

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

BACKGROUND TO THE COURSE

Although the original idea was to develop a training course in Recovery specifically for Support, Time and Recovery [STR] Workers. It soon became apparent that the training should be considered essential not only for STR Workers, but for all those working in mental health services.

This view was reinforced further by the development of the Ten Essential Shared Capabilities [ESC] for Mental Health Practice. The 10 ESC provide the foundation for all mental health practice and everyone who works in mental health services is expected to develop each of these capabilities. The ESC are both values and evidence based and Promoting Recovery is one of them. The ESC learning materials have been designed in order to support this process.

This Recovery training programme is underpinned by the 10 ESC, and builds on the 10 ESC Learning Pack for mental health practice. It is also linked to the National Occupational Standard competency in Recovery, MH94: "Enable people to recover from distressing mental health experiences".

This programme was developed by trainers and people who have used mental health services at an event facilitated by Piers Allott, NIMHE Fellow for Recovery. Participants came from each of the 8 NIMHE Development Centre areas and included Alison James and Professor Ian Baguley. The group decided that a two-day induction programme may include 4 modules as part of a recovery induction training programme:

Introducing and Exploring Recovery
Recovery – Rediscovering Ourselves
Communication – The Essential Tool for Empowerment
WRAP (Wellness Recovery Action Planning)

FEEDBACK

A simple feedback form has been included in the package which will allow us to develop these materials further. Future evaluation and amendments may be planned through the use of pilot sites in CSIP NIMHE regional areas.

ACKNOWLEDGEMENTS

Working Group

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INTRODUCTION TO THE COURSE

Introduction

This session introduces the programme, provides an overview of the aims, objectives, content and the approach to facilitating and learning. It also importantly provides a brief overview of the research evidence that clearly supports recovery. It involves a presentation followed by a brief discussion to deal with any questions or comments from participants.

Aims

1. To familiarise participants with the Support Time and Recovery Worker recovery induction training module, it's aims, objectives and approaches to learning
2. To acquaint participants with "MH94 Enable People to Recover from Distressing Mental Health Experiences", the National Occupational Standard competency in Recovery.
3. To describe/negotiate the principles for attendance on the programme
4. To answer any questions participants may have about the training programme
5. To provide a brief overview of the research evidence

Materials

1. One copy of the Creating and Inspiring Hope OHP slides on transparencies or as a power-point presentation. The power-point presentation is recommended for its special effects.
2. One copy of the Creating and Inspiring Hope OHP slides as handouts for each participant. Power-point is recommended for its facility to print the slides four to a page.
3. One copy of the programme for each day of the course for each participant.
4. One copy of the reading list and website list for each participant
5. One copy of the NIMHE report on the Ten Essential Shared Capabilities and one copy of the NIMHE Guiding Statement for Recovery for everyone. The reports can be distributed at the first session.

6. One copy of MH94 Enable People to Recover from Distressing Mental Health Experiences”, the National Occupational Standard competency in Recovery. Advise people to read this in advance of day two of the programme.

Timing

1. **Brief presentation introducing the course – 20 minutes**
2. **Brief discussion and question time – 10 minutes**
3. **Total time required - 30 minutes**

Instructions

1. You should distribute the programme for each day, the reading, web-site lists and MH94 the NOS competency well in advance of the workshops. It's always good practice to let people know well in advance of any teaching what's expected of them and what's likely to happen.

You might also want to send an accompanying letter to each person describing

- the venue,
 - directions to the venue
 - starting and finishing times
 - arrangements for refreshments and lunch
 - the name and contact details of the programme administrator
2. On the day welcome everyone to the course and explain briefly that the first session is in two parts.
 3. part one is a presentation outlining the whole programme including the aims objectives and approach to learning and agreeing the participant guidelines
 4. Part two is a ten minute discussion to give everyone an opportunity to discuss the presentation and to ask any questions they need to
 5. Ask everyone to introduce themselves briefly – their name and where they come from. Explain that there will be an opportunity in the following session to get to know the other participants in more detail. Collate this information for a participant's list that you should circulate in advance of the next teaching day.
 6. Use the slides to give a brief presentation to introduce the course. Twenty minutes are allocated for this – including the above. Make sure that you leave some time to answer any questions.
 7. In addition to the content of the slides, Items 7 to 14 are some of the key points that you should make in your presentation
 8. You will need to keep track of time throughout your presentation to make sure that you leave ten minutes for questions and discussion.

9. The research evidence for recovery is very clear as the power-point presentation indicates the evidence is clear. People can and do get well and stay well.
10. It may be worth spending a few minutes extra on the programme principles slide to make sure that the participants understand what is expected of them. You should make a point of asking them if they would like to negotiate any additional principles. You should type any additional principles in to the power-point presentation before you distribute them as handouts.