

4 August 2016

Discovering the Strengths for Recovery

Boosting the self-esteem of people living with a mental illness will be at the core of a new 'Strengths Model' being launched in Sydney on Monday 8th of August from 8.30am.

SWS Mental Health Services Director Dr Claire Jones said the new model of care will still assist consumers with managing their symptoms but also support them in dealing with the effects of stigma, exclusion and social disadvantage that can come with a mental illness.

"The Mental Health Services' Strengths Recovery Model is a personal journey that sees our consumers develop a sense of hope, security and self-esteem through supportive relationships, empowerment, social inclusion, coping skills and meaning." she said.

NSW Mental Health Commissioner, John Feneley and the Director of the Kansas Centre for Mental Health Research and Innovation Dr Rick Goscha who helped pioneer the Strengths Model will address the audience on topics that focus on continuing to work in partnership with mental health consumers.

Dr Jones said she supported the model of care which focuses on recovery.

"The Strengths Model was co-authored by Dr Rick Goscha and is a recovery orientated approach to caring for our mental health consumers by enabling them to pursue their personal goals, rediscover meaning and purpose.

"The program's focus will be on strengths versus deficits in an effort to help people recover, reclaim and transform their lives." she said.

PHOTO OPPORTUNITY

WHAT: Recovery will be the focus for mental health consumers at the upcoming Mental Health Services' Strengths Model launch. NSW Mental Health Commissioner, John Feneley and the Director of the Kansas Centre for Mental Health Research and Innovation Dr Rick Goscha who helped pioneer the Strengths Model will address the audience on topics that focus on continuing to work in partnership with mental health consumers. The speakers' focus will be on strengths versus deficits in an effort to help people recover, reclaim and transform their lives.

WHEN: 8th August, 8:30am – 11am, Liverpool Catholic Club, 424-458 Hoxton Park Road Liverpool West.