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### Session 5 “VIVACITY”

Vivacity encompasses a natural vigour for life, a spirited approach that embraces the vital force of being alive. It could also be said that the individual has tenacity and hope for life and living. This session will explore how people can move on in recovery and reclaim their lives.

We will look at issues of;

- Discovering or rediscovering pleasures
- Finding purpose
- Holding hope
- Nurturing motivation
- Helping others

### Session 6 “EMANCIPATION”

Disingenuously, the importance of power and lack of power associated with mental ill health is never openly acknowledged by society. The very act of moving on in your life, reclaiming, recovering and fighting back is a political act. The medicalisation of distress -

“It’s a disturbance in your neuro -amines” has been one of the greatest follies of modern times because it removes the personal meaning and responsibility from the equation. This position is not against the use of medicine in distress - indeed medicine can be one way of coping, but it doesn’t cure.

We will look at issues of;

- Participation and empowerment
- Having a voice
- Myths of psychiatry
- Labelling and diagnoses
- Stigma and Disadvantages
- Self directed planning

If you are interested in learning more about the THRIVE course for you or your organisation or if you wish to purchase a THRIVE manual then please get in touch with Mike or Marion  
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**Remember when you were young  
You shone like the sun  
Shine on  
you crazy diamond**

*Pink Floyd*



THRIVE is aimed at all paid workers, informal and peer support staff, family members and also individuals on their own recovery journey. Based on the THRIVE manual this 6 session programme helps develop Recovery focussed ways of supporting people overcome psychic distress, whilst teaching the values, principles and core competencies of Recovery and Inclusion.

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**The THRIVE©  
Approach  
Building resilience  
and finding your  
future**



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# Time—Healing—Resilience—Interdependence—Vivacity—Emancipation

Many people experience severe mental distress at some point in their life (1 in 4 in the course of a year according to statistics) and at the time it can be totally devastating. Quite apart from the distress this causes, some people report feeling misunderstood and even frightened by a society which often focuses on illness, deficits, losses and stigmatisation. Many myths and misconceptions still abound regarding mental ill health - not only those held by the general public, but ironically sometimes by those working within mental health systems. Very often the emphasis is on mental ill health rather than wellness, and despite the concept of recovery being recognised, services remain predominantly medical model and more target driven than people orientated.

The THRIVE© approach takes a more positive stance. Devised by Mike Smith, a nurse of 25 years experience and former Director of Nursing in North Birmingham and Marion Aslan, a former user of mental health services who has worked in the learning disabilities and mental health voluntary sector for the last 30 years, we have drawn on our experiences of what keeps people maintained within the system and what works in the moving on process, whereby people thrive and find their future.

Recovery following distressing experiences can be a seemingly complicated phenomenon that is described in complex language by many people. In reality however there are a number of underpinning focal elements that are the foundations for personal recovery and moving on to find a future and build resilience. For comfort and ease of navigation we refer to these underpinnings collectively as THRIVE©. They come in no particular order, have no greater merits than as a descriptor and are no more or less important than each other.

## **THRIVE© - The 6 underpinning themes of recovery/survival and mental wellness -**

- **Time**
- **Healing**
- **Resilience**
- **Interdependence**
- **Vivacity**
- **Emancipation**

**This six week course reflects the key areas of recovery and gives participants a range of practical tools and ideas for moving on. It will give an insight into different mental health issues and how best to support people.**

### **Session 1 “TIME”**

Using the concepts of time this session explores the Journey of Recovery in mental health and in particular the 5 step process for reformation – turning points, identifying the experiences, exploring the experiences in depth, understanding and organising these, then moving on.

We will look at issues of;

- Depression and ways of getting “unstuck”
- Aspects of self, how to build self esteem and self worth
- Hopes and Dreams
- Person Centred tools, including timelines and portfolios
- Triggers / crisis points
- Coping strategies

### **Session 2 “HEALING”**

This session is based on the theme of healing past hurts and includes some practical advice on what helps or hinders people in their recovery process. We will consider a range of therapeutic interventions as alternatives to the medical model and examine the role played in recovery by spirituality and religion.

We will look at issues of;

- Self injury
- Voice hearing
- Sexual Abuse
- Stages of surviving abuse and the healing process
- Coping strategies
- Alternative and Complimentary Therapies

### **Session 3 “RESILIENCE”**

The elements of Recovery practice are well documented, but the concept remains deliberately vague. Resilience is a far more meaningful term. It can be an innate quality, the capacity of an individual to cope with trauma and still ultimately thrive. It can also be nurtured and supported by others. Building resilience allows people to see themselves in a new light, encourages self determination, and helps to maintain balance and flexibility to life events thus providing resistance to succumbing to future crises.

We will look at issues of;

- What is resilience? How can we help people build it?
- Shifting from victim to survivor
- Resilience factors and strategies
- Personal narratives of recovery and resilience

### **Session 4 “INTERDEPENDENCE”**

Often in mental health circles we hear of “independent living” or “independence” as if that is what we should be striving for. This is an anomaly as none of us are truly independent of each other. We are interlinked, intertwined and interwoven – that is the nature of society. This session will explore how we can support and encourage interdependence.

We will look at issues of;

- Rediscovering skills / strengths
- Personal support systems
- Using person centred tools to identify relationship / community maps
- Circles of intimacy
- Paid support