

A busy 2020 year to come!

Considering that the **prevalence of mental health disorders** in Quebec and Canada has reached approximately of 20% (WHO, 2011) and that the means to ensure the recovery of the individuals concerned remain limited, a better understanding of people's relationship to their mental health diagnosis (MHD) is essential. **The service provision can only be improved.**

Where are we at?

During the Mental Health for all Congress, organized by the Canadian Mental Health Association (CMHA), a workshop on the MH diagnosis appropriation was held. The workshop, which took place on September 25, 2019, stimulated discussion among various mental health professionals and social workers.

Public feedback:

The participants, which were mostly mental health social workers, have shown interest in the research's results, as well as an interest in using this knowledge with the service users they help.

A meeting with our partner, *Regroupement des ressources alternatives en santé mentale du Québec* (RRASMQ), was held on September 26, 2019.

RRASMQ Practices Committee's feedback:

The members of the Practices Committee, mostly workers in the mental health community network and MH service users or ex-service users, have identified with the research's results. They are eager to invest in the tool kit's development, as it will raise awareness of different audiences to issues of MH diagnosis appropriation.

The year 2020 will be dedicated to the construction of the tool kit. The tool kit will be available on the RRASMQ' website.
www.rrasmq.com/rapportaudiagnostic



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In partnership with:

The *Regroupement des ressources alternatives en santé mentale du Québec* (RRASMQ),
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Follow the project's evolution!

www.rrasmq.com/rapportaudiagnostic



*Regroupement
des ressources alternatives
en santé mentale
du Québec*

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Identification with a Mental Health Diagnosis

What effects does a MHD have on the ways chosen to promote one's wellbeing?



The research: a project focused on people's lived experience!

Even though diagnoses are useful tools for healthcare professionals, they take on a much deeper meaning for the person diagnosed, transcending its simple clinical function.

The majority of people who have received a mental health diagnosis (MHD) define themselves as sick people, as if they were diagnosed with a chronic physical disease.

According to our study, these people will appropriate the diagnosis in a number of different ways (i.e.: "I'm sick", "I have a disorder", "I have problems", "I'm not sick", "I have doubts", "I'm the problem").

The research project allowed us to shed light on the link between moderate forms of identification with a mental health diagnosis (MHD) and testimonials promoting empowerment.

The MHD's appeal is linked to people's need for meaning, which serves to consolidate the identity framework necessary to individual action.

In contemporary Western societies, it responds to a need for identification.

It is therefore essential to understand its impacts on individuals.



The Tool kit:

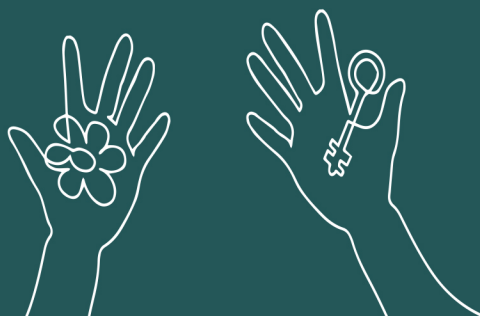
This project is carried out through a partnership with the Regroupement des ressources alternatives en santé mentale du Québec (RRASMQ)*. It aims at developing **a tool kit focused on raising awareness about the issues of MHD appropriation.**

A toolkit, but why?

- To raise awareness about the different forms of relationship with one's MHD, and about its impact on one's daily life;
- Get service users to think about their relationship to the mental health diagnosis;
- To strengthen critical perspectives towards the diagnostic approach;
- To open a dialogue on Mental Health intervention practices and to consider different relationships to the MHD.

Target audience:

People who identify with a mental health diagnosis, whether or not there has been a medical evaluation, and anyone accompanying them on their journey.



A three-component Tool kit

1/ An awareness brochure:

Which presents the research findings (Jacques, 2019), and suggests lines of inquiry in the form of questions (for mental health professionals and users of mental health services, more specifically);

2/ A workshop facilitation guide:

Which allows to accompany groups (service users, relatives, social workers) in their reflection on people's relationship to a MHD and its impacts;

3/ A board game:

Which allows people to start thinking, and to access information and find resources without help from a facilitator.

