

'More than a trail of breadcrumbs' lived experience led pathways to recovery

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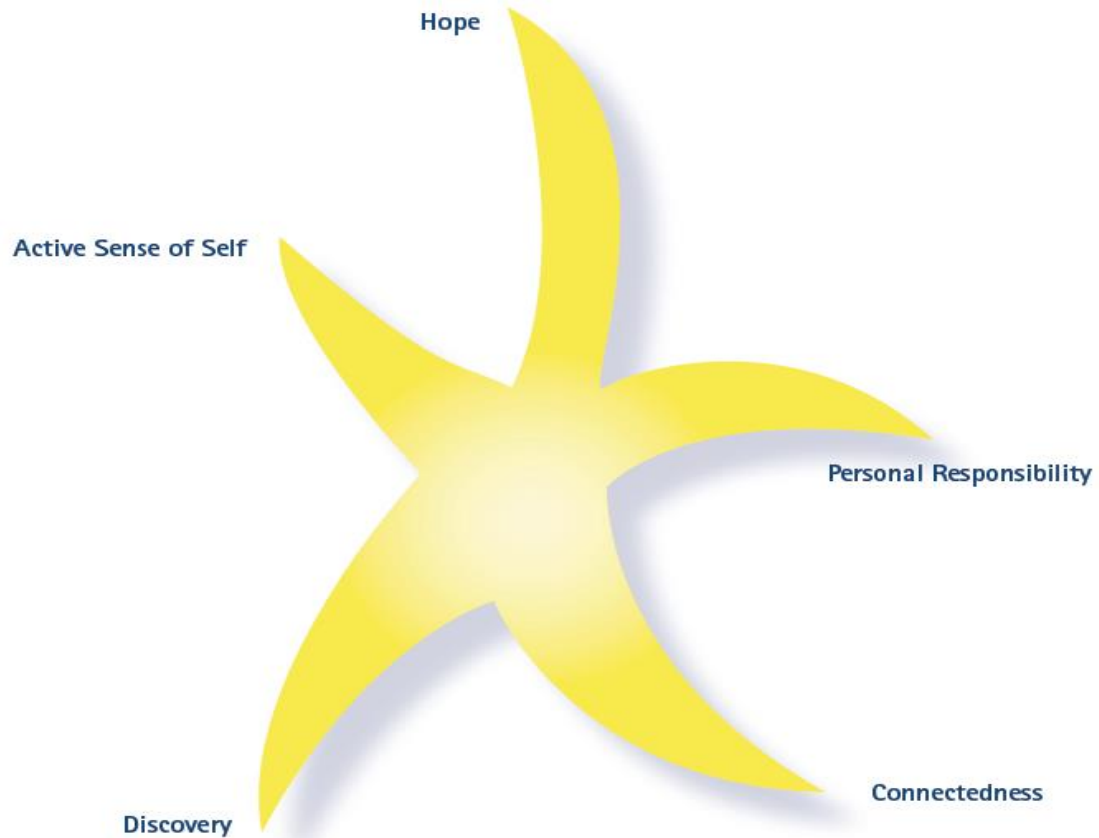
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**I SEE YOUR
MOUTH MOVING**



**BUT I DON'T KNOW WHAT
YOU ARE SAYING**

What is Recovery?



(Queensland Health, 2005)

What Recovery isn't...



(Glover, 2012)

From Zero to Hero at CQUniversity

NURS12150: Recovery Approach in Mental Health (Term 2, 2012)

You are logged in as Louise Byrne (Logout)

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Turn editing on

Evaluation

Have your say

For further information on course evaluations click here.

39 completed (details)

Activities

- Assignments
- Chats
- Choices
- Evaluations
- Forums
- Resources
- Wikis

Help

Create a banner
Upload a banner to this course
Moodle Help for Staff
Collaborate Help
Linking to full text resources
Upload a media file
EASI CONNECT

Weekly outline

Warm Greetings and some Instructions for Getting Started



[Image source: <http://recoveryhope4all.com/>]

Greetings, below you will see some headings. Before you begin the course take the time to click on each of the headings and read the information. They act as an introduction to the course and your online learning environment.

'Welcome Message' introduces your lecturer and the focus of the course

'Rules of Engagement' outlines expected on-line etiquette

Links to information on your 'Assessment Items' are displayed in your activities block to the left of this screen. Additional Assessment Information is also provided. **It is essential that you read the additional information and your assessment items in week 1 as you will need to begin working on them immediately.**

Search forums

Go

Advanced search

Latest news

Add a new topic...

Louise Byrne 10 Oct, 11:49
till graduation day... more...

Louise Byrne 3 Oct, 15:35
PS: one last thing more...

Louise Byrne 3 Oct, 12:30
Last Week! more...

Louise Byrne 27 Sep, 13:38
Pretty please evaluate...
more...

Older topics ...

Latest news

Add a new topic...

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Quotes: Student Perspectives




“The recovery course has given me insight about what it’s like on the other side. Reminding me...we’re all human beings. It reminded me of my humanness.”

“...I can say hands down, with my hands on my heart, this has been the best course I have done . . . It was just incredible and it’s changed me as a person.”





**If an egg is broken by an
outside force, life ends.**

A close-up photograph of a light-colored egg with a jagged crack around its middle. Bright light is streaming through the crack from the right side, creating a dramatic effect against the dark background.

**If an egg is broken
by an inside force,
then life begins.**

**Great things happen
from the inside.**

hope .



one person with a
belief
is equal to a
force of ninety-nine
who have only
interest.

John S. Mill
philosopher





Lived Experience, 'super' good at understanding Recovery



Quotes: Executive/Senior Management Perspectives



“...having a service wide systematic strategic approach to recovery was one of the 2 priorities and I don’t think it’s just been having [lived experience consultant] on board that’s done that, but he’s certainly had a significant contribution”

“...there is evidence that shows having a recovery support [lived experience] worker has driven a positive change, not just for the consumers - but within the clinical workforce. The culture of the clinical workforce in that team has changed”



Recommendations



Recommendations





Louise Byrne

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Relevant Publications:

- Byrne, L., H. Roennfeldt and P. O'Shea (2017). Identifying barriers to change: The lived experience worker as a valued member of the mental health team. Brisbane, Queensland Mental Health Commission. **Final Report.**
- Byrne, L., B. Happell and K. Reid-Searl (2015). "Recovery as a lived experience discipline: A grounded theory study." Issues in Mental Health Nursing **36(12): 935-943**
- Byrne, L., B. Happell, A. Welch and L. Moxham, J. (2012). "Things you can't learn from books: Teaching recovery from a lived experience perspective." International Journal of Mental Health Nursing **22: 195-204.**

