

The following topics are covered in the Flourish sessions:

- Recovery and 'flourishing'
- Exploring your values and ideal life
- Bringing strengths and values into focus
- Identifying valued directions and goals
- Developing an action plan to achieve a target goal
- Understanding change
- Negotiating internal barriers
- Living in the present
- Accepting your thoughts and feelings
- Staying positive
- Increasing hopefulness
- Building a success team
- Progress reviewing
- Recognising and celebrating achievements
- Reflecting on the program

To participate in Flourish or to speak to one of our facilitators, please contact:

About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

Improving mental health and wellbeing in local communities

www.neaminational.org.au

Flourish

A recovery-focused self-development program



About Flourish

Flourish is a recovery-focused self-development program designed for people who have lived with mental health issues for some time and who are looking to make improvements in their life.

The principle of this program is self-directed recovery and wellbeing.

Participating in Flourish can lead to a renewed sense of purpose, identity and belonging.

The program is fun and interactive and involves identifying and exploring your values and strengths in life.

In doing so, you will be on track to developing your life vision.

Your life vision represents your direction and purpose in life based on your identified values.

The program is facilitated by peer support workers who have a personal lived experience of mental health and recovery.

The principle of Flourish

Flourish uses the self-efficacy principle 'I can do' throughout the program.

It supports participants to identify and build on their strengths to provide direction to their individual journey of recovery and support their ongoing health and wellbeing.

Is Flourish right for me?

If you are willing to engage with the program content and group activities then you are able to take part.

Flourish may help you to see that a deep and meaningful life is possible.

It is designed to help you identify what the most important things in your life are for you and plan to attain those things.

Some sites have an introductory session which gives you an opportunity to learn a little more about the program before you commence.

What is recovery?

The concept of recovery was developed by consumers as a way of describing the unique personal journey that takes place for people with mental health issues as they work toward a renewed sense of identity, meaning and purpose.



'A Vibrant Life' Joe Amuso 2015

Program outline

- The program consists of 8 modules provided over agreed session dates/times
- Individual coaching and support (via telephone or face-to-face) is provided between the sessions
- You receive a workbook and audio recordings to support the learning and engagement with the program
- You are encouraged to keep a daily journal and complete a variety of exercises between sessions

Outcomes

Outcomes from participating in Flourish may include:

- Feeling empowered
- Being hopeful for the future
- Having self-defined goals
- An overall sense of healing and wellbeing