Introduction:

Martijn Kole: Advisor of the CEO Lister, co-founder Enik RC and peer leader
Enik recovery college
Short impression
The Enik RC peer support self-help concept
My sense of self?
Do I feel part of society?
Mutual exclusion:
Creation of parallel dimensions

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Radical change in perspectives:

New initiatives emerge, when you actively change your perspective of “care”.

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Self-help & Peer support

• Self-help: mutual help, without interfering of a nurse, social worker etc.

• Peer support: the mutual exchange of knowledge, experience, emotional, social or practical help to one another.
College program

Co-creation: Program is developed by peers and facilitated by peers (participants and peer support facilitators).

Recognition, reciprocity, inspiration, hope and perspective for the future.

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Bridging the gap: (re)-emerging of the sense of self

- Reciprocity (unique)
- Experiential knowledge (unique)

Hope

Users/Peer → Users/peer
At Enik:

- You are a participant, student or facilitator;
- You are equal to all who participate;
- You create your own recovery journey by choosing your own program
- You make new friends
- You receive a certificate at the end of a course.
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Enik retreat:

A peer run Program from Monday to Friday (full pension) with your own room in Enik recovery college.
(max of 12 persons)
Enik retreat concept

Participants can use the retreat program to work on their recovery and try to find their own bearing again. The program consists of peer run self help groups (wellness and recovery plan, mindfulness, writing you story etc.) But there is also time to relax and enjoy each others company.
Summary:

- Autonomy, agency,
- Empowerment and social inclusion;
- Everyone is welcome;
- Clear framework & free space;
- Normalizing, (mental health care new style);
- No medical language
- Deconstructing (self) stigma

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Thank you for your time and attention!

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