



The Irish Institute of  
Mental Health Nursing

Presentation by  
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[www.iimhn.org](http://www.iimhn.org)

## Preparing for person-centredness

Allowing people to be  
comfortable with who  
they are.



# Does My Bum Look Big in This?

Mental health services made to measure



## Measures to bust myths

medical psychiatry had the effect of crushing the individuality and subjectivity of its patients. Its treatments were seen as repressive and its diagnoses as limiting.

Hope-inspiring equal relationships are absolutely essential



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## Obstacles to Communication

“Some people reported having their goals set for them by staff, whereas others were asked which goals they wished to set” (“What part of the picture” *pathways research report 2005*)

“Nurses who stayed in their workstations and did not come out to interact with service users” (Pathways)



## Managing risk

Often we worry most about the things that are least likely to happen



## Continual measurement and progression

Normative behaviour vs. acceptance of diversity

“The range of interventions offered should be comprehensive”



Diversity: An uncomfortable environment?

Help clients to cope with their own issues and don't impose your own value system.



## Protecting and supporting the Vulnerable

- Building Partnerships and Trust
- Shared Knowledge
- Collective strengths
- Integrated Care
- Involvement at every Level
- Citizenship and values



## Changing thinking

"There seems to be no sign of intelligent life anywhere." -- Buzz Lightyear

"What do we need, and how might we organise this?"



## Equal Partnership

‘A marriage of two types of expertise is the essential ingredient of the best mental health care: expertise by experience and expertise by profession’. (Faulkner, A. & Thomas, P.)



## Recovery

Recovery is a person-centred approach which builds upon an individual's sense of control and responsibility in the process of getting well.



## Better Outcomes: Satisfaction

“If you just set people in motion they'll heal themselves.” (Gabriele Roth)

People are like plants  
**In the right environment they will grow and flourish. In the wrong environment they will die and wither**



## Person-centred Approaches

- Fit the care and treatment regime around the need
- Building Therapeutic Relationships
- Social model of recovery
- Reducing discrimination



## Back To Basics

- Systems overload

