

TAKING BACK MY IDENTITY: PERSON NOT DIAGNOSIS

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(ND Breakout – Consumer Track)

For too many people who experience mental health challenges, their diagnosis becomes their identity, so much so that it is often how they introduce themselves, and how professionals view them.

What are the results of this approach? People stay sick, professionals stay employed, and recovery remains a slogan and not a reality.

This presentation will challenge Consumers of mental health services to reclaim their own identities - not by asking permission but by taking back what is rightfully theirs. Their identity is a birthright not earned - but rather the property of the person and not the system.

Specific ideas to promote personal wellness, recovery, responsibility, and citizenship will be explored as ways to help people reclaim their futures.