in the Mayo Recovery College who contributed their unique works of art. Below is one of the contributions , a poem written about one students journey with the Mayo Recovery College.

#### **CHIME-The Path to Empowerment**

*We begin our journey like curious children*

*Heart’s beating fast to the songs and stories that play and replay in our minds*

*But we have come to learn new songs, new stories*

*From the lived experience of others on the path*

*Through the shared gentle breeze of **Connection** which holds us safe*

*Together, we look towards the distant hills of **Hope***

*Discovering our **Identities** as we reflect on the wisdom of those who have gone before us*

*That it is surely the journey, not the destination that matters*

*Somewhere, sometime along the way, we will stop still.*

*And breathe in the great reality of the moment*

*It is then that our senses will be filled with **Meaning***

*It is then that our hearts will be touched by the quiet dignity of **Empowerment***

*It is then we will know true freedom*

**You can watch the 2020 Mental Health Europe Empowerment Seminar in full on You Tube at**

<https://www.youtube.com/watch?v=9-y7AHEPtyw>

## This month at the Mayo Recovery College

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 10th-14th.	<b>Staff Training (All day)</b>	<b>Staff Training (All day)</b>	<b>RPPT 2 Training for HSE Staff 10am-1pm</b>		
Aug 17th-21st.		<b>Dealing with Anger 11am-1pm</b>		<b>Co-production session 11am –1pm</b>	
Aug 24th-28th		<b>Learning Self-Compassion 11am-1pm</b>			

### RPPT 2 Training for HSE Staff

This training, developed by the Mental Health Engagement and Recovery Team aims to enhance recovery oriented practice by exploring the recovery approach and embedding the principles of recovery into all aspects of service delivery

### Dealing with Anger

In this module we will explore some of the causes and effects of anger in our own lives and how it can cause difficulties in our relationships. We will also identify some supports that are available for people who would like to learn more about how to deal with anger.

### Co-production Session

In this session, experts by profession and experts by experience (people with lived experience/family members) meet to collaboratively design a chosen Recovery College module. If you would like to be a part of this session, please contact us (**contact information at bottom of page**). We request that students attending this session must have attended 3 or more modules with the Recovery College. We also encourage the participation of Mental Health staff in these sessions

### Learning Self-Compassion

*“When you are compassionate with yourself you trust in your soul, which you let guide your life. Your soul knows the geography of your destiny better than you do”* (John O Donohue)

In this module we will explore the importance of self-compassion in our lives. We will identify some of the barriers that we face in developing compassion for ourselves and learn ways in which we can cultivate and foster this essential part of recovery.

## MEET THE RECOVERY COLLEGE TEAM



Karen McHale is the Principal Peer Educator in the Mayo Recovery College. She has extensive experience of working in the fields of Mental Health Recovery Education, Family Peer Support & Community Development.

She applies her Social Capital in the Recovery sphere to support a Recovery culture to flourish and expand.



Billy Clarke is a Recovery Education Facilitator with the Mayo Recovery College. Recovery Education is something that Billy has a deep passion for. As a

person with lived experience of mental health challenges he has witnessed firsthand how Recovery Education can transform the lives of people with mental health challenges, their families and communities.



Shane McHale is a Recovery Education Facilitator with the Mayo Recovery College. A graduate of the GMIT Social Care programme, Shane incorporates the

values of a non-judgemental, person centred approach into his work. Living with depression for many years has given Shane insight into how we can lose ourselves in the midst of a mental health issue. He is passionate about education and self-expression.

**To join our video or audio interactive sessions**

**Send your name and number to 0860294901 or email [recovery.educatormrc@hse.ie](mailto:recovery.educatormrc@hse.ie)**