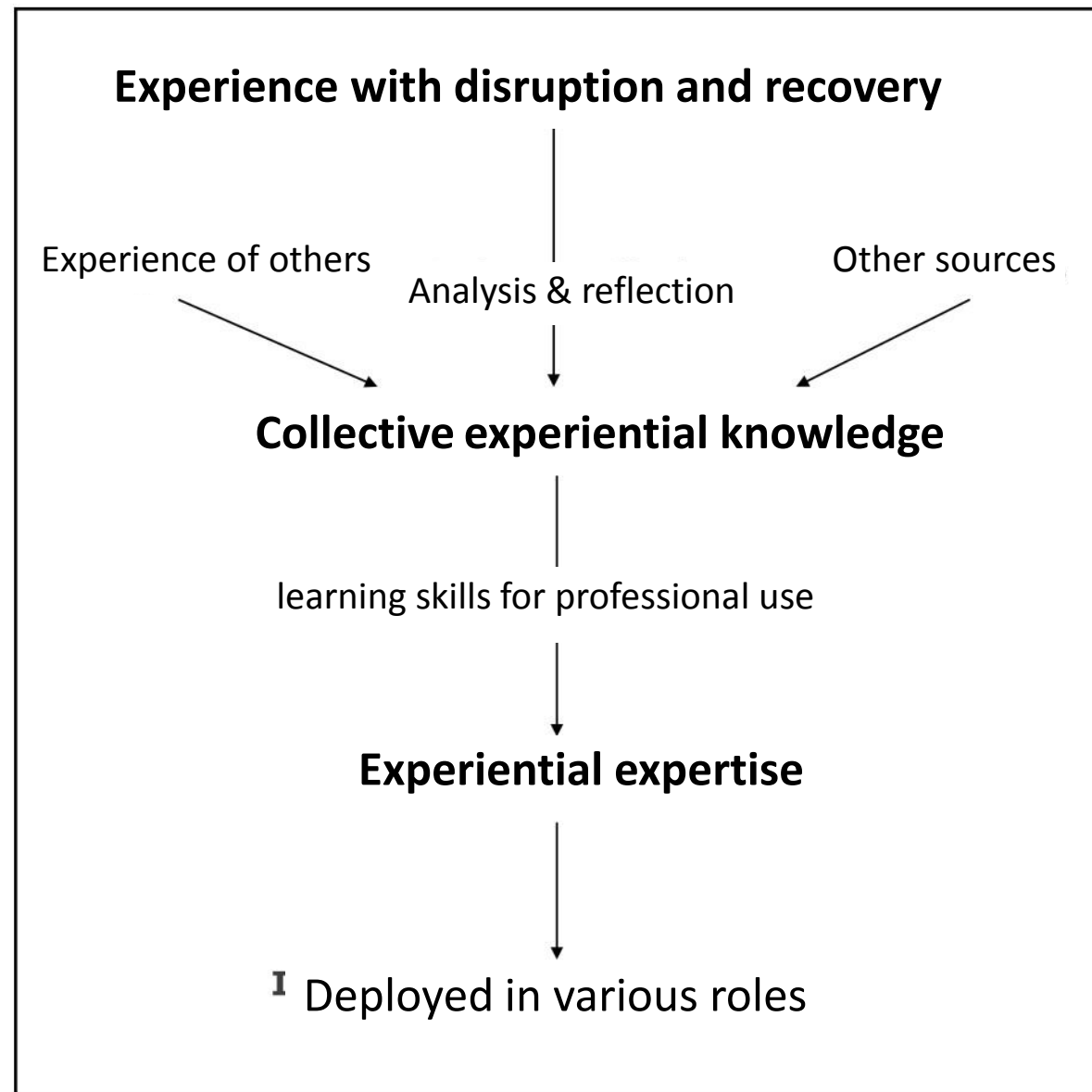


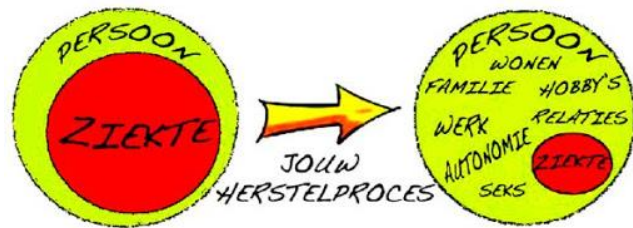
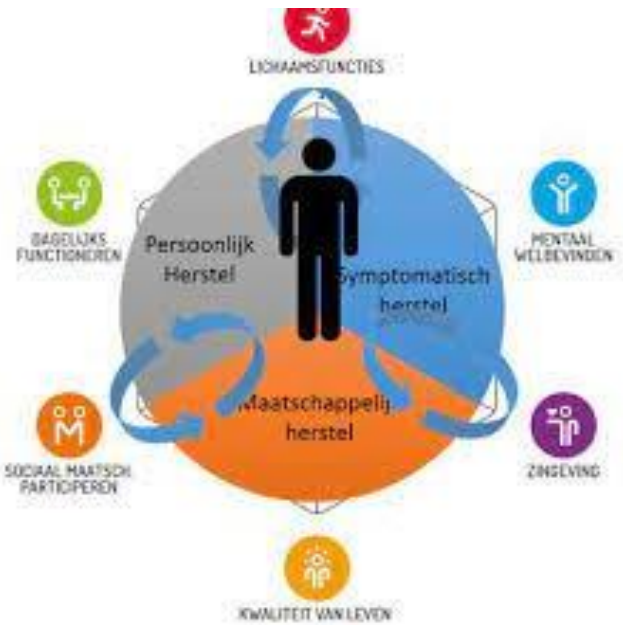
The road from own experience to experiential expertise



Recovery – multiple definitions

- World Health Organisation (1948)
 - A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
 - → 95% of the present healthcare budget is spent on medication and intervention.
- Bill Anthony (1993)
 - 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 with limitations caused by the illness.
 - Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.
 - Recovery from mental illness involves much more than recovery from the illness itself.
- Machteld Huber and Marja van Vliet, 2014
 - Health as the ability to adapt and self-manage, in light of the physical, emotional and social challenges of life

Recovery supported care



NOT: Insert recovery support in treatment and or support

BUT: Inserting treatment and support into recovery processes

De three main tasks



- Support in individuals recovery processes;
- Organisation of recovery supported care;
- Emancipatory influencing of social processes and destigmatisating
- Two important pillars:
 1. Methodical self management
 2. Emancipation

Task of the Peer Support Worker	Level	1	2	3
1.Facilitates diagnosis-free space and invites you to use it	client	+++	+++	+++
2.Supports the individual recovery process	client	+++	+++	++
3.Provides requested social and practical support	client	++	+++	++
4.Guides groups of people in recovery	client	+	+++	+++
5. Peer advocacy	client	+	+++	+++
6.Contributes to the organization of recovery support care	organisation		++	+++
7.Contributes to coaching, training and the promotion of expertise of regular care providers and peer experts	organisation	+	++	+++
8.Advises teams, management and Staff departments in care programs and policy	organisation		+	+++
9.Develops and participates in relevant networks	organisation		++	+++
10.Establishes and maintains contact with social parties for the purpose of creating social opportunities	organisation			+++
11.Contributes to education and research	organisation	+	+	+++
12.Reflects on one's own actions aimed at the sustainable development of a learning inquiring professional attitude	profession	++	++	+++
13.Maintains own expertise	profession	++	+++	+++
14.Contributes to professional development and professional deployment of peer expertise	profession	+	+	+++

Competence = Knowledge + Insight + Skills + Attitude + Personal characteristics

Competences → provide adequate results ...

... to be able to use peer expertise
and to facilitate recovery

GENERIC COMPETENCES basic attitude = transcending		SPECIFIC COMPETENCES for specific (core tasks)		Level 1	Level 2	Level 3	SPECIFIC PROFESSIONAL KNOWLEDGE AND PROFESSIONAL THEMES	
1.	Non-medical language	1.	Contact and communication skills in individual contacts and with groups	++	+++	+++	1.	Knowledge areas recovery and recovery support
2.	To be able to view meaning critically and openly	2.	Being able to use own experience in an empowering manner	++	+++	+++	2.	Knowledge theoretical knowledge areas
3.	Unprejudiced listening	3.	Act methodically	++	+++	+++	3.	Practice-oriented knowledge areas
4.	Reciprocal input with respect for difference	4.	Collaborate	+	++	+++	4.	Contextual knowledge areas
5.	Flexible handling of boundaries	5.	Conceptual and normative thinking	+	+	+++		
6.	Understanding and confidence in recovery	6.	Informing, advising, coaching and education	+	++	+++		
7.	Understanding of and for conflicts	7.	Self-management and self-handling	+	++	+++		
8.	Reflection and introspection	8.	Peer advocacy	++	++	++		

- Level 1 (basis)
- Level 2 (senior/ specialist)
- Level 3 (advisor/ coordinator)

Levels of Peer Expertise

- Complexity
- Transfer
- Independence
- Responsibility

