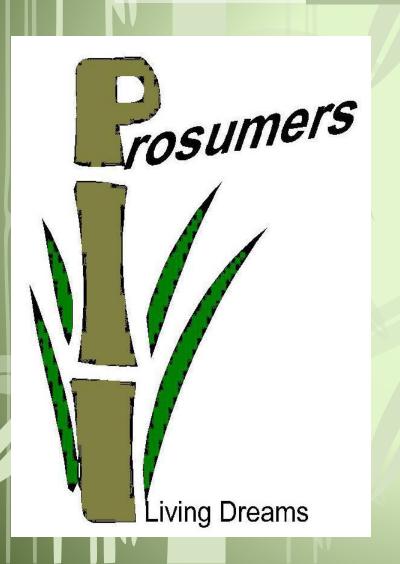
Effective and Innovative Peer Culture: The Prosumer Experience



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Welcome



We are all in this together and together we are unstoppable.



Why do some people survive, and even thrive in difficult situations?

- Ghetto conditions
- Work environments that seem unbearable
- Poor family dynamics
- Mental Illness
- -Stresses of long term separation
- Stresses of combat

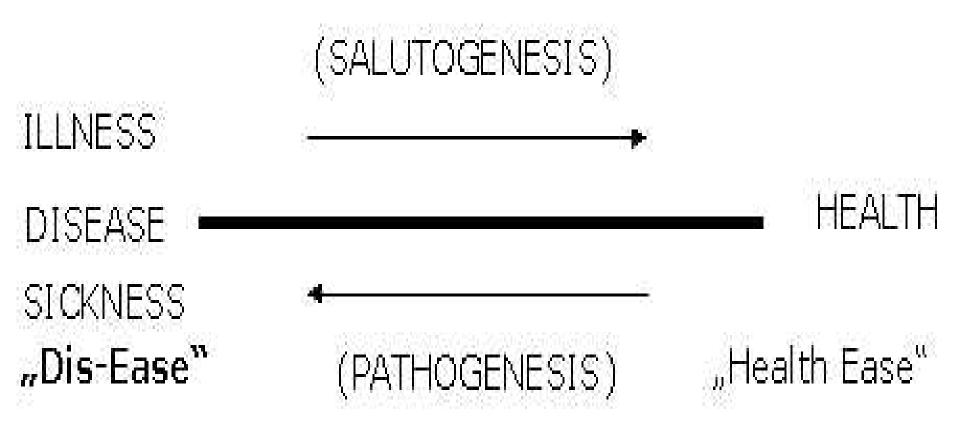


- Derivation of Greek and Latin
 - Latin: salus = health
 - Greek: genesis = source
- In combination = Sources of health



- Aaron Antonovsky (1923 1994)
 - Medical Sociologist
 - Coined term in 1968 to capture an emerging concept
 - Why did some manage to avoid illness and do well even when subjected to extreme stressors?

Salutogensis vs. Pathogenesis



Sense of Coherence (SOC)

The heart of Salutogenesis

"Global construct that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that one's internal and external environments are predictable and that there is a high probability that things will work out as well as can be expected"

(Antonovsky, 1979)

Sense of Coherence (SOC) Cognitive and Emotional Appraisal

- > Your world is understandable (Comprehensible)
- > Your world is manageable (Manageability)
- > Your world has meaning (Meaningfulness)

Comprehensibility

This means that whatever happens to a person, he/she is able to make sense of it and understand it.

The person believes that he or she is able to influence the course of events.

Comprehensibility

A Prosumers is someone who understands his/her symptoms and knows that he/she can modulate them.

A Prosumer does not have to accept what has been handed him/her and he/she can change his/her life given that...

LIVING A FULL LIFE IS POSSIBLE!

Manageability

This means that either the resources are available to you to meet the demands presented by the challenges or you have the a way to find them.

Based on the individual's expectation that it is normal and beneficial for life to change

Manageability

Prosumers help each other find the resources that are needed to live in the world. You can hear it in the conversations at our Prosumer lunches.

The Prosumer group encourages positive risk-taking/positive choices, and embraces change as beneficial for our lives.

Meaningfulness

This involves having a sense of meaning in the important areas of one's life or recognizing "these demands are challenges, worthy of investment and engagement."

Embracing a curiosity and sense of meaningfulness for life.

Components of Meaning

- Purpose
 - Goals
 - Future fulfillment
- Values
 - Justify course of action
 - Moral decision making

- Efficacy
 - You can make a difference
- Self worth
 - Skills
 - Belonging to groups you value

Meaningfulness

The Prosumer emphasis on volunteering encourages giving to others; creating a sense of meaningfulness for life and skills applicable to developing futures.

Salutogenisis in Action

- Lunch together builds natural supports and peer networking
- Two-hour empowerment meeting
 - Use adult learning (interactive/deduction) techniques
 - Corporate motivational and empowerment material

What We Cover

- Self responsibility
- Choices
- Moving from victim to full life
- How systems work and how to influence them
- The power of personal experience –
 YOUR VOICE IS POWER

Outcomes of a Salutogenic Focus?

- Positive family and community experiences
- Individual commitment to growth and effort
- Experiencing RECOVERY AS
 POSSIBLE and being
 RESILIENT!

Cognition, Salutogenesis and the Prosumers Program

- We can change cognition
- We can change reality (experiences)
- We need to do both to maximize growth, salutogensis and recovery

Prosumers in Action

- By choosing our focus, we can affect our lives.
- By creating meaning in our lives, we can affect our place in the world.
- By understanding that the power of recovery resides in each of us, we can make it happen, because

LIVING A FULL LIFE IS POSSIBLE!!



Indicators of Movement toward Salutogenesis

- Persistent presence of a support network
- Chronic positive expectations; tendency to frame events in a constructive light
- Tendency to adapt to changing conditions
- Rapid response/recovery due to repeated challenges



- Increased appetite for physical activity
- Episodic peak experiences
- Sense of spiritual involvement
- Increased sensitivity

Indicators of Movement toward Salutogenesis

- Tendency to identify and communicate feelings
- Repeated episodes of gratitude, generosity and related emotions
- Compulsion to contribute to society
- Persistent sense of humor

