



PhotoVoice: The Elder Experience

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Introductions

1. Name
2. Any photography/journaling experience
3. What you hope to get out of the experience



What is PhotoVoice?

PhotoVoice is a method of combining photography with grassroots social action...Participants are asked to represent their communities or express their points of view by photographing scenes that highlight themes...These photographs are collaboratively interpreted, and narratives can be developed that explain how the photos highlight that specific theme. These narratives are used to better understand the community and help plan health or social programs that address community needs.

Photovoice is often used by marginalized groups to provide insight into how they conceptualize their circumstances and their hopes for the future. As a form of community consultation, photovoice attempts to bring the perspectives of those "who lead lives that are totally different from those traditionally in control of the means of imaging the world" into the policy-making process.



This is the photo of a mural taken in the Mission in San Francisco. When I first saw this mural, a passage from the Bible came to mind, "Do not worry about your life, or about what you eat or drink; or about your body or what you will wear. Look at the birds of the air, they do not sow or reap and yet their Heavenly Father feeds them" (Matthew 6:25-26).

Looking at the man in the photo you might assume he has some mental health issues - I mean he has a mouse on his head - but as you look deeper you notice a sense of peace and acceptance. This is how my savior Jesus Christ accepts me, even when all I can think about are my own needs. "Judge not lest ye be judged."

Thank you San Mateo County BHRS for allowing me to share my spiritual beliefs.

~ Alan



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Agenda

Day 1:

- What is PhotoVoice?
- Discuss Theme
- Brainstorming for Pictures
- Photography Basics


Day 3:

- Showcase Exhibits
- Discussion
- Evaluations

Day 2:

- Review/Discuss Photos
- Pick a Couple Photos to Work With
- Intro to Narrative
- Narrative Writing

Exhibit to be displayed at San Mateo County's May Mental Health Month Event.



Group Rules

1. Confidentiality
2. Respect each other
3. One person speaks at a time
4. Only share what you feel comfortable sharing
5. Any others?



Symbolism

Use of symbols to represent ideas and emotions

Symbolism is the practice or art of using an object or a word to represent an abstract idea. An action, person, place, word, or object can all have a symbolic meaning.

Examples:

The dove is a symbol of peace.

A red rose or red color stands for love or romance.

Black is a symbol that represents evil or death.

A ladder may stand as a symbol for a connection between the heaven and the earth.

A broken mirror may symbolize separation



Working with Images

What comes to mind when you see the following images?

What could it symbolize?









What does mental health mean to you?

- What is “good” mental health?
- What is “bad” mental health?
- What does it feel like being diagnosed with a mental illness?
- How do others respond to mental illness? Stigma? Stereotypes? Acceptance



What is your experience of mental health services?

- What was it like when you first started receiving services? How did you feel?
- Best experience accessing services? Worst experience?
- Any difficulties accessing services?
- Reaction of others when they find out that you receive mental health



What about your experience accessing mental health services would you like to share with others?

- Are there experiences you've had that would encourage others to access services?
- Would you like to capture the benefits of mental health services?
- Assist in removing the stigma?



Photography Basics



Let's Brainstorm What Images We May Want To Capture for Our Exhibit

Theme: What has your experience been like as an older adult seeking/receiving mental health services?

