RECOVERY CAMP

Using the lived experience of mental illness to educate future health professionals

Recovery Camp is an innovative, evidence-based and award-winning initiative. It aims to enhance the lives of people with a lived experience of mental illness whilst educating future health professionals by bringing both together on a five-day adventure and recreation camp.

At Recovery Camp, a person's lived experience of mental illness is valued. The person and their experience contribute positively to student learning. Students learn of mental health, of the impact of stigma, of strengths and mental health recovery. Many see the experience as 'life changing' and leave determined to work with people with a mental illness in a person-centred and strengths-focused way.

All attendees are presented with the opportunity to do something different. Relationships are formed and learning occurs through participation in activities. There is a giant swing, a high ropes course, rock climbing, a flying fox, bush dancing, archery, tai chi – all focusing on team building, resilience and support of the individual.

The Recovery Camp team is constantly seeking feedback to improve the camp experience. Research to date suggests Recovery Camp is efficacious. Mental health stigma is dramatically reduced, the experience contributes towards recovery, and student’s mental health clinical confidence is enhanced.

The fourth recovery camp will occur in May 2016. There are places for thirty people with a lived experience of mental illness and twenty-five health professional students.

We are currently seeking sponsorship and participants.

For more information about Recovery Camp, please visit globalchallenges.edu.au or contact Ellie Taylor from UOW’s Global Challenges Program on (02) 42 392 137 or elliejo@uow.edu.au