FIT for Recovery

• Social psychiatry and rehabilitation in Denmark
• Two contexts – and why we started FIT
• Our developed FIT structure and FIT practice
• Cases and video presentations
• Our experience with integrating FIT so far

FIT in rehabilitation Settings

Helle Obbekær & Irene Bendtsen
Who are we?
RECOVERY IS POSSIBLE
Recovery – the inside perspective

Indicators of personal recovery are:

• Connection
• Hope
• Meaning
• Empowerment
• Identity
Rehabilitation = an outside perspective

Rehabilitation skills focus on:

• Approach & cooperation
• Hope-building
• Recovery-orientation
FIT- therapeutic alliance

- Consumer Preferences
- Goals, Meaning or Purpose
- Means or Methods

Client’s View of the Therapeutic Relationship

Identity

Connection

Empowerment

Recovery

Hope & meaning
Activity center

Outgoing Individual support

Supported jobs

FIT

New clients
ON FIRST MEETINGS WITH CLIENT:

- Filling out Service Delivery Agreement
- Presenting FIT as a tool
- Filling out the ORS
- Filling out the SRS
### STRUCTURE ON FEEDBACK

- Fill out ORS / SRS every week in the beginning.
- Adjust with client and other collaborators on who, how and when ORS/SRS is done.
- Using the progressnote for clients feedback – and adjust plans.
- Monthly FIT supervision with an external FIT-supervisor.
- Weekly coaching at team meetings.
Kate

28 years old – brought up in Childrens` Home since she was 12 years old - moved around a lot – and no success with own flat

Diagnosed with paranoid schizophrenia, schizoid personality disorder, Social anxiety, drug abuse

Education: Has not finished primary School – and has no education

Heavily medical treatment / no abuse now

is the little voice you hear whisper “maybe” when it seems the entire world is shouting “no!”
FIT is so much more than ORS & SRS
Thomas

- 58 year old man
- Homeless now and then, social problems
- Diagnosed with paranoid schizophrenia
- Drug abuser - now on substitutes
- Brain damage and cognitive deficits
- Medicated – but drinks alcohol
- Unpredictable and aggressive behavior
- Treatment sentence for violent behaviour
FIT – the trojan horse?
<table>
<thead>
<tr>
<th>Impact on clients</th>
<th>Impact on professionals</th>
<th>Impact on organisation</th>
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<tbody>
<tr>
<td>Equal partnership empowers and builds up hope and new identity</td>
<td>Using both a professional and a personal approach</td>
<td>Giving up standard packages – creating programs with the client</td>
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<td>FIT supports structure, prediction and trust in the collaboration</td>
<td>Learning and willing to leave the expert position</td>
<td>Involving client at every level in organization</td>
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<td>Learning to give up service that is not helpful and instead creating with the client what will be helpful</td>
<td>Facilitating a feedback culture</td>
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HOPE

Shared decision making and responsibility

Supervision with client

Connections to local community – creating exits !!

Shared training and education

Nothing about us – with out us
Changes the thinking
Changes the practice
Changes the system

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