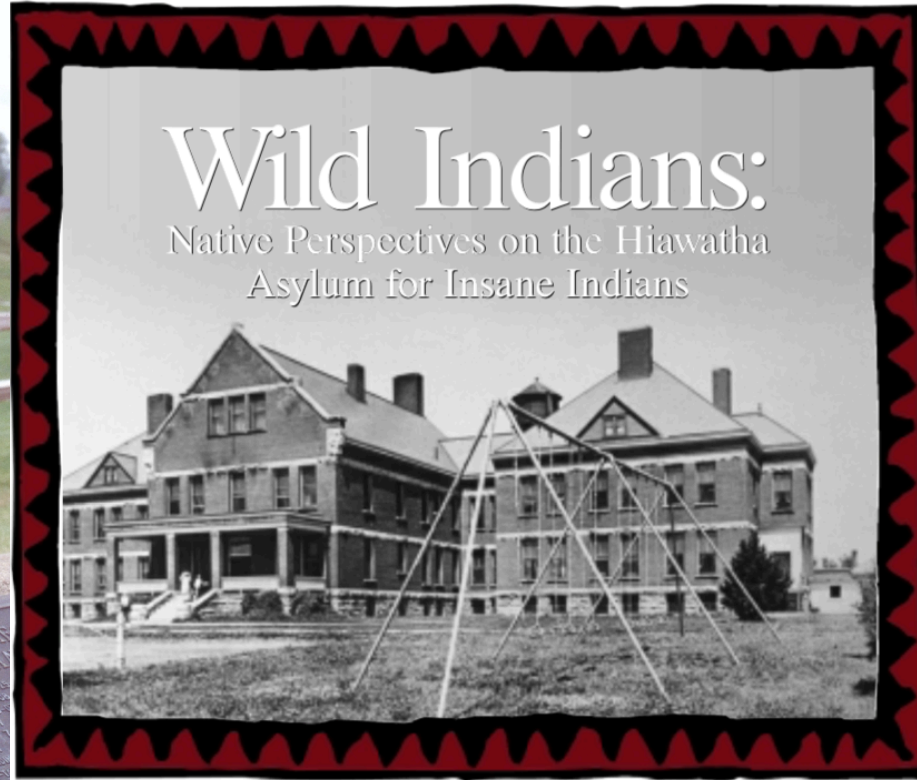




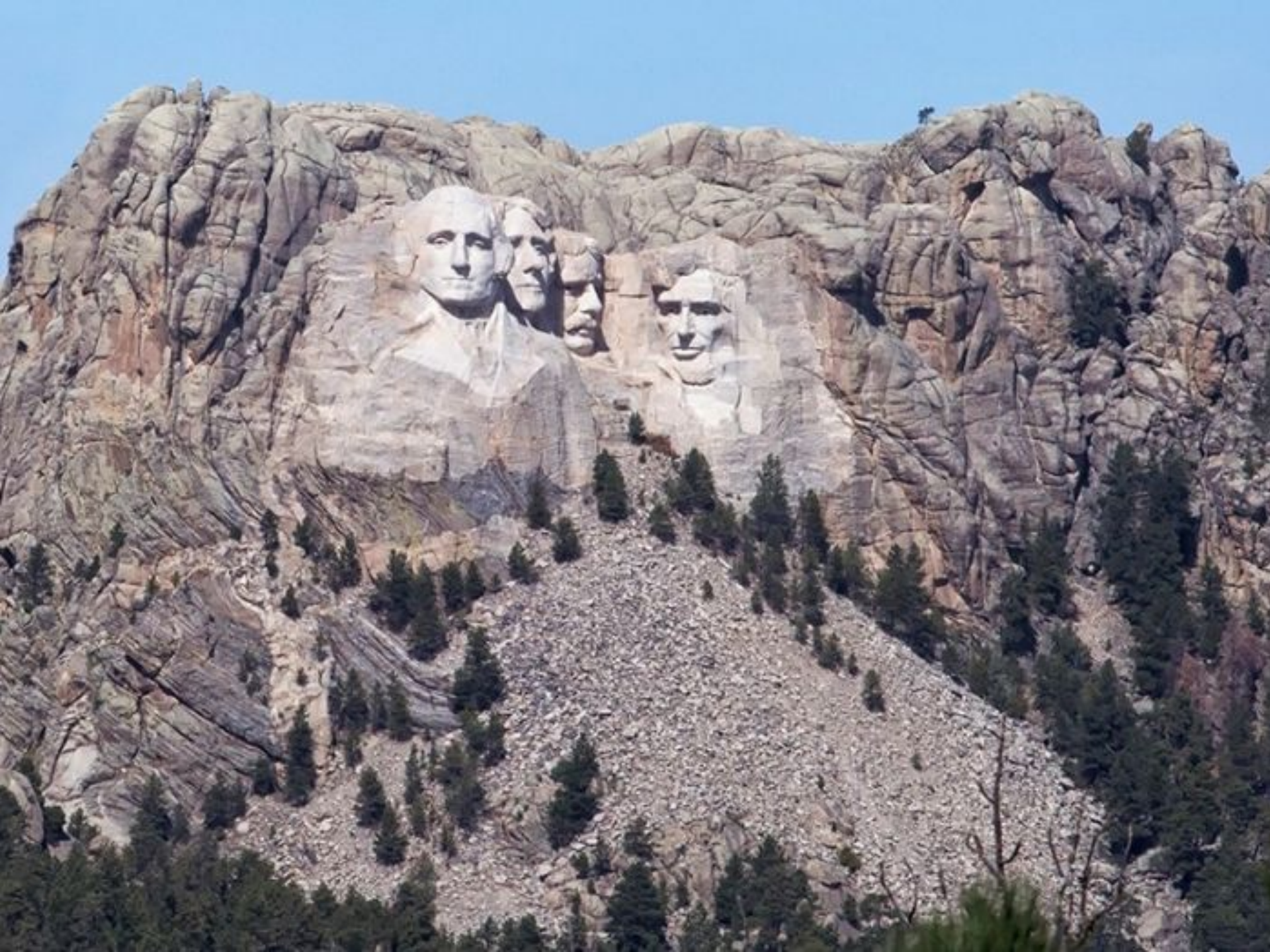
Dignity: How Do You Roar?

Patricia E. Deegan
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Pemina Yellow Bird



Native peoples are the intergenerational survivors of a holocaust, the continuing and ongoing effects of which we struggle with every day. Not a single one of us, from the oldest elder to the newest newborn, escaped unscathed.









The Independent Living Movement

THIS BRAIN HAS A MOUTH

The National Magazine of People with Brains • CRIME ISSUE • January/February 1992 \$3



Lucy Gwin

I don't want what you are giving. I want what you've got.







Me

My Tx Team



I feel sedated

I'm still hearing
distressing voices

I can't think clearly
on this medicine

The meds are
controlling me

I'm not myself when
I'm on this medicine

I was abused

You are not as psychotic


You are not shouting at
your voices as much

You are not as thought
disordered

You are more in control

You have returned to
baseline

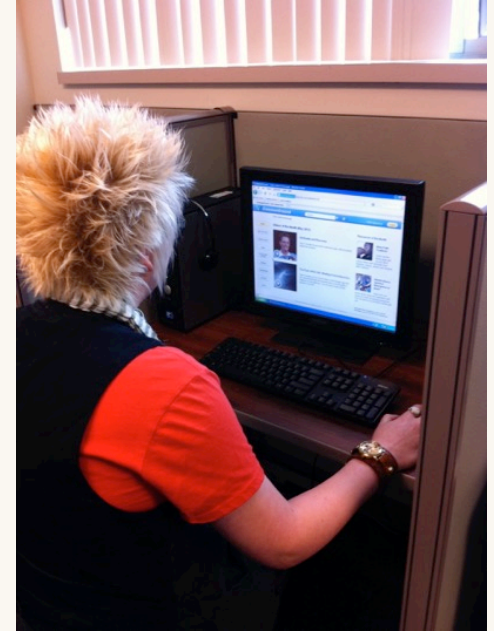
You don't have the ego
strength to deal with that



I am a person, not an illness

Pat Deegan

CommonGround: A unique role for peer staff in Decision Support Centers



Personal Medicine

The things we do
that put a smile
on our face and
bring joy and
meaning to our
life



Personal Medicine are also the smaller things we *do* that help us get well and stay well



Power Statements

Carefully crafted self-advocacy statements that say:

1. What matters to me
2. How I want treatment to help me
3. Work with me to achieve my goals







Eddie uses his
Health Report to
express his
concerns about
medication side
effects to
Dr. Leeson



CommonGround: Outcomes

- ↑ Engagement and activation in recovery
- ↓ Lower ER & inpatient admissions
- ↑ Communication w/ psychiatric care provider
- ↓ Consumer concerns about medication use
 - ↑ Belief meds are helping
 - ↓ Concerns about side effects
 - ↓ Concerns about impact of meds on health
- ↑ Improved satisfaction with care



How do you roar?

Melody Riefer:
How do I roar? Like a
waterfall...slowly,
powerfully,
consistently etching
my mark into the
landscape



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