



# EQUALLYWELL

## 2023 Symposium

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# **TOWNSVILLE HHS RECOVERY JOURNAL**

The journey from tokenistic to  
empowering engagement

**Emma Smith**



# Acknowledgements



# Who am I?

- Mum
- Wife
- Daughter
- Sister
- Friend
- Colleague
- Mental Health Worker
- Mental Health Consumer

# What we do

- Townsville Hospital and Health Service – Mental Health Services
- Lived Experience Workforce
- Lived Experience Engagement
- The Lived Experience Reference Group (LERG)

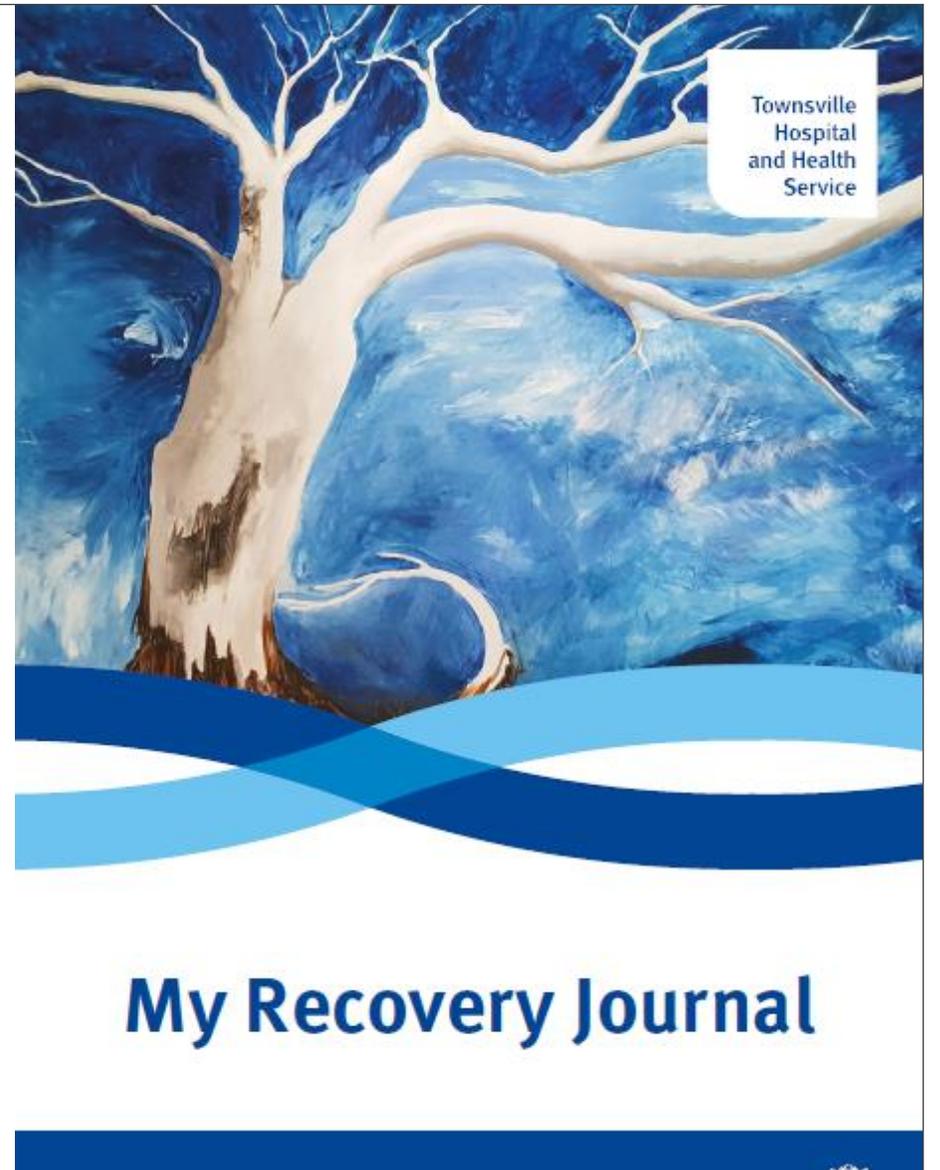




# Our Recovery Journal

Our vision for this project was to create a tool to be available for people to take charge of their own recovery through information provision and self-advocacy resources, embracing wellbeing and celebrating progress.

# The finished product



# Admission resources

How long should I expect to be in hospital?

Am I under a treatment authority?  
 NO, I am a voluntary patient. I may leave at any time.  
 YES I am under the following order:

Do I have leave?  YES  NO How long/when?

What are the conditions of leave?

How can I arrange for my support person to come to these appointments?

What is my treatment plan?

Can you please assist me to complete my medication chart in this journal?

# Self help

## Mindful breathing

- 1 Lie down and close your eyes
- 2 Gently breathe in through your nose, mouth closed, for six seconds
- 3 Don't fill your lungs too full of air
- 4 Breathe out for six seconds, letting your breath leave your body slowly and gently
- 5 If your thoughts start to wander, focus on counting and how your body feels.
  - What does it feel like when you breathe?
  - How does it sound?
  - What changes and movements do you notice in your body?
- 6 Continue for up to 10 minutes

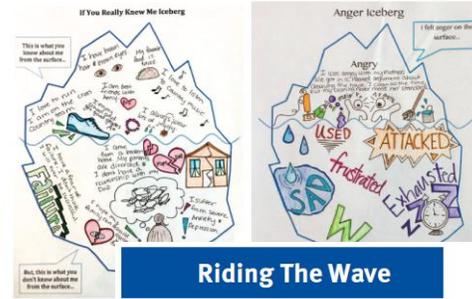
# Recovery plan

My Wellness Recovery Action Plan					
WELLNESS RESOURCES	What I am like when I am well:				
MAINTENANCE PLAN	What I do to stay well	What I can try	Support People	How to help me stay well	
TRIGGERS	Things that trigger	How to avoid	How I cope with triggers	Support People	How to help with triggers
CHANGES / DETERIORATION	Early warning signs	How I manage	When things get bad	Support People	How to help me cope
CRISIS PLAN	Signs I'm in crisis	How I will manage	Managing danger	Support People	How to help in a crisis
	What I am like when I am no longer in crisis				

# Art journaling

## The Iceberg

Examples



## Riding The Wave

Examples



# Scheduling and appointments

## Symptom Trackers

Symptoms can change in their intensity every day, recording how your symptoms were during the day can help you look back and reflect on how far you have come.

Symptom trackers are also useful in sharing with health professionals to track your progress and create recovery plans.

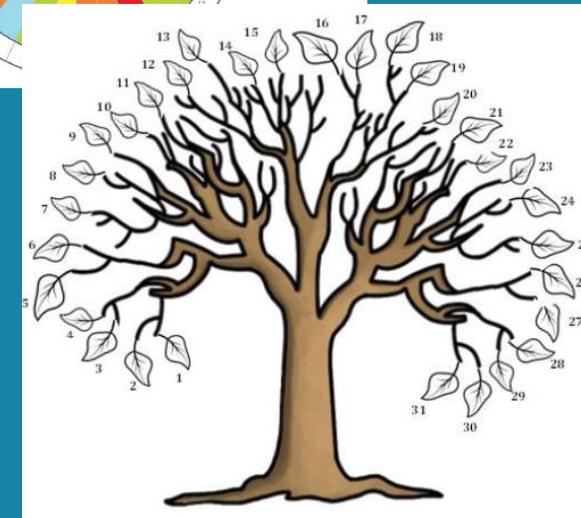
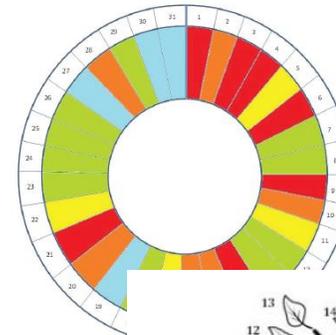
Use different colours to represent the different levels of intensity you experience with each symptom, then colour in the tracker at the end of each day to show how your symptoms were.

See the below example:

Month/Year: March 2018 Symptom: Anxiety

### Colour Key

- Calm
- Low Agitation
- Moderate Agitated
- Highly Agitated
- Panic Attacks



# Information

## GET ENOUGH SLEEP

Sleep is important to keep our body and mind focused, feeling good and working well.

Try to get at least 7 hours sleep each night and maintain a routine. You may like to use the sleep tracker tool for help.

## BE SOCIAL

Being around other people can feel like hard work sometimes but being social can have a positive effect on your mental wellbeing.

You may like to try volunteering, taking up a hobby, get involved in a club or sports group, or try some free activities in the community.

## AVOID DRUGS AND ALCOHOL

Alcohol and other drugs may make you feel good in the short term but can have long term negative effects on your physical and mental health.

Reducing or avoiding drugs and alcohol may improve your mood, help you get better sleep and feel better physically.

## GOOD DIET AND EXERCISE

A healthy diet and regular exercise can help to boost your mood and energy and manage stress.

Try to eat regular nutritious meals, drink 2 litres of water and keep active for 30 minutes a day. You may like to walk, go to the gym or play a sport.

## MANAGE STRESS

Stress can contribute to our mental health and physical wellbeing. Try to spend time each day doing something you find enjoyable and relaxing.

You may like to make art, learn an instrument, or try meditation or yoga. Try some of the tips in 'self-help.'

## FOLLOW YOUR PLANS

Treatment and other health plans such as the Wellness Recovery Action Plan can be a great tool to keep you mental health on track.

Remember to take medication at the right time each day, learn your triggers and warning signs, and ask for help from others when needed.

# Impacts on how we engage

Reviewing and reporting engagement including levels

Support for engagement at all levels of development and review

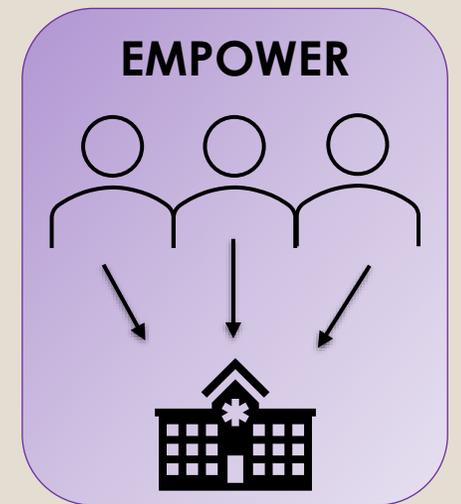
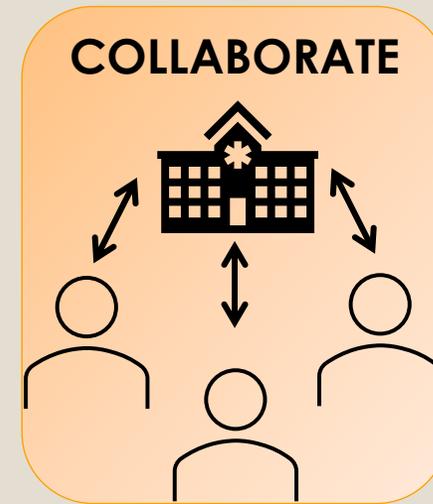
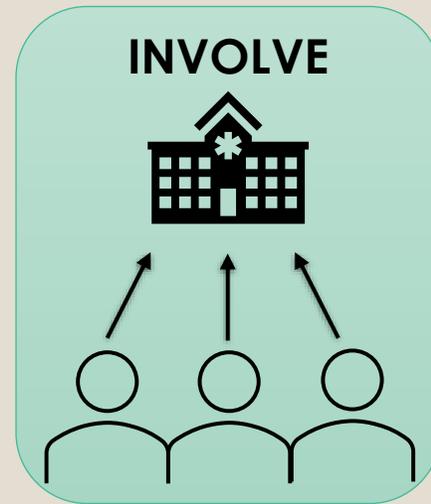
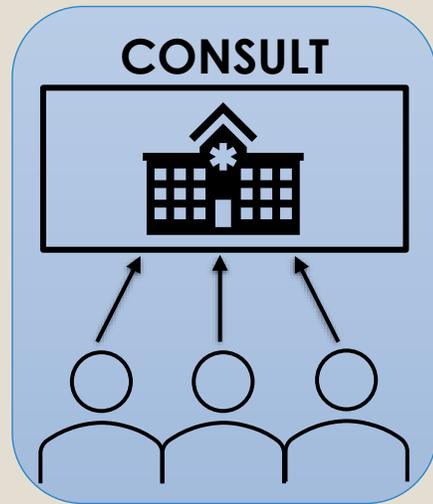
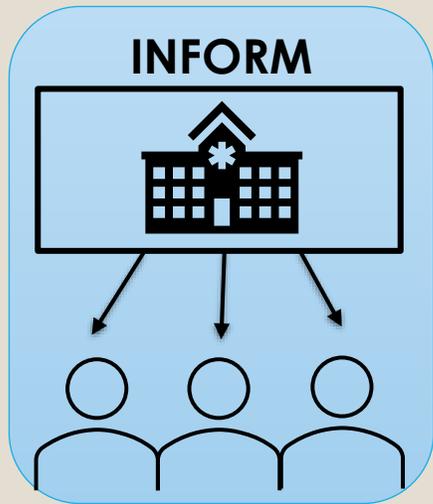
Resources to increase engagement activities

LERG strategic plan

Policy and procedure review to reflect best practice

Engagement in staff education

# IAP2 Engagement Spectrum



**TOKENISTIC ENGAGEMENT**

**PLACATING**

**SERVICE USER EMPOWERMENT**

# The benefits of empowering engagement





# A guide for service providers

- All of service commitment to meaningful engagement
- Co-design and meaningful engagement embedded in policy and procedure
- Workplace culture where engagement is business as usual
- Service demonstrates they value meaningful engagement



# A guide for service users

## **EDUCATION:**

Know your rights

Learn about ways to  
feedback & engage

Learn about the wider  
health system

## **CONNECT and COLLABORATE:**

With other consumers and  
carers

With state-wide health  
consumer groups

With service providers

## **SOLUTIONS FOCUS:**

Bring solutions and ideas  
for improvement

Focus on future growth

Be open to other ideas  
and approaches

QUESTIONS?