

Supporting the Journey of Recovery in Mental Health

A Guide for Support Workers, Family/whanau & Friends

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Recovery-based support services are now fundamental in mental health service delivery. This book fills a gap, presenting applied knowledge and skills for supporting the recovery journey of people with mental illness within the Aotearoa/New Zealand context. Topics covered include the mental health services in Aotearoa/New Zealand; the role of the mental health support worker; interpersonal/communication skills; approaches to self-management of a mental illness and for planning life's journey embracing active participation in relation-ship with family/whanau & friends, professionals and other support.

About the author:

On leaving school, Caril Cowan, as had so many young women in the 1960s, took one of the few options available, nursing. It was not until half way through her career that she made the complete change to mental health, quickly developing a special interest in people who have complex and high-level support needs. She upgraded her nursing qualification to an undergraduate degree, followed by a Postgraduate Diploma and Masters of Arts (Nursing).

After working in the community supporting people whose lives were significantly and adversely affected by mental illness, including being a team leader in a support work service, Caril worked at AUT University to establish the National Certificate in Mental Health (Mental Health Support Work), Diploma in Mental Health Support Work and the Bachelor in Health Science in Applied Mental Health, mental health support work minor. Caril remains the coordinator of the mental health support work programmes and has a supervision and consulting private practice. Further details can be found at:

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