

Hope Virgo:

Recovery is possible

The story of me and my best friend anorexia

Author of Stand Tall Little Girl & Ambassador for the Shaw Mind
Foundation

What words do you think of when I say
Mental Health?



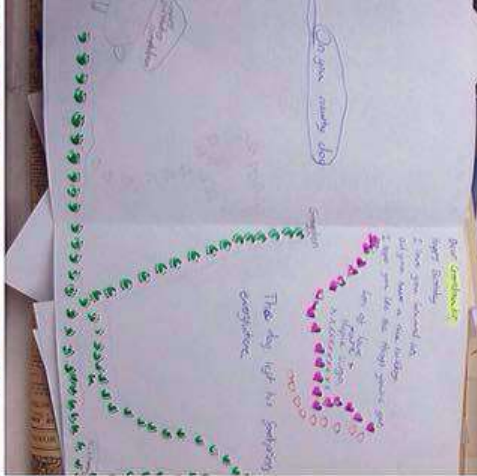


Without a BMI of
will NOT come back
children.

the
my periods
I want







Where I am at...



Any Questions on my story?

The Resilience Framework



Having a mental health problem does not mean you are not resilient

Where does my story fit in with the resilience framework - Discuss

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Engage mentors for children/YP	
		Tap into good influences	Solving problems		Support the child/YP to understand other people's feelings
	Being safe	Keep relationships going			
	Access & transport	The more healthy relationships the better	Help the child/YP to organise her/himself	Fostering their interests	Help the child/YP to know her/himself
		Take what you can from relationships where there is some hope			
	Healthy diet	Get together people the child/YP can count on	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Exercise and fresh air	Responsibilities & obligations			
		Enough sleep	Focus on good times and places	There are tried and tested treatments for specific problems, use them	
	Play & leisure	Make sense of where child/YP has come from	Have a laugh		
Being free from prejudice & discrimination		Predict a good experience of someone or something new			
	Make friends and mix with other children/YPs				
NOBLE TRUTHS					
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

Resilience Framework in my recovery

Coping:

- Being Brave
- Understanding boundaries
- The reminder that tomorrow is another day

Core Self

- Support the person to share their feelings
- Instill a sense of hope - sometimes recovery can feel so impossible



Resilience Framework in Mental health more widely

Core Self:

- Giving that sense of hope (Motivations and making someone believe they can recover)
- About taking responsibility of their own recovery
- Encouraging them to see their talents

Belonging:

- Understanding where we fit in the world
- Focus on good times
- Have people that can be relied on



What keeps me well

- Exercise
- Knowing my triggers
- Making meal times fun / enjoyable
- Avoiding dieting magazines
- Talking about how I feel



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