

Self-help and Peer support essential for recovery

Initiatives like, Recovery Colleges can give self-help and peer support a clear framework and the necessary free space.

Enik Recovery College

College Self help program

The courses are developed by *peers* and taught by *peer trainers*.

Recognition, reciprocity, inspiration, hope and perspective for the future.

Enik Recovery College

Bridging the gap: (re)-emerging of the sense of self

- Reciprocity (unique)
- Experiential knowledge(unique)

Hope



Users/Peer



Users/peer

At a Recovery College:

- You are a participant, student or peer trainer;
- You are equal to all who participate;
- You create your own learning course, through your own insight and interests;
- You make new friends
- You receive a certificate at the end of a course.

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A therapeutic approach	An educational approach
Focuses on problems, deficits and dysfunctions;	Helps people recognize and make use of their talents and resources;
Strays beyond formal therapy sessions and becomes the over-arching paradigm;	Assists people in exploring their possibilities and developing their skills;
Transforms all activities into therapies – work therapy, gardening therapy etc;	Supports people to achieve their goals and ambitions;
Problems are defined, and the type of therapy is chosen, by the professional ‘expert’;	Staff become coaches who help people find their own solutions;
Maintains the power imbalances and reinforces the belief that all expertise lies with the professionals.	Students choose their own courses, work out ways of making sense of (and finding meaning in) what has happened and become experts in managing their own lives.

Participants:

You can see a positive change within attitude and skills. They become empowered.

‘We learn and inspire each other on the road to recovery.’

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Enik retreat:



A peer run Program from Monday to Friday (full pension) with your own room in Enik recovery college.

(max of 12 persons)

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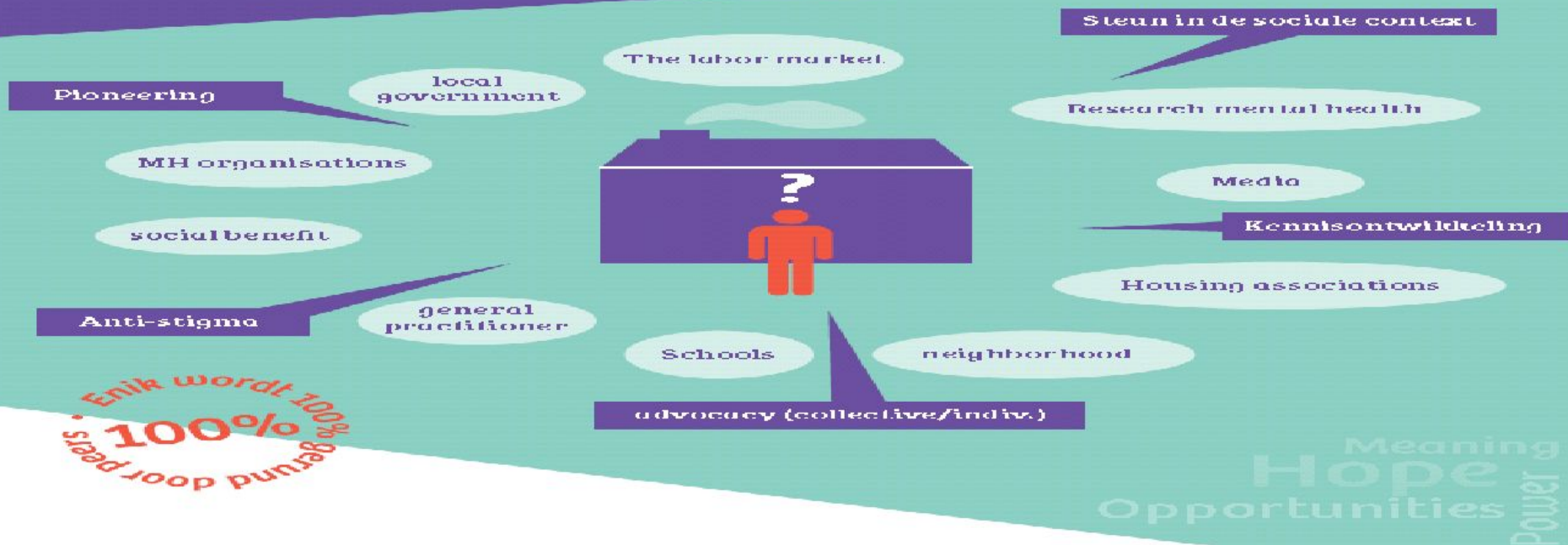


Enik retreat concept

Participants can use the retreat program to work actively on their recovery and try to find their own sense of self empowerment and bearing again. The program consists of peer run self help and reflection sessions and a WRAP course (wellness and recovery plan)

But there is also enough time to relax and enjoy each others company.

A community based Recovery College



Thank you for your time and attention!

Enik Recovery College

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Enik Recovery College