



Thriving Lives For Supporters Information Sheet

Introduction

It can be difficult to communicate what exactly is involved in mental health and people can feel ill-equipped to promote it, either within themselves or when supporting others. Thriving Lives introduces the practices associated with Flourishing as a way to promote a positive and practical understanding of mental health and how to support people to implement this approach in their everyday lives.

Workshop Outcomes

- ✓ A destigmatising, evidence-based understanding of mental health
- ✓ A deepened and more expansive understanding of the practices and activities involved in attaining and maintaining mental health
- ✓ A strategy for supporting people to build these areas of practice into their lives
- ✓ A strategy for building these areas of practice into your own life


Method

In Thriving Lives For Supporters you will be introduced to the seven areas of practice that research has associated with the experience of flourishing and mental wellbeing. You will use the Thriving Lives Worksheet to apply this information to your own experiences. As a group you will explore ways to support people around the challenges they will face in understanding and implementing these practices.

Facilitator Information:

Thriving Lives For Supporters 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 disorder experiences.

Upcoming Sessions

Session Date:	Time:	Location:	Enrolment Deadline:	Cost:
Mental Health Awareness Week: 12 Oct 2011	10:30 am – 13:30 pm	Youthline House 13 Maidstone Street Ponsonby, Auckland Sponsored by 	30/09/2011	Standard Rate: \$100 Early-Bird Rate: \$75 Applies until 30/08/2011

Enrolment Information

Thriving Lives For Supporters is open to professionals who work in mental-health as well as colleagues, friends and family members who want to better understand how to promote wellbeing.

Enrol by calling Engage Aotearoa on (09) 963 9455 or emailing admin@engagenz.co.nz

You will receive a take-home workbook that also includes useful resources to share with the people you support. Participants are encouraged to utilise the Thriving Lives framework and methods in their work supporting individuals towards wellness. Participants wanting to obtain rights to reproduce and distribute the Thriving Lives Worksheet to individuals, groups or organisations will require a Resource License.

Enrolment Questionnaire

When you contact us to enrol, we will ask you to complete a short enrolment questionnaire. This is to make sure that the workshop fits well with what you are looking for; your information will be kept confidential. We take your privacy very seriously.

Thriving Lives Enrolment Questions

- Name:
- Organisation or Group (if applicable):
- Address:
- Phone Numbers:
- How is your own sense of wellbeing lately, if you were to rate it out of 10? Let 1 mean that your sense of wellbeing is the worst it can be and let 10 mean that your sense of wellbeing is extremely strong.
 - » ___/10
- What do you aim to get out of the session?
- Do you have any accessibility needs that the facilitator should be aware of?

Accessibility Information

- Regrettably the venue is not wheelchair accessible.
- 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 handouts 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.