Thesis Presentation

Sociology of health and medicine in Switzerland: trends and challenges
HESAV, Lausanne – Friday, 2 October 2020

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Mental Illness
Source de l'image: https://images.app.goo.gl/vqvShEUuZvmekZaU9
Mental health recovery

Le rétablissement comme processus

Croissance
Reconstruction
Préparation
Conscience
Moratoire

C
Connectedness

E
Empowerment

M
Meaning

I
Identity

H
Hope and optimism

Ma longue promenade vers le rétablissement

Caroline Christiansen

COLLÈGE DE RÉTABLISSEMENT
Formation aux pouvoirs d’agir en santé psychique
2019-2021

Se rétablir d’un trouble psychiatrique
Favoriser la transition vers l’hébergement au sortir de l’hôpital

IXe Journée R3
Réseau romand pour le rétablissement
What is Recovery?

“Being in control.”

“Moving forward.”

“Feeling happier.”

“Achieving a better quality of life.”

“Having good mental health again.”

Source de l’image: https://images.app.goo.gl/a5AMroidYpZYPArz7
Following and analyzing «recovery»

How to Follow and Analyze a Diversity of Beings
An Introduction

François Cooren and Fabienne Malbois

Methodological and Ontological Principles of Observation and Analysis
Following and Analyzing Things and Beings in Our Everyday World

Edited by François Cooren and Fabienne Malbois
President's New Freedom  
Commission on Mental Health

Achieving the Promise: Transforming Mental Health Care in America

Goal 2 - Mental Health Care Is Consumer and Family Driven

<table>
<thead>
<tr>
<th>Recommendations</th>
<th>2.1 Develop an individualized plan of care for every adult with a serious mental illness and child with a serious emotional disturbance.</th>
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<td>2.2 Involve consumers and families fully in orienting the mental health system toward recovery.</td>
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<td>2.3 Align relevant Federal programs to improve access and accountability for mental health services.</td>
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<td>2.4 Create a Comprehensive State Mental Health Plan.</td>
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<td>2.5 Protect and enhance the rights of people with mental illnesses.</td>
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Source de l’image: https://govinfo.library.unt.edu/mentalhealthcommission/reports/FinalReport/FullReport-03.htm
Methods

2 corpuses of articles on «recovery» (professionals + survivors/consumers)

- From 1980 to 2005 in the United States
- From the beginning of 2000s to nowadays in French-speaking Switzerland

7 semi-directed interviews with key-actors of the importation of «recovery» in French-speaking Switzerland
Three main tensions

1. First-person perspective VS Third-person perspective

2. Cure VS Chronicity

3. Prescriptive power VS Adaptability
Image of the psychiatric rehabilitation unit where I did my fieldwork – pictures from their website
Methods: Participant observation

Image of the psychiatric rehabilitation unit where I did my fieldwork – pictures from their website
Fragile balances and negotiated orders

- «Doing with» rather than «doing for»
- Not entirely responsible nor entirely irresponsible
- Interpersonal relations & Statutory relations
Recovery story ...
Methods

Source de l’image: https://www.le-dictaphone.com/retranscrition-automatique/
A transitional community

- From «I» to «We»
- «I» / «We» balance
- From «We» to «I»
Thank you for your attention!