



Thriving Lives Workshop Information Sheet

Introduction

It can be hard to understand what exactly would be involved in improving our own mental health and we can often feel ill-equipped for the task.

Thriving Lives helps you understand the practices associated with a flourishing life and build an individualised, practical picture of how you can begin to create that for yourself.

Workshop Outcomes

- ✓ An evidence-based, achievable understanding of recovery
- ✓ A deepened and more expansive understanding of the practices involved in attaining and maintaining mental health
- ✓ A better understanding of how to build these areas of practice into your life
- ✓ Something to share with your recovery partners so they can better tailor their service to your needs and preferences

Method

In Thriving Lives, you will be introduced to seven areas of practice that are associated with the experience of flourishing and mental wellbeing. There will be some opportunity for participant discussion and brainstorming and you can choose to remain quiet if you wish. You will be guided to use the Thriving Lives Worksheet to build a picture of what practices you already use and what you could add to improve your experience of flourishing in the world. You will be provided with a take-home participant workbook to keep you on track into the future.

Facilitator Information:

Thriving Lives is designed and delivered by Miriam Larsen-Barr. Miriam has a Master of Arts with First Class Honours in Psychology. She is an experienced support-group facilitator and has her own lived experience of recovery from major mental unwellness. As well as running Engage Aotearoa, Miriam is involved in mental-health promotion for the Like Minds, Like Mine programme, a national project to reduce the stigma and discrimination associated with mental unwellness. Miriam combines a personal, service-user perspective with research from the field of psychology. Her approach is transdiagnostic and strengths-based, which means that the focus is on those positive practices that have proven to be helpful for people with a broad range of mental health experiences.

Upcoming Sessions

Session Date:	Time:	Location:	Enrolment Dates	Cost:
Friday 6 July 2012	1 pm – 4 pm Check-In from 12:45	Mind & Body Consultants 395A Manukau Rd, Epsom Venue proudly sponsored by  www.mindandbody.co.nz	Enrol by 5 July 2012	\$25 unwaged \$50 waged 50% Discount for Mind & Body Peer Support Service-Users

Risks & Safety

Thriving Lives has a positive approach focused on practices that improve mental health and a good understanding of what makes putting positive practices into action difficult for people. Because it is so difficult to put positive strategies into practice, attending a workshop that asks us to think about how we live our lives now and want to live it later can trigger some feelings of distress, regret, shame or anxiety.

These feelings are natural and we can support you to resolve them, either in the session or afterwards, depending on when you find yourself affected.

Our enrolment questionnaire will help us to assess what kinds of support you might need to enjoy participating and cope with the possible regrets and worries that might get in your way.

Your facilitator has been trained to understand how hard it can be to take part in personal growth and will make every effort during the session to present things in a way that protects you from the risk of unwanted emotions.

If you find yourself experiencing any unwanted feelings or distressing thoughts during or after taking part in Thriving Lives, please let Miriam know so she can support you to resolve it.

Enrolment Information:

Enrol over the phone by calling Engage Aotearoa on (09) 963 9455

Enrol online by emailing admin@engagenz.co.nz

Almost anyone can take part. The main eligibility criteria are that:

- You want to take part for yourself (not because someone is pressuring you)
- You are able to enrol yourself
- You will be able to participate in the session drug-and-alcohol free, this includes prescription medications like benzodiazepines (e.g. valium) and other legal sedatives
- You are committed to respecting other viewpoints, experiences and preferences.
- You will be able to cope with being present in a group environment and thinking about how you practice mental health in your daily life (this doesn't necessarily mean you won't still feel anxious about being there – that's okay, it will pass, we understand how anxiety works really well)

We have an enrolment questionnaire to help you figure out whether the workshop will be right for you at this time in your life. You are welcome to have a support person present with you during the workshop. They can enrol as a supporter.

Enrolment Questionnaire

When you contact us to enrol, we will ask you to complete a short enrolment questionnaire, either over the phone or by email. The questionnaire asks your name, age, contact details, current distress levels and what you hope to get out of the session. This is to make sure that the Thriving Lives workshop fits well with what you are looking for; your information will be kept confidential. We take your privacy seriously.

Thriving Lives Enrolment Questions

- Name and Date of Birth:
- Address:
- Phone Numbers:
- How disruptive are your symptoms of unwellness at the moment, if you were to rate it out of 10? Let 1 mean that the symptoms are not at all disruptive at the moment and let 10 mean that they are currently the most disruptive they can get.
 - » ___/10
- Do you think you will be able to concentrate in a group situation?
 - » **Yes or No**
- Will you be able to attend the session Drug and alcohol free?
 - » **Yes or No** (Note this includes being free from the effects of prescribed sedative medications).
 - » If Yes, please explain:
- Do you have any other accessibility needs that you think the facilitator needs to be aware of? If yes, please explain:
- What do you aim to get out of the session?

Accessibility Information

- Information is shared via discussion and supporting written materials.
- Unfortunately a sign-language interpreter is not available. The facilitator knows to keep her face visible when talking and to repeat things shared by individual group members.
- Electronic versions of the handbook materials are available for people with visual impairments who have lap-tops to assist with reading.
- There are some written activities that are central to the workshop – these are easily adapted to being typed on a lap-top if you have one.
- If you think you may have accessibility issues, please let us know and we will do our best to help.
- The venue at Mind and Body Consultants has a stepped entry and no lift access.

Parking

We recommend that you park in the car park opposite Mind and Body Consultants on Manukau Road. Mind and Body's neighbours, Gee Gees restaurant, have kindly agreed to let visitors to Mind and Body use their free parking spaces there. Park in any Gee Gees designated spot and then let the staff at Gee Gees know you are there. Alternatively there is limited parking on King Edward Ave.