

Recovery Dialogue for the video “Recovered Dignity”

Notes to the facilitator:

- 1) While this Recovery Dialogue is designed as guidelines for a group discussion on the video, “Recovered Dignity”, it is also an opportunity to educate people about the concept of recovery in relation to mental illness.
- 2) Instructions to the facilitator are written in *italics*. You do not share what written in italics with the group.
- 3) The questions that you ask the group are written in **bold**.

After showing the video, tell the group that you would like to have a short discussion about the video.

The first two questions are easy to answer and are designed to get as many people participating as possible.

Ask the following questions:

- 1) What words, phrases or images caught your attention?**
- 2) Who were some of the people in the video, and what do you remember about them?**

Now you are ready to push for more depth discussion. Get 5-6 people to answer the following question. Be prepared to share that most people with a mental do not see recovery as cure or remission of symptoms, but as the ability to control one’s symptoms enough that they are not prevent them from having a meaningful and productive life.

- 3) Mrs. Carter opens the video talking about the President’s New Freedom Commission Report on Mental Illness and the “hope for recovery”. Others in the video talk about recovery in relation to mental illness. What do you think recovery means for people diagnosed with a mental illness?**

While the following question sets up the final question, it is where you need to spend most of your time. If this discussion goes well, the last question will take care of itself. Therefore, it would be help to not just get answers, some discussion around this question. When an individual answers the question, ask the group why this is so. Someone says, “It is because people are afraid of them?” Ask why do you think this is?

- 4) Why do you think people with a mental illness are so stigmatized, discriminated against and even, as they say in the video, “desecrated in their death”?**

Get 5-6 responses to the following question. Push a little if necessary to get clarity – i.e., “Why is that important?” or “How might that change things?”

- 5) The work on cemeteries in Georgia, Hawaii and other states has led to the creation of a national memorial on the grounds at Saint Elizabeths Hospital in Washington, DC. Why is this important? What might be the outcome or impact of this?**

Thank the group members for their participation and move to the thing on the agenda or end the discussion.