





# Background



 The Organisation for Economic Co-operation and Development (OECD) estimated that the annual costs of mental health challenges in Finland are about 11 billion euros.

 Recovery orientation has been the main frame in Niemikoti foundation's services since 2018. We have put a lot of effort to find ways to conduct services better, and this thesis was one of those ways.

More than  
**50%**  
of disability pension recipients  
retire due to mental disorders

Source: Finnish Centre for Pension

# Purpose and goals

-  The purpose of the thesis was to develop training on recovery orientation for mental health recoverees. The training will be led by experts by experience.
-  The goal was to increase the participation of mental health recoverees in services, empower experts by experience, and develop the implementation of recovery orientation in mental health services.

# Interviews

- ❖ The first development question aimed to understand the experiences of mental health recoverees with recovery orientation.
- ❖ By mapping the background knowledge of mental health recoverees on recovery orientation, it was ensured that the trainings could develop recovery orientation as a framework, and thereby offer better services to mental health recoverees.



Picture is generated with AI

# Results of the interviews



- ❖ The knowledge on the subject was quite superficial. Most knew that recovery orientation had something to do with the expertise of individuals in their own lives, the progression of rehabilitation in collaboration with professionals, and equality.
- ❖ When discussing rights, the same aspects were emphasized, while most felt that there were no obligations regarding one's recovery. Two interviewees knew that their own activity and commitment are important in recovery orientation.

# Conducting the brainstorming session

Themes that emerged from the interviews were then worked on in a brainstorming session with experts by experience.

|   |  |
|---|--|
| <b>Theory</b>                           | <b>How to comprehensively describe the theory of recovery orientation, and what does it mean in practice?<br/>What rights and obligations does a recoveree have in relation to recovery orientation?</b> |
| <b>Format of the training</b>           | <b>Does the effectiveness of the training depend on whether it is lecture-like or includes exercises?<br/>What kind of exercises could be related to the topic?</b>                                      |
| <b>Recognising Recovery Orientation</b> | <b>How to act in a situation where one recognizes that recovery orientation is not being implemented?<br/>How to increase the discussion of recovery orientation in units?</b>                           |
| <b>Location and Duration</b>            | <b>Where could the training be held?<br/>Is it a one-time event, or a course that takes place over several sessions?</b>   |





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- ❖ The brainstorming session aimed to find an answer to the second development question, “how to increase the participation of mental health recoverees in mental health services” from the perspective of experts by experience.





# Recovery Orientation: Concrete effects

## Improvement in functional ability

Honest & open dialogue

Shared decision making

Individuality

Better outcomes compared to traditional treatments

## Reduction in psychological symptoms and need of hospital care

Commitment to medication

Psychoeducation

Support from the employees

Flexibility

## Development of participation

Reduction in hierarchy

Supportive relationships

Being heard



# Recovery orientation: Subjective effects

**Improvement in the quality of life**

Development of life management  
Experience of a good and meaningful life  
Optimism and good life

**Self-reliance and self-determination increased**

Motivation increased  
Equality with the professionals  
Freedom of choice  
Individuality  
Achieving independence

**Hope and empowerment increased**

Faith in the future  
Reduction of stigma  
Positive identity  
Tolerating hopelessness  
Improvement of human and civil rights





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**Thank you!**

**More info about us (mainly in Finnish):  
niemikoti.fi**



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