

Leveraging Lived Experience of Psychosis and Recovery for Better Outcomes

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Australian Psychosis Conference

12 September 2023

Self-disclosure is Key

“One day you will tell your story of how you overcame what you went through and it will someone else’s survival guide.”

-Brené Brown

- ◆ Honest, Open, Proud (HOP): <https://hopprogram.org/>
- ◆ HOP Conference 25/26 October 2023, University of Ulm, Germany

Lived Experience of Psychosis & Recovery

“He is ex-Toronto cable-broadcast manager Keith Mahar who made a name for himself in 1994. He fought with a passion against the cable companies and the CRTC for citizen/consumer rights and his fervour cost him his career as well as his emotional and mental health. An activist David against the media Goliath, he didn’t stand a chance against the all-powerful monopolies and their allies in Ottawa. Now he lives in Canberra, Australia , where he is a social worker and mental health advocate.”

Antonia Zerbisias, *The Toronto Star*, 6 February 2007

Public Stigma

“The consequences of negative media images for people who have a mental illness are profound. They impair self-esteem, help-seeking behaviours, medication adherence and overall recovery.”

Stuart, H. Media portrayal of mental illness and its treatments: what effect does it have on people with mental illness? *CNS Drugs*. 2006;(2): pp. 99-106.

Self-stigma

“Many individuals with mental illnesses are troubled by self-stigma and the subsequent processes that accompany this stigma: low self-esteem and self-efficacy. “Why try” is the overarching phenomenon of interest here, encompassing self-stigma, mediating processes, and their effect on goal-related behavior.”

Self-stigma and the “why try” effect: impact on life goals and evidence-based practices. Patrick W. Corrigan, Jonathon E. Larson, Nicolas Rüsch. *World Psychiatry* 2009;8:75-81
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2694098/>)

“The Why Try Effect”

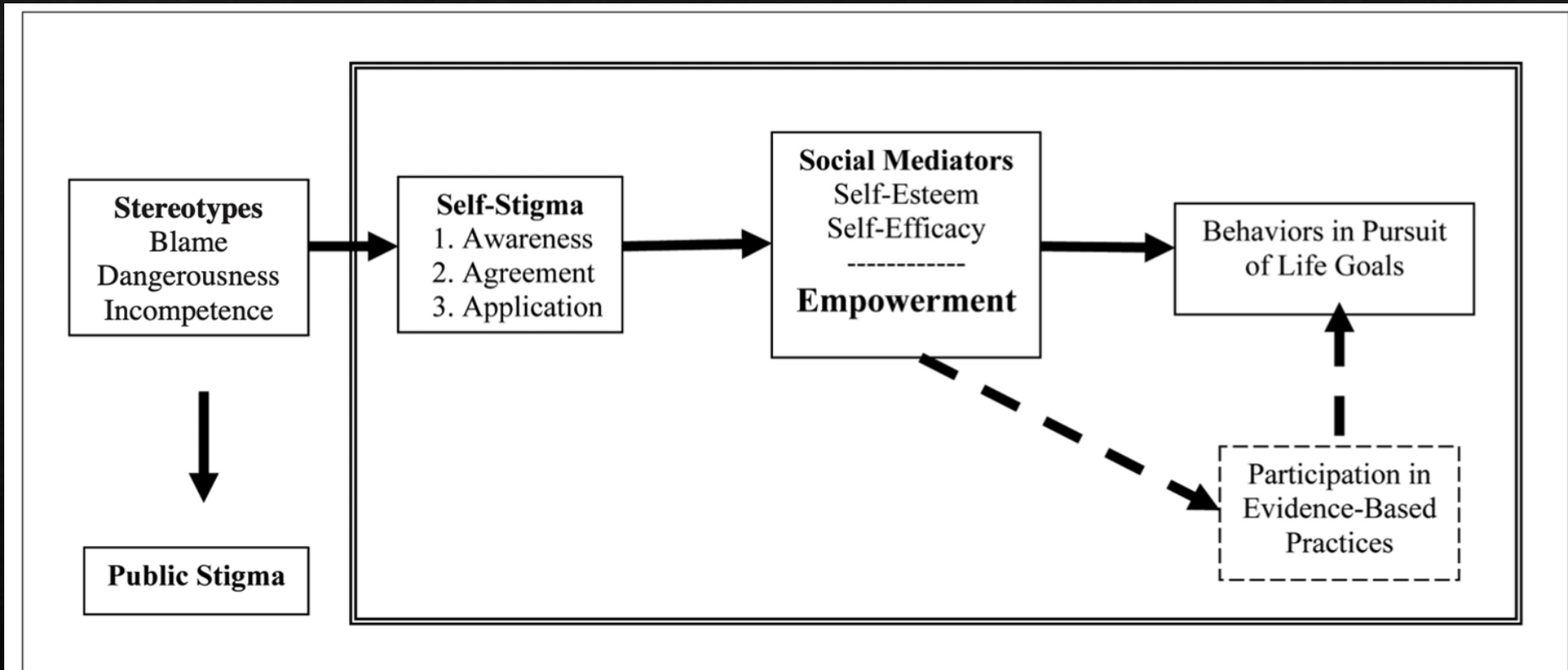


Figure 1 The “why try” effect

Self-efficacy

“Perceived self-efficacy is concerned with people’s beliefs in their ability to influence events that affect their lives. This core belief is the foundation of human motivation, performance accomplishments, and emotional well-being (Bandura, 1997, 2006). Unless people believe they can produce desired effects by their actions, they have little incentive to undertake activities or to persevere in the face of difficulties.”

Bandura, A. (2010). Self-Efficacy. In *The Corsini Encyclopedia of Psychology* (eds I.B. Weiner and W.E. Craighead). <https://doi.org/10.1002/9780470479216.corps0836>

Principal Sources of Self-efficacy

- ◆ Mastery
- ◆ Social Models
- ◆ Realistic Social Persuasion
- ◆ Enhancing physical strength & stamina, reduce stress and depression, and correct misinterpretations of somatic state

Bandura, A. (2010). Self-Efficacy. In *The Corsini Encyclopedia of Psychology* (eds I.B. Weiner and W.E. Craighead). <https://doi.org/10.1002/9780470479216.corps0836>

Bandura (2010)

- ◇ “In a world full of impediments, failures, adversities, setbacks, frustrations, and inequities, people must have a robust sense of personal efficacy to sustain the perseverant effort needed to succeed.”
- ◇ “People’s beliefs about their efficacy are developed from four principal sources of information. ... The second source of information is social modeling. Models serve as a source of competencies and motivation. Seeing people similar to oneself succeed by perseverant effort raises observers’ beliefs in their own capabilities.”

Contagious Recovery

“In a society where the dominant narrative of mental illness is distorted and overwhelmingly negative, raising awareness of recovery to individuals experiencing mental health issues ... is critically important for better outcomes. ... As a result, people with a lived experience of mental illness and recovery are in a unique position to inspire hope by sharing aspects of their own stories, helping others in their recovery process. I like to describe this dynamic as ‘contagious recovery’.”

Mahar, K. (2013). ‘The Peer Workforce: Hope and Contagious Recovery’ in *Perspectives: Mental Health & Wellbeing in Australia*. Mental Health Council of Australia, Canberra.

Collaboration Opportunities

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Recovery Story

“If you choose to initiate an investigation into the company subsidy scheme as requested by Mr. Mahar, there inevitably will be media coverage of his public interest campaign to address this issue, including his personal experience of severe mental illness and recovery. Knowledge of Mr. Mahar’s story will serve to challenge the stigma of mental illness, raise awareness of recovery, and inspire hope for people with mental health problems and their families.”

Open letter to Prime Minister Justin Trudeau by Professor Patrick W. Corrigan, 22 February 2016