Mental Health Services in Bermuda

It is About Recovery

MWI is pleased to be introducing its new Mental Health Plan for Bermuda.

But we can’t do it alone! Everyone needs to be involved to help people with mental health issues recover – whether you are a service user, related to someone with mental health issues, a partner organisation or a member of the Bermuda community. Your involvement, understanding and caring are vital if we are to truly help our friends, colleagues and neighbours recover from mental illness.

At the heart of our plan is something called the “Recovery Model” – this model ensures that the “T” in community has a voice in the new Mental Health Plan.

This will be made possible through the implementation of three new services:

1. Expanded community-based care
2. Service Improvements
3. Reformed Forensic Mental Health Services

What do you think is important for a Recovery Model?

- Development of community-based care, to try and help people in their homes and prevent hospitalisation
- Development of an Assertive Outreach Team that can stay close to people who are on the road to recovery to help prevent relapses, hospitalisation and even incarceration
- Relocation of Community Rehabilitation Services to Hamilton so that people can get to the services more easily
- Creation of a High Support Rehabilitation Unit
- Education of the Community and partners to ensure everyone is supportive of people recovering from mental illnesses
- Development of a first Aid Mental Health Programme, training people in public services to deal with someone going through an acute mental health crisis, such as a panic attack
- Engagement of the community in the delivery of Mental Health Services
- Development of a Community Mental Health Advocacy Group

What do you think is important for a Recovery Model?

- Mental Health Services has developed a Memorandum of Understanding (MOU) with the Bermuda Department of Corrections and Bermuda Police Service?
- Child and Adolescent Services is providing monthly Autism Clinics?
- Turning Point has a Smoking Cessation Programme?
- MWI is moving to a Recovery Model?

Do You Know That...

- There is a 24-hour help line (236-3770) and a walk-in clinic at MWI for people who feel they need help from a mental health specialist?
- MWI provides community support to people who have experienced enduring mental illness as they are resettled into various community living settings?

Engagement is the Key!

MWI is seeking relationships with community members who are willing to journey with us on this road to Recovery!

The Recovery Model brings:

- Hope
- Self-Identity
- Meaning
- Personal Responsibility
- Control, Choice and Inclusion
- Relationship

to service users and their families.

Let’s hear what one service-user had to say:

In fact, all of the components on the left, form part of MWI’s New Mental Health Plan. Our goal is to begin work on developing all of these components in the coming years, but...

There are ten key organisational challenges to the Implementation of the RECOVERY MODEL

1. Changing the nature of day-to-day interactions and the quality of experience
2. Delivering comprehensive service user level education and training programmes “Trained Service User, Education Programmes”
3. Establishing a Recovery Educational Centre to drive the programmes forward.
4. Ensuring organisational commitment, creating the ‘culture’
5. Increasing ‘personalisation’ and choice.
6. Changing the way we approach risk assessment and management
7. Redefining service user involvement.
8. Transforming the workforce.
9. Supporting staff in their recovery journey.
10. Increasing opportunities for building a life ‘beyond illness’

Steps to Recovery

It is time for the revolving door to stop spinning.

The “revolving door syndrome” is typically associated with the deterioration in mental health often caused by social crisis. Much of the revolving door is caused by a lack of community based resources available for the mentally ill.

How can You HELP:

1. Become a part of a Community Mental Health Advocacy Committee by emailing michelle.edwards@bhb.bm
2. Make your voice heard by attending a Town Hall Meeting starting September 2010
3. Submit your RECOVERY STORY to sharon.apopa@bhb.bm