

Creating and Inspiring HOPE
Integrating *RECOVERY* Values and Principles
Into everyday practice in the Mental Health Workforce

Defining Recovery

Introduction - Defining Recovery

This session builds on the discussions of recovery in the previous exercise. It involves presentation and discussion of the NIMHE Guiding Statement on recovery. The participants then complete a worksheet to check their understanding of the concept of recovery. It is followed by an exercise where participants develop a shared understanding of recovery.

Aims:

1. To consider and explore the concept of recovery contained in the “NIMHE Guiding statement on recovery.”
2. To share this with other members of the group
3. To contrast and compare the NIMHE Guiding statement with the groups understanding of recovery.
4. To critically explore the essential features of the recovery process

Materials:

1. One copy of the NIMHE Guiding Statement on recovery for each person. – PDF enclosed with the materials
2. The NIMHE Guiding Statement OHP's to introduce the exercise
3. The NIMHE Guiding Statement Worksheet for each participant
4. The NIMHE Emerging Best Practices in Mental Health Recovery Poster for each person. Pdfs are included with the materials but hard copy originals may be available from your local NIMHE/CSIP Development Centre
5. One copy of **Question of Balance** by Garry Platz and Hugh Norris – pdf enclosed.
6. flip chart paper and coloured pens to record any discussion

Timing:

1. Tutors introduction and presentation of the “**Defining Recovery: the NIMHE Guiding Statement OHPs**” – 15 minutes
2. Participants read and discuss the NIMHE Guiding Statement on recovery in pairs – 15 minutes
3. Participants complete and score the “NIMHE Guiding Statement Worksheet” - 10 Minutes
4. Closing discussion – 10 minutes

Total time for exercise: can be completed in one hour but an additional half hour would make for a more relaxed pace and provide more time for the discussion

Instructions:

1. Distribute the NIMHE Guiding Statement on Recovery and the NIMHE Guiding Statement Worksheet. The NIMHE Guiding statement could be distributed with the programme and other details of the teaching in advance of the workshop to give people time to read it.
2. Introduce the session by referring to the aims and by giving a brief presentation using the Defining Recovery OHP's.

Some key points to make include:

- Recovery underpins the government's vision for the future development of all mental health services – advise participants to read *The Journey to Recovery*
 - Promoting Recovery is one of the Ten Essential Shared Capabilities.
 - There are many hundreds of very useful and informative websites on the internet with new ones added each day on recovery – draw attention to the list of websites circulate before the programme began
 - There is a growing body of literature from people who have used mental health services and also professionals that testifies to the effectiveness of the recovery approach
3. Make sure that people understand that there will be an opportunity for them to refresh their knowledge of the NIMHE Guiding Statement on Recovery immediately following your presentation.
 4. Be brief in your presentation and at this stage in the session do not encourage lengthy discussion – explain that there will be plenty of time for discussion towards end of the session.
 5. After 15 minutes move participants on to the next stage. Invite them to spend a further 15 minutes reading and discussing the NIMHE Guiding Statement on Recovery with one other person.
 6. Give them five minutes to begin reading and then visit each pair as they work to keep them on task. Invite them to contrast and compare their

understanding of recovery with the content of the NIMHE Guiding statement.

7. Keep time and after 15 minutes ask participants to move on to the next stage. Invite each person to complete The NIMHE Guiding Statement Worksheet.
8. Talk people through the worksheet first, emphasise that it's an exercise to help them judge the extent of their learning and that they can if they wish to keep the scores private although you will be encouraging them to share their observations with the rest of the group.
9. Let people know that if they need help, to ask.
10. After 15 minutes ask people to return to the large group ready to score their worksheet. You can either ask participants to score their own worksheet or encourage them to swap and score each others worksheets.
11. You can suggest to them that it will probably be more fun if they mark each other's worksheet. However, if people seem anxious about doing this it's probably best to ask people to mark their own.
12. Read out the answers to the questions on the worksheet and lead a discussion based on the participant's responses to the questions.
13. Make a note of any key points on the flip-chart.
14. Finish this exercise by summarising the discussion, ask for a volunteer to type and circulate the notes of the discussion.

NIMHE Guiding Statement Worksheet

There are two tasks in this part of the session.

A. Consolidating your reading of the NIMHE Guiding Statement on Recovery

B. Answering the questions in this worksheet. It's important to note that you can keep your answers private if you wish. The questions are not a test that you need to hand in. They are included in the worksheet to help you make some judgements about your learning and to further identify the areas that you might need to pay a little more attention to.

YOU HAVE 15 MINUTES TO COMPLETE BOTH ACTIVITIES

Question one.

Read the NIMHE Guiding statement on recovery. Identify what you think the three key messages are and write them down. You can discuss this with your partner.

Question two

Who introduced the concept of recovery? Was it;

- a) The National Institute for Mental Health in England
- b) Mental health professionals
- c) Primarily people recovering from mental health experiences
- d) Scientists and researchers

Question three

Which one of the following does not define recovery

- 1. A return to a state of wellness
- 2. Achievement of an acceptable quality of life
- 3. A specific treatment for people with serious mental health problems
- 4. A process or period of recovering

Question four

Which of the following are key features of a recovery-oriented system of care

- a) hospital and community-based services, including those in secure settings and prisons;
- b) self-help groups
- c) peer advocacy;
- d) families, partners and friends
- e) faith communities
- f) individual people and groups in the community
- g) Psychiatrists and other mental health professionals

Question five

Which of the following are not features of a recovery-oriented care?

- a) a focus on people rather than services
- b) Monitoring outcomes
- c) Emphasising problems and deficits
- d) Educating people to combat stigma
- e) Experts who know best what's needed when people are ill
- f) Working in partnership
- g) Self-help groups

Question six

What does NIMHE say about recovery principles and values?

Write some brief notes here of ideas about the above that you would like to contribute to the large group discussion.

After 15 minutes you should be ready to return to the large group – ready to discuss you impressions of the Guiding Statement and your answers to the above questions