

# Past, present and future notions of citizenship

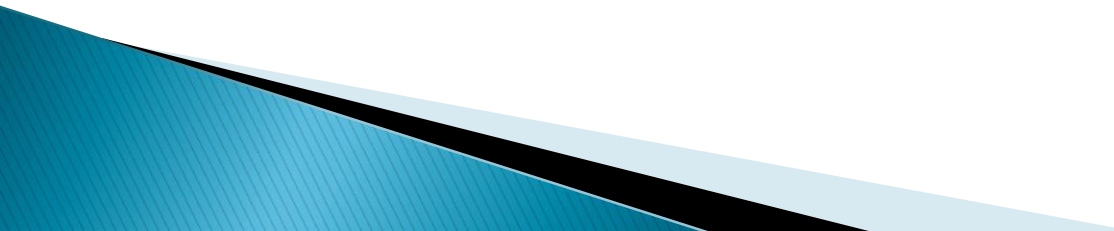
Helen P Hamer RN, MNurs  
Doctoral Candidate  
School of Nursing  
University of Auckland  
New Zealand  
h.hamer@auckland.ac.nz



School of  
Nursing

Citizenship is concerned with the rights, privileges, obligations and duties required of members of a nation–state.

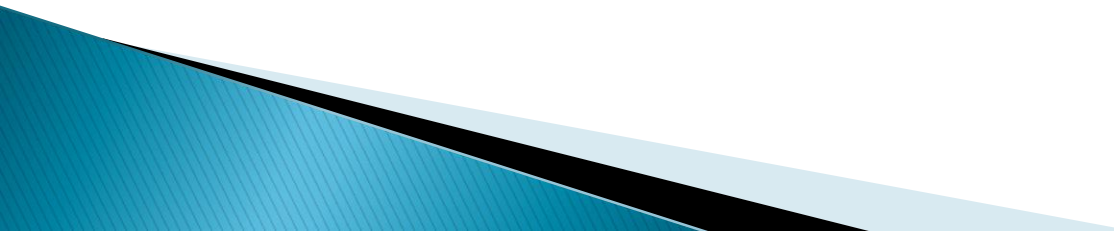
For many in society, this status as a political actor and participant can be taken for granted until conditions are placed on ones rights and responsibilities.



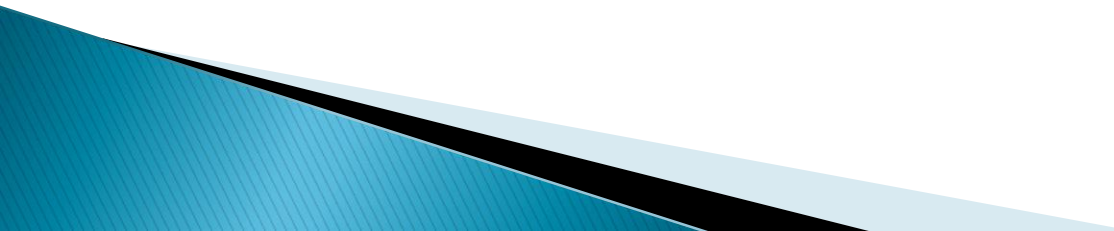
*Our Lives in 2014: A Recovery Vision  
from People with Experience of Mental  
Illness* (Mental Health Commission, 2004)

“...value us as fully participating members, with the same rights and opportunities as other citizens”

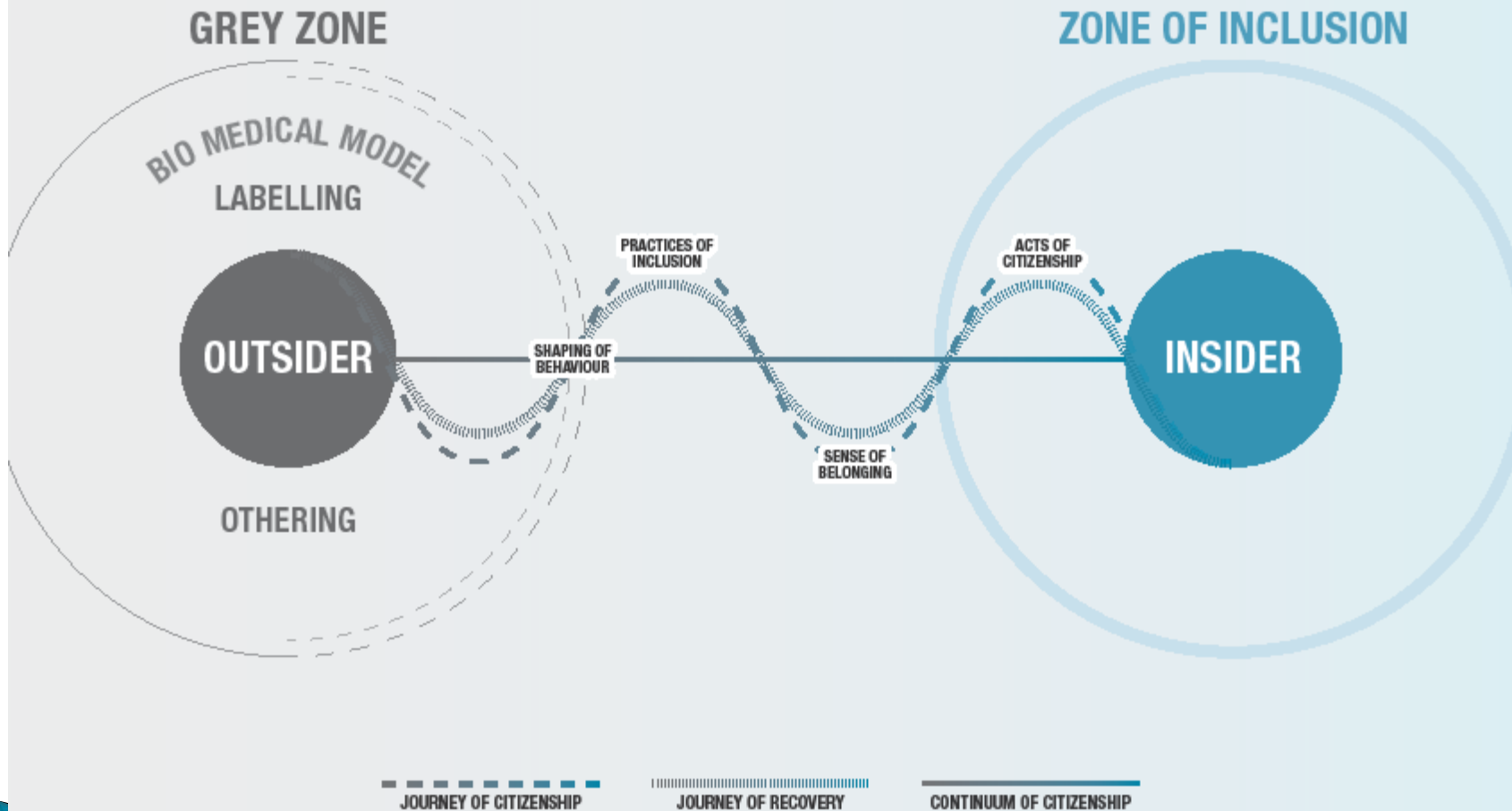
# 3 Dimensions of Citizenship

- ▶ **Extent:**
    - ▶ The rules and norms of inclusion and
    - ▶ exclusion
  - ▶ **Content:**
    - ▶ Rights and responsibilities
  - ▶ **Depth:**
    - ▶ The thickness or thinness of belonging
- 

# Citizenship

- ▶ Past: Outside the city walls
  - ▶ Present: Conditional citizenship
  - ▶ Future: Insiders?
- 

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN

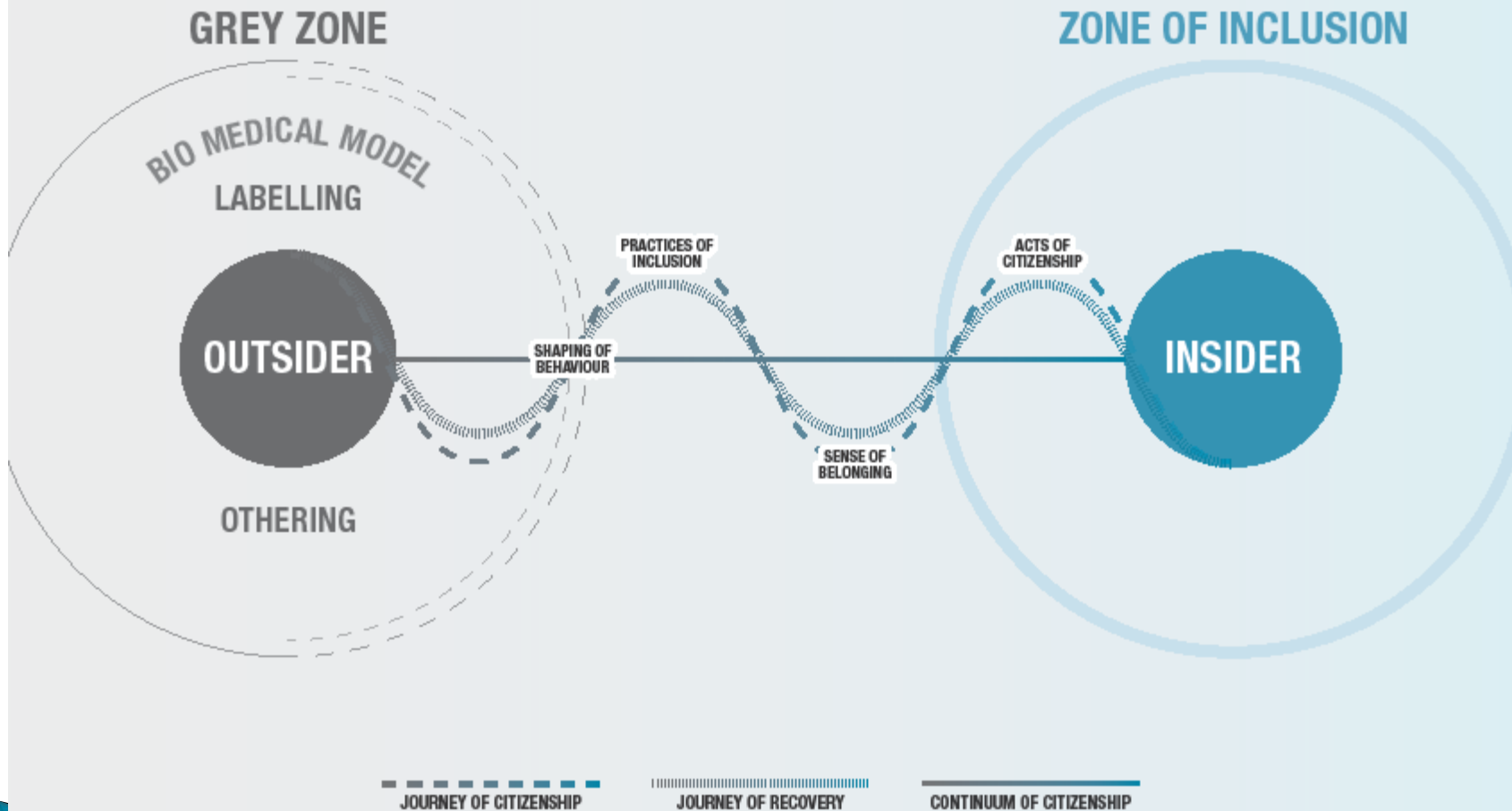


# The Grey Zone

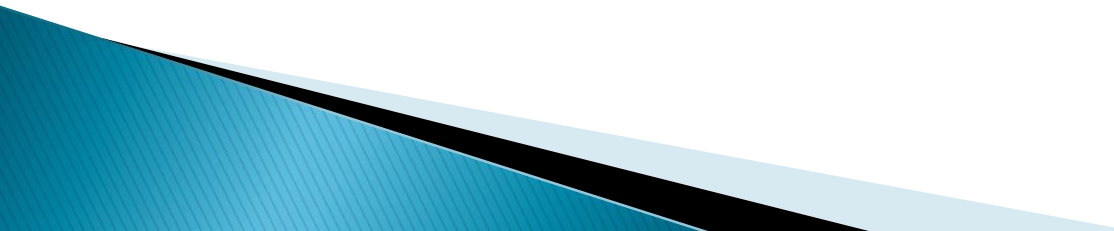
## ▶ Bio-Medical Model

- Labelling:           The persona of the citizen  
                          Untrustworthy  
                          Incompetent  
                          Transgressor of the norms
- Othering:            ‘Us’ and ‘Them’
- The ‘Bubble’:       The Zone of In-distinction

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN

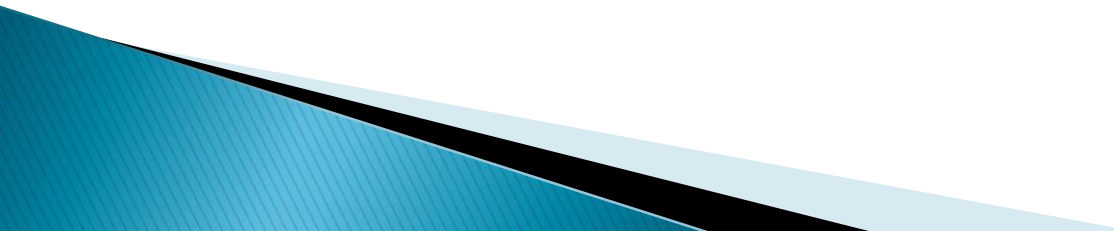


# The State of Abject-hood

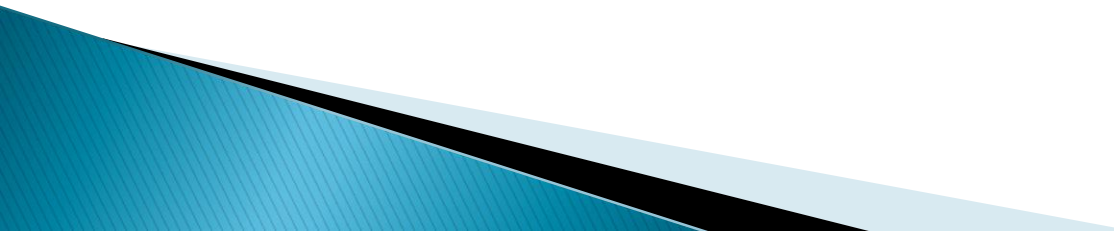
- ▶ “useless and worthless”
  - ▶ “a non-entity”
  - ▶ “a non-person”
  - ▶ “being in a big, deep, dark hole”
  - ▶ “living in a void”
  - ▶ “being broken”
  - ▶ “being damaged”
  - ▶ “being banned”
- 



# Citizen Interrupted...

- ▶ The Mental Health Act
  - ▶ Sanism
  - ▶ Epistemic Injustice
  - ▶ Therapeutic Jurisprudence
  - ▶ Principle of Reciprocity
- 

# Sanism

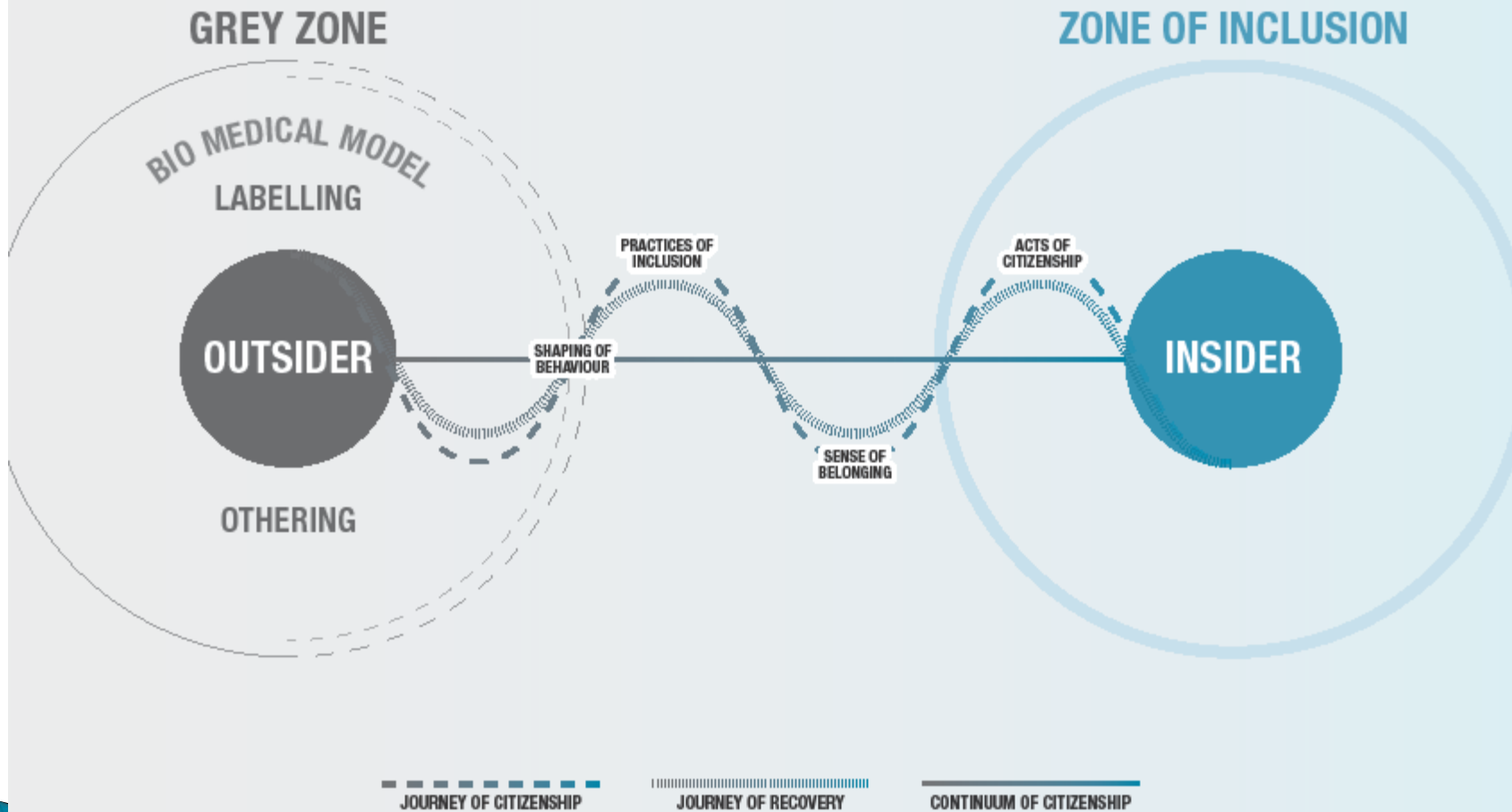
- ▶ “irrational prejudice of the same quality and character as other prejudices, such as racism, sexism, homophobia and ethnic bigotry”
  - ▶ (Perlin, 2000, 2003)
- 

# Epistemic injustice

- ▶ [There was] one particular nurse... she was a bit like Nurse Ratchet from One Flew over the Cuckoo's Nest. She was very dictatorial.... She used to teach some of the mental illness classes in the ward, you know, where patients learned about how to deal with their mental illness and all the symptoms. She was terrifying... people [would] put up their hands and say "I've got this symptom" and she would say "No, that doesn't fit into it, you haven't got that symptom". (Ann)

- ▶ I kept saying “could you please give me a sleeping pill that’s safe for pregnancy? I’m not psychotic”. It was like somehow because of my prior history and having this fat file that all they could think about was the old [me], and I hadn’t been on medication for 3 years and I didn’t want to go back [to an antipsychotic]. They had already got the idea [and were] suspicious about my capacity to be a mother, given my mental health history. (Zara)

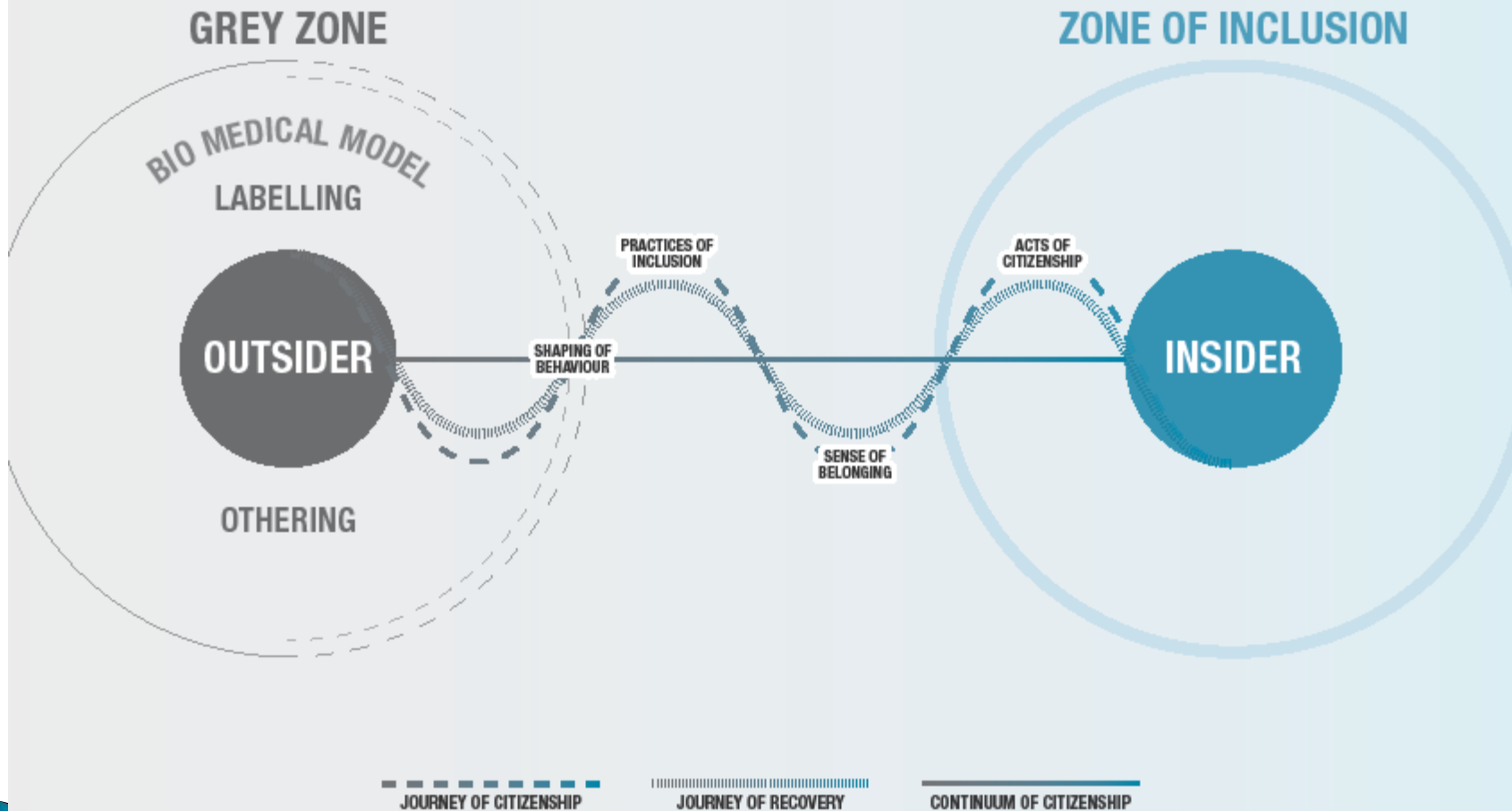
# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN



# Shaping of behaviour to be included

- ▶ [Closeting results in] a perpetual sadness and grief because you have to deny part of yourself... You don't invite the madness, but there is no provision for it in our society.... But still that inner conflict... and self doubt, "am I denying myself and choosing to conform to be accepted"? What I am saying is that I don't want to be noticed... I am solely focused on myself passing. (Lola)

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN



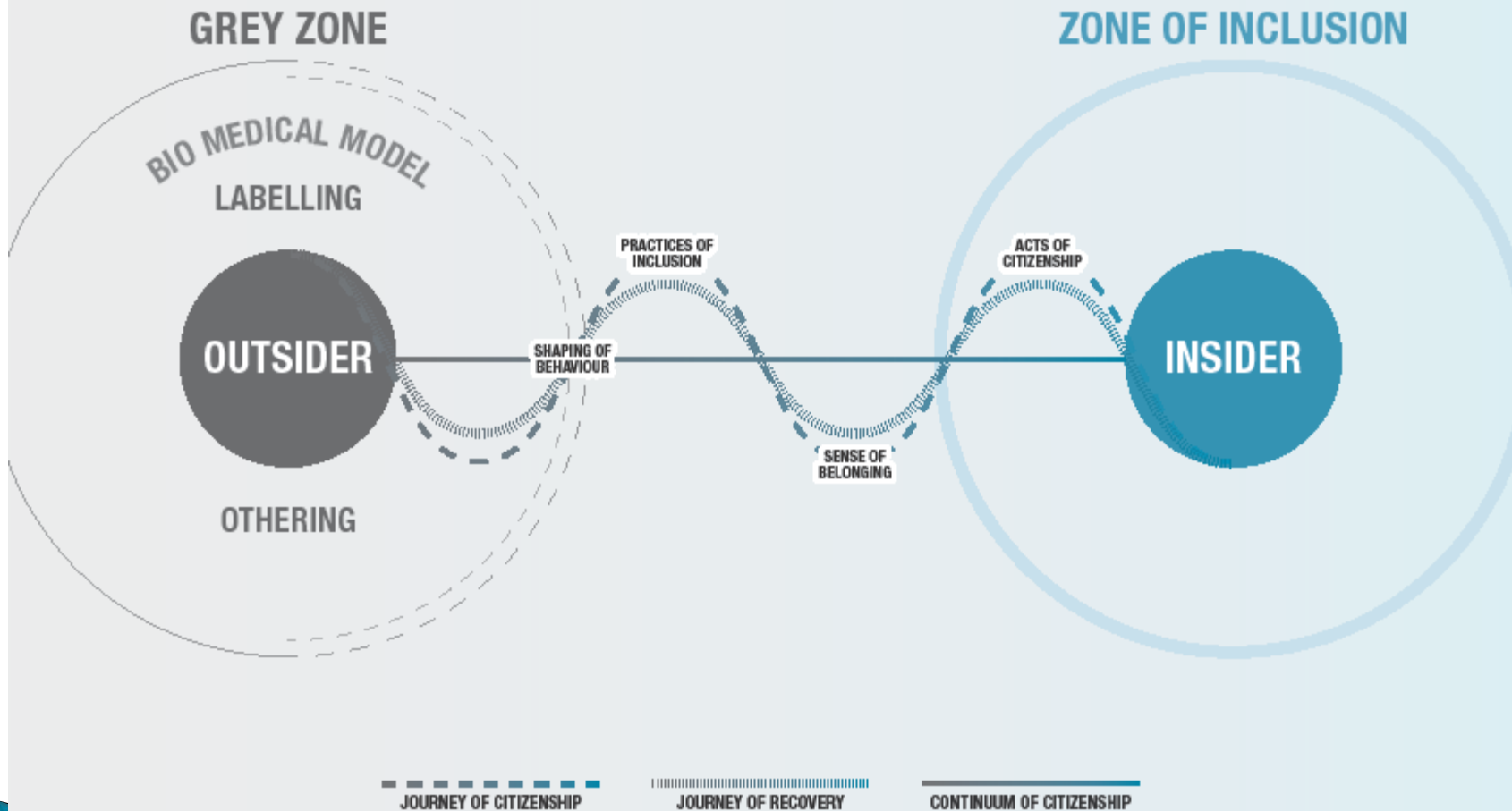
# Practices of Inclusion

- ▶ One way I have regained my citizenship is through therapy for the past nine years for my childhood trauma. I have regained an internal sense of worth as a first class citizen... I don't sacrifice or squander my resources on others as much... so I am rebuilding my city walls. I am no longer hiding behind a mask.... I feel equal with people; I'm no longer less than or more than.  
(Zara)

# Practices of Inclusion

- ▶ Awareness is the first thing, from awareness you get knowledge; hopefully from knowledge you get understanding and then comes the acceptance. And that is all we want. (Wayne)

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN



# Sense of Belonging

- ▶ **‘Thick’:**
  - ▶ Being connected
  - ▶ Solidarity
  - ▶ A deeper meaning of citizenship
  
- ▶ **‘Thin’:**
  - ▶ Disconnected & Othered

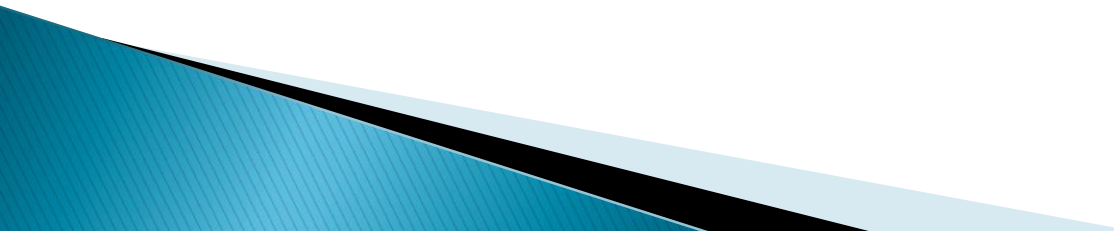
# Ethnicity

- ▶ Being Māori and being part of the hapu, iwi, whanau structure, citizenship would be a secondary thing for me... [My priority is] wanting to belong... to my hapu, iwi and my turangawaewae... and with that comes automatic citizenship. So I have never questioned it. If you belong then you feel part of something, you are a member, having earned the right to be one. It is the internal sense of belonging. (Priscilla)

# Banana Cake

- ▶ [Since] de-institutionalization [service users] have formed their own little networks within each community, so in a way they have citizenship... they are not isolating themselves. They go round and have a cup of tea at Joe Blogg's place and [someone] will make a banana cake... I see it all the time, and that's citizenship, because there is a sense of belonging. (Beth)

# A Deeper Meaning

- ▶ Citizenship really connotes a far deeper issue of not only belonging, but belonging to a community... and perhaps a commitment to the common good... I think there is sort of a veneer of citizenship, but I think there is a deeper issue of citizenship which may not go to the legal definition; it might go to the spiritual definition. (Greg, PS)
- 

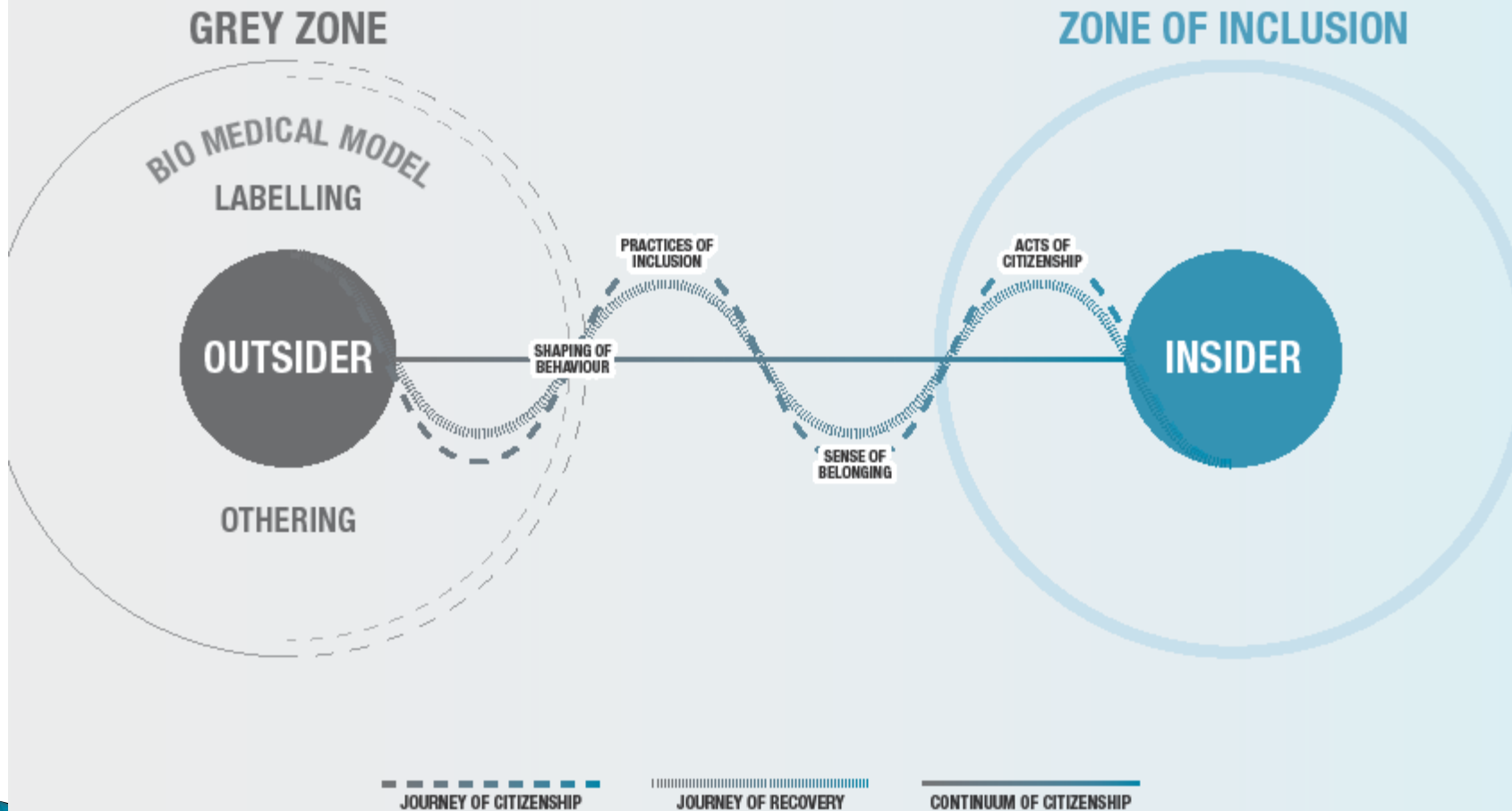
- ▶ Rather than ‘clinical practice’, ‘medication’, ‘therapy’, you know all these ‘tools’ that [health professionals] see as being so important... [It was] someone who will listen, someone who will get to know me, someone who will treat me tenderly, and that’s all around compassion. And you cannot teach that. I think people have that or they don’t.  
(Maria)

- ▶ A lot of it is to do with their past, the way that they have been abused, and their family situation, and they have switched off somewhere. As you move on and learn about what goes on for you, what makes you tick, [your] relationships improve with family and friends, and a sense of empowerment comes. And we can understand the meaning of citizenship from an empowered place.  
(Lorraine)

# The Nurses' Sense of Belonging

- ▶ It's not just about me [and my citizenship], what about the nurses? I'm talking about the newer [nurses] who are listening to the old 'war horses'. They need to stand up and say "where do I belong, how do I belong in this recovery [approach]?" and "how can I practice this, without the older [nurses] feeling threatened?" They don't have citizenship in that sense. (Beth)

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN



# Acts of citizenship

Acts of citizenship are concerned with making a claim for justice

Acts are transformational actions, that break with the habit or the ritual

An act is an expression of the need to be 'heard' (Isin, 2008; Reinach, 1983)

# Acts of Citizenship

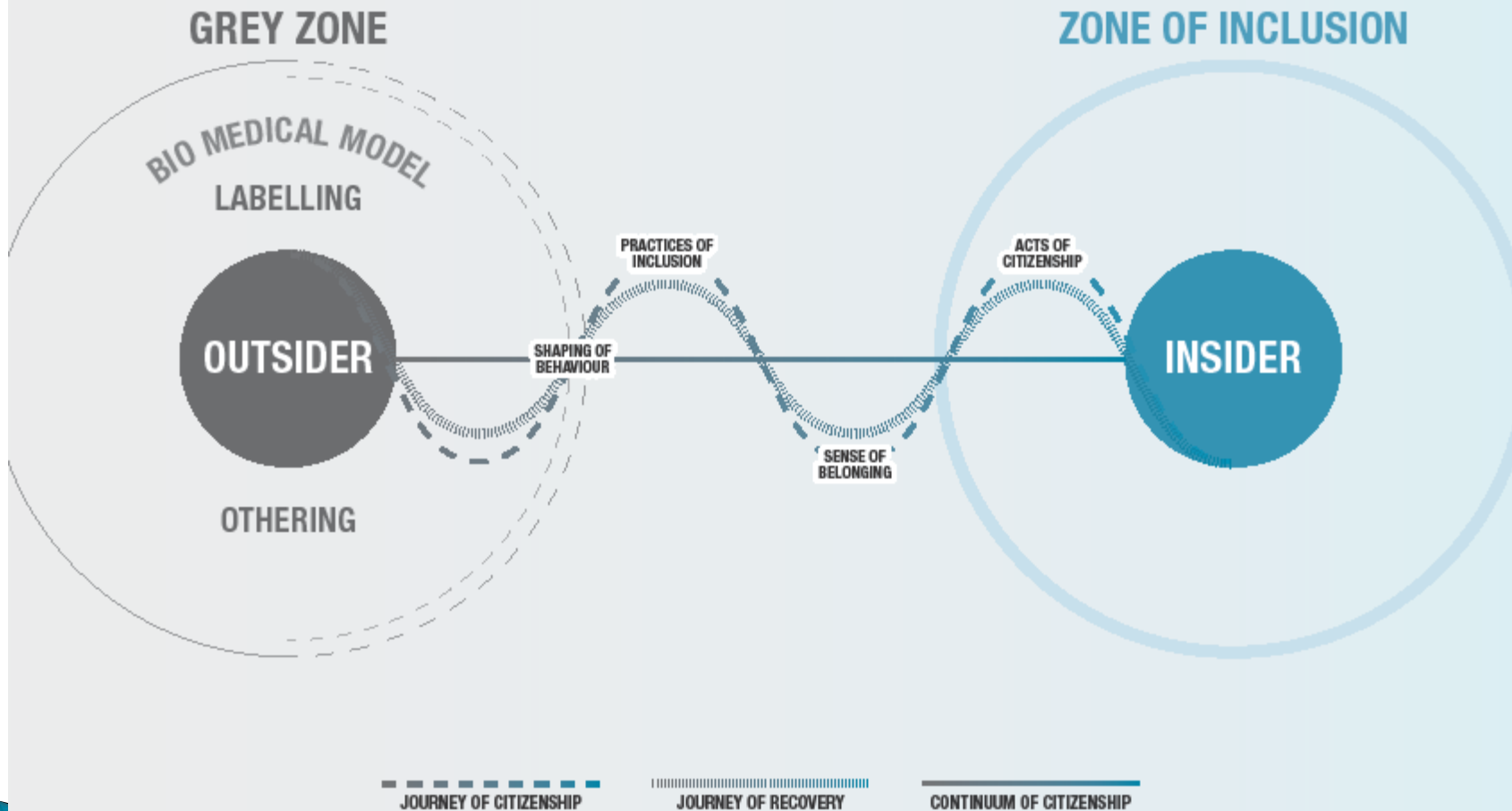
- ▶ Acts of solidarity
  - ▶ Agonistic Acts
  - ▶ Alienating Acts
- 

# Acts of Citizenship

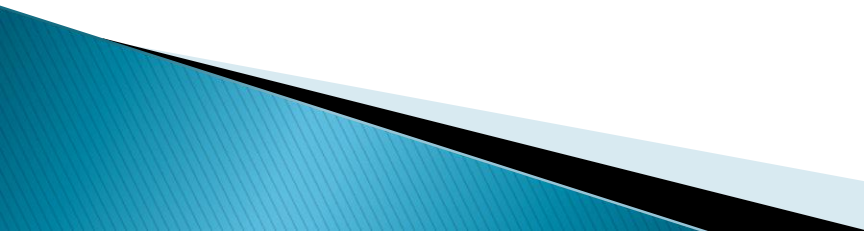
- ▶ When we were in the 'lock up' we had to line up every hour for a cigarette... we'd go outside and [the nurses] wouldn't watch you. They'd go into their office for the mundane routine.... I remember a guy got a key... and locked the entire [group of] nurses in and took off [laughs] and they didn't know what to do, they were all locked in with us, the weirdo's! (Moley)

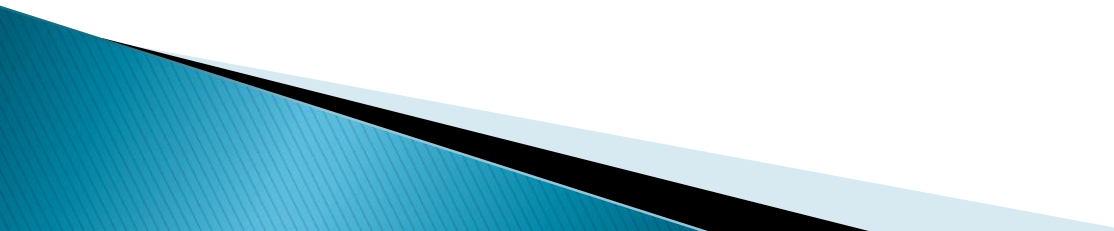
- ▶ We're not monsters. We're not children. We are here to learn... and don't treat people with mental illness like we don't know, we are actually quite aware and quite in tune... We are here to learn (about our illness)... [Or] we can't learn from our mistakes or [how] to take responsibility. (Moley)

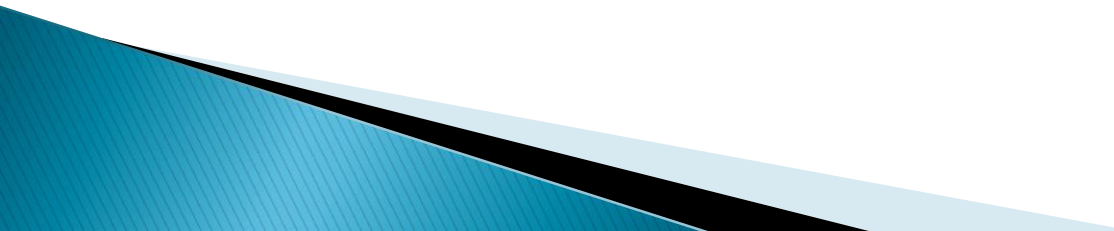
# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN



# Insiders and Citizens


- ▶ Does the recovery approach help or hinder the service users' journey towards full citizenship?
  - ▶ Yes.... So long as we understand the true meaning of recovery
  - ▶ No.... When we regard it as a 'model' of treatment which continues the status quo
  - ▶ "Recovery is an apprenticeship for citizenship"
- 

- ▶ Implications for nursing?
  - ▶ Be mindful of our sanist attitudes and our role in challenging stigma and discrimination
  - ▶ Adopt a resourcefulness-based therapeutic approach which incorporates resolution of the shame and demoralisation associated with being labelled mentally ill
- 

- ▶ Trust service users
  - ▶ Develop practice to incorporate professionally indicated risk taking
  - ▶ Support the least restrictive and ethically sound options for treatment, and protect service users' basic human rights
- 

- ▶ Move beyond current understandings of the role as advocates, and undertake political deeds that would see us speak out and break the silence that surrounds the injustices that service users continue to experience

“As mental health nurses we need to focus less on the labels and the symptoms and think seriously about why we keep using them and living in that world. And focus much more on people’s capabilities and learn a new context and start doing some serious education of our own profession about how we stigmatise our own clients, and ourselves and start working on our communities...” *(nurse in focus group)*



- ▶ Nurses define their identity by the difference from the Other who is the client... Citizenship [is] a means to prepare service users to engage with society at large... [We] need to 'loosen the system' so that we can engage in a critical thinking environment... If nurses are encouraged [to develop] ethics, nurses can be empowered to be autonomous... and can defend ethically if called to account. (Zara)

# THE JOURNEY TO BECOMING AN INSIDER AND A CITIZEN

