



Abstract Nr: 279

Exploring your personal identity: development of a new intervention for service users with people with complex mental health needs.

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Introduction As a human being we give meaning to our stories, in relation to the social and physical context. When you have been dependent on (intensive) psychiatric support for a long time, it is possible that talents and qualities disappear because this part of your identity has been buried under a long psychiatric history. This can result in people's identity becoming limited to 'patient'.

Objectives For this specific group, few interventions that are aimed at personal recovery are available that match their cognitive and communicative skills. In this project, we aim to develop a new psychosocial intervention to stimulate self-reflection and personal recovery.

Methods The development of the intervention took place in an iterative process with service users, significant others, mental health professionals, peer support workers, artists and researchers. In the iterative process focus group meetings and brainstorm sessions were organized with all stakeholders and individual meetings with service users. **Results** A new psychosocial intervention entitled "This Is Me" was developed into a journey of discovery through the life of a service user at both verbal and non-verbal levels. The journey of discovery consists of jointly engaging in experiences and reflecting on these experiences. All this to (re) discover roles, talents and characteristics to broaden the identity from only 'patient' to 'human'.

Conclusions We will share the process of developing this intervention. In addition, we will present the first results of a pilot study in which we assess the feasibility and effectiveness of the intervention.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**