

“My Place”

*A place to discover the full potential individuals and the community
We don't aim for rehabilitation
We aim for recovery.*

A centre for
Psychologically Diverse Citizens
to realize our full potential

And
To value of our own lives, thoughts, feelings and actions.

A place for
Self-actualisation, Empowerment
Education and Liberation

“My Place”

Consumer Lead
Consumer Designed
Consumer Motivated
Consumer Facilitated
Consumer Empowered
Consumers Caring and Succeeding

“My Place”

For
Recovery of Mental and Physical Health
Recovery of Comfortable Social Interaction
Self Confidence and Self Respect Building

Training, education and support by Consumers for our people
With a view to Engagement with Positive Life Experiences

Leading
To

Work Experiences and Employment
And the training of leaders, mentors and visionaries
We are Psychologically Diverse Citizens and we will succeed

“My Place”

“My Place” is the proposal for a centre of recovering and facilitating recovery for Mental Health Consumers. The centre will engage Consumers in:

- Teaching and learning,
- Training and being trained,
- Being motivated and motivating,
- Being employed, guiding people to employment in the community and enabling people to become employers.

“My Place” will be a place for Mental Health Consumers to:

- Discover a real joy and passion for learning which will lead to;
- Discovery and practice of the arts,
- Learn self-healing techniques of relaxation, exercise, and diet.
- Learn literacy and numeracy skills.
- Retail skills
- Service skills
- Leadership skills
- Learn interview techniques and self promotion skills including patterns of speech, CV writing, grooming etc

“My Place” will teach people how to learn, work, play and relate with confidence and a feeling of belonging, which will be easily transposed and carried with ease into the community.

“My Place” will be:

- Consumer Lead
- Consumer Designed
- Consumer Motivated
- Consumer Facilitated
- Consumer Empowered
- And Consumer staffed, because it is Consumers who know how to teach, reach and motivate other Consumers. We have a much greater understanding of our idiosyncrasies, an understanding that for us to have the opportunity to learn in all learning methods including oral, aural, kinaesthetically, visually etc. We understand the blanks in memories and consciousness and how our cognitive abilities are fluid and not so rigid as people who do not have Mental Illness. We understand the thought processes and the waxing and waning of our time and cognition. We understand the dullness and brilliance within the one mind, and we can teach our people by learning and teaching in return.

If funds are forthcoming, we, the Consumers can and will lead a new direction in Mental Health Care, Rehabilitation and Recovery. We will facilitate our people towards a complete belonging into a society, which will be all the healthier for embracing us.

Where?

“My Place” will need to be situated in a densely populated area and close to a train line and bus service.

The building will be large enough to accommodate several different functions, i.e. computer training, relaxation and exercise room, arts studios, a café, a second hand clothing shop etc. The alternative to this would be a group of buildings, which would be administered from a central office. This may be necessary to get a café and shop in a location, which will ensure our success. It would certainly be preferable if all branches of my place were under the one roof however compromise may need to be reached.

What? And What For?

A **café** will be needed to ensure a social place for Consumers to meet with each other and to meet with the general public in an environment that they feel safe and supported. This is particularly needed for people who suffer from anxiety disorders such as social phobias and for people who disassociate under stressful and social situations.

The café will not only serve our people but it will be the place where Consumers learn about service, stocktaking, ordering, food preparation etc. All Consumers will wear a uniform and a sense of belonging to a team will be nurtured at every move. I have experienced the pride by Consumers donning their uniforms as part a catering team on the north coast, which was called “More Than Baked Beans”. When I asked the Consumers what was the best part of their work they all said the uniform, the team and the pride. Our people deserve this and can create it.

The café will raise revenue, a sense of pride, public awareness and train people to move into other positions in the larger Community. A time limit may need to be placed on Consumers time working in place to ensure that people do aim to move into the wider community and to enable other Consumers to enter the training programme and workforce.

The Café will be an Art Gallery and performance space, as well where the Consumers will exhibit their art and perform their music, poetry, plays etc.

The exhibition opening, plays etc. will enable people to learn about Events Management, Curatorship, and Design etc.

Staff will be receiving certificates of attainment in areas such as Coffee Barrister, Safe Handling of Food etc.

Second Hand Clothing Shop, “The Hip Op Shop”

The second hand clothing shop will train people in retail, window design, stocktaking, fashion, etc.

It will be Consumer staffed and will be run and presented as a men’s, ladies and children’s boutique second hand clothing store.

“The Hip Op Shop” will gain public awareness by advertising for second hand clothing and will sell cheaply to Consumers on a pension card or low-income card. It will run fashion parades during mental health week and will advertise to production companies etc as well as the general public. Again, people will need to be employed for a certain period of time so as too ensure people endeavour to integrate back into the general community.

Literacy and Numeracy Training,

Literacy and numeracy training are vital to enable people who are challenged in these areas to be empowered and to lead to knowledge, education, entertainment and the ability to be employed.

Training will be offered to people not only in generalized literacy skills but also in the structure of different types of documents such as job application letters, official letters, report writing, statements, etc

IT Training

IT Training is vital to ensure that Consumers are well equipped to keep up with the technology required to achieve in today’s world.

Preparation for Employment Training

The preparation for employment training will include preparation of CVs and resumes, where and how to apply for jobs, application letters, interview techniques, appropriate dress, coping with stress etc.

Performing and Visual Art

Arts therapy has long been recognised as a valuable tool in aiding people with Mental Health care issues to express them selves. The performing and visual arts strands will give people education in the arts, a place to practice their arts and a place to exhibit.

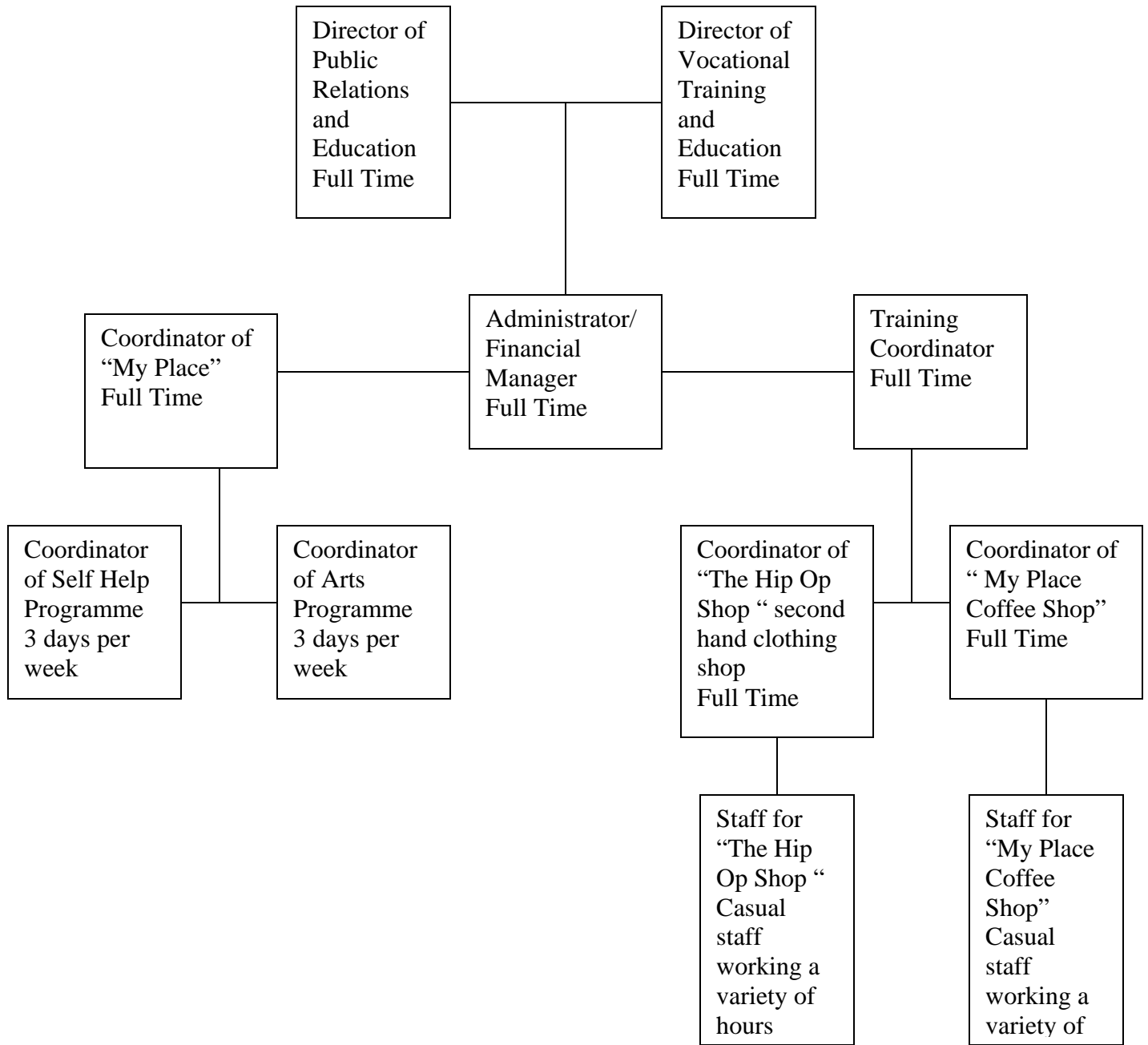
Drama classes will ensure people experience team involvement, self and community expression, nurture confidence, etc. Drama and comedy nights will be held which will raise the profile of “My Place” in the community.

Relaxation Classes and Self Help Education

It is extremely important that Consumers learn and practice relaxation and other self help strategies to ensure that they recover and continue to stay well. Relaxation, exercise, diet, etc will be covered in this programme.

”My Place” will ensure a model of Consumer involvement, engagement, education, employment, work ethic, and social interaction, which will lead the way in rehabilitation and recovery.

“My Place” Structure



RISING TIDE

My Place

My place in my mind

My place in my life

My place in my society

My place in the future