



RECOVERY: GETTING BACK ON TRACK

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How I got on the road to Recovery:

- Life as “normal” when I began my university studies (Swedish and Russian languages) in 1980
- Then my life changed totally when I was diagnosed with OCD in 1983
- I had to leave the university in 1986, even if I only had by Master's Thesis to finish!

Falling downhill:

- Between Autumn 1986 and Spring 1992, I was hospitalized without practically any help and people gave up on me for almost 6 years.

Hope arises:

In Spring 1992 – a new doctor at the hospital believed it was possible to help me and sent me to Stockholm, Sweden for a neurosurgical operation.

This operation was successful – I could start a new life outside of the hospital.

My path to **Empowerment** and **Recovery** started

- **Advocacy:** mid-1990s - my “career” started as a mental health activist and I met up with peers.



- **Finding the right person to help me:** 2000 – I met a psychologist ahead of his time in Finland - acquainted with the concept of Recovery - when it was otherwise almost unknown in Finland
- **Encouragement:** this psychologist supported me to go back and write my Master's Thesis and finish my Master's Degree in 2003.
- **Self-confidence:** came back with his encouragement and my advocacy work.
- **Support:** relatives and friends were also essential.

- Since 2007 - active in mental health voluntary work on the European level →
- Highlight in 2014 when elected as a Board member of ENUSP → opportunity to stay connected with other (ex-)users and survivors in Europe



ENUSP Empowerment Seminar 2016 BERLIN sponsored by MHE

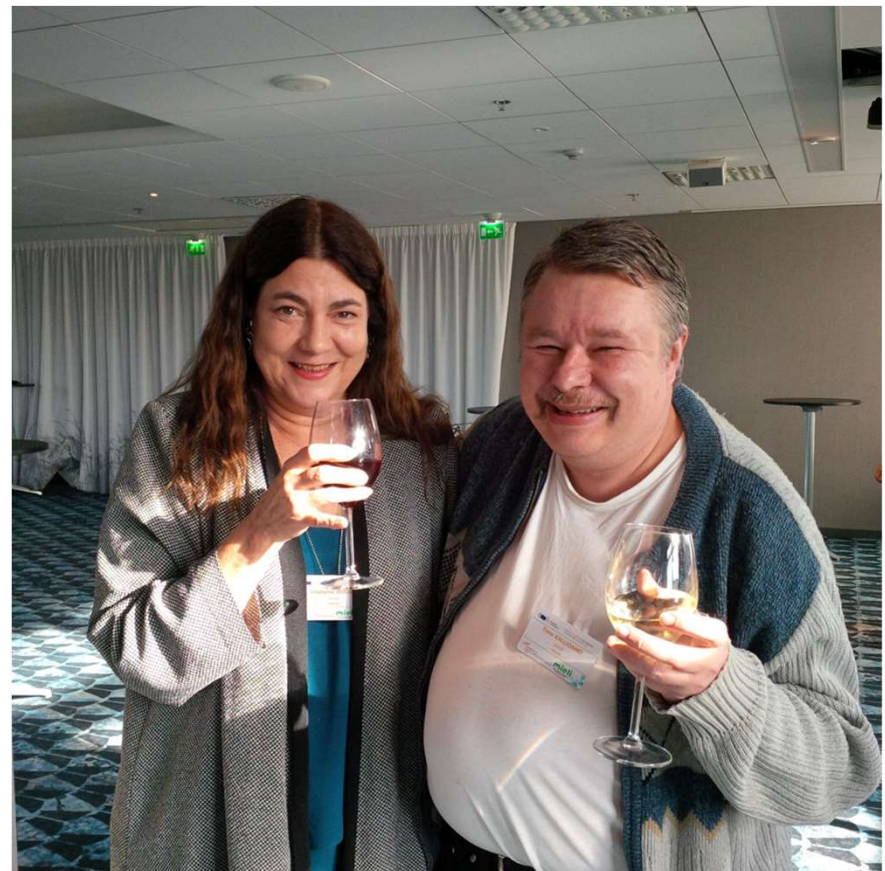
In Finland, the empowerment and recovery oriented approach is quite new in mental health.

- A registered association “*Recovery-orientation*” was established in 2017:

Focus: shared decision-making, informed consent, non-coercive measures, self-determination and respect of human rights.

There is progress, even if slow.

**Sharing our success after speaking out
at the EU Joint Action for Mental Health
and Well-being final meeting in Helsinki 2015**



STRENGTH IN UNITY!



THANK YOU FOR YOUR ATTENTION

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