

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

## **Exercise 6: Promoting Recovery**

### **Introduction:**

This is a card-sort exercise designed to help the participants identify some of the characteristics and features of lifestyles that promote recovery. Participants are also invited to compare and contrast this with lifestyles that are currently supported through traditional mental health services. The exercise can be combined with an exercise in which each person identifies a workplace recovery challenge. The exercise can stimulate a very lively discussion about the lifestyle factors that contribute to or hinder recovery. It is based on the Lifestyles exercises written by Professor Hilary Brown.

### **Aims:**

1. To assist participants in identifying the lifestyle features that are more conducive to promoting recovery.
2. To assist participants in identifying the challenges and barriers to recovery that may be associated with more traditional mental health services.
3. To assist each person to identify a personal recovery challenge that they will work to achieve following the programme.

### **Materials:**

1. One copy of the **Recovery Lifestyles Titles** pack for each group of up to eight people including the instructions
2. One copy of the **Recovery Lifestyles Cards** for each group of up to eight people
3. One **Instructions** sheet for each group
4. One copy of the **Recovery Challenge** worksheet and an A5 envelop for each person
5. The **Promoting Recovery OHPs** to introduce the exercise.

### **Timing:**

1. Facilitators introduction 10 minutes
2. Group work on the **Promoting Recovery** exercise – 60 minutes
3. Identifying a **Recovery Challenge** – 10 minutes
4. Concluding plenary discussion – 10 minutes

Total time required – 90 minutes

## **Instructions:**

**Important.** You will need to do some advance preparation for this exercise by photocopying the Recovery Lifestyles Titles and the Recovery Lifestyles cards on to coloured cardboard. You should use a different colour for each set of cards. Make sure you also have a set of blank cards for participants to add their own 'helps' & 'hinders'.

1. Use the OHPs **Promoting Recovery** to introduce the exercise, refer to the aims and explain that the exercise as well as being extremely informative can be fun.
2. Talk the students through the instructions for the exercise and check that they understand what's expected of them answer any questions.
3. Divide participants into small groups. Everybody should get a chance to join in the discussion so it's probably best to work with groups of eight people or less. In large classes try and balance the groups for gender and ethnicity. You might also like to consider making sure that people from the same team are in different groups.
4. Invite people to join their groups and carry out the exercise. It's important to note that some groups have a tendency to get stuck on discussing the items in detail. If there's a danger of this happening ask people to move on and return to the contentious items at the end of the exercise.
5. Visit each group after they have finished placing the cards and remind them to spend a few minutes identifying any patterns or themes in the placement of the item cards
6. Keep time, remind them when they have five minutes left, and ask them to return to the large group after 60 minutes having decided who is going to report back on the exercise.
7. When everyone is back in the large group ask the reporters from each group to give very brief feedback on the exercise, invite any comments and questions. Then lead a discussion on the following questions:
  - ***What kind of things get in the way of recovery?***
  - ***What kind of things can help facilitate recovery?***
  - ***What if anything did they observe about the patterns or themes that were evident in the placement of the cards***

***In relation to their lifestyles  
In relation to the lifestyles supported by  
mental health services***

- *Do mental health services promote recovery oriented lifestyles e.g. through community support, in day centres or in acute psychiatric units?*
  - *What sorts of things need to happen to ensure that the services get better at promoting recovery?*
  - *What lessons have they learned from the exercise?*
8. Finish this exercise by distributing the **Recovery Challenge Worksheet**
  9. Talk the students through the worksheet and invite any questions or comments. You might need to give examples of a recovery challenge – suggest that the students consider the items from the group exercise.
  10. Invite participants to complete the worksheet either alone or in pairs, visit them as they work to offer help and keep them to time.
  11. After five or ten minutes ask them to return to the main group invite volunteers to share their recovery challenge – if you are working with a small group you might want to make sure that everyone reads out their challenge. If you have more than 8 people this will take some time so it's advisable to limit the feedback to six or so people.
  12. Give everyone an envelope, ask them to put their name and address on it and the completed worksheet inside it seal it and return it to you
  13. Finally collect the envelopes and explain that you will post them to everyone in six weeks time to remind them of their recovery challenge. Make sure that you set-up some system to remind you when it's time to mail out the envelopes.

## Instructions – Promoting Recovery

**Promoting Recovery is an informative and fun exercise to help you consider some of the features of our lifestyles that hinder or promote recovery. You might find it helps to read out the instructions to the rest of you group.**

**The exercise works best with a maximum of eight people – any more than that and it gets difficult for everyone to join in the discussion.**

1. Check that you have everything that you need in your pack
  - Three title cards
  - A set of **Recovery** item cards – these are smaller and a different colour to the title cards
  - A number of blank item cards
2. Once you've got everything that you need find a space to do the exercise – it works best if you do it on the floor – you'll need lots of space
3. Ask for volunteers – one person to lead the exercise and one person to report back to the large group at the end of the exercise.
4. Lay out the three title cards and arrange the group in a horseshoe shape so that everybody can see the title cards.
5. Share out the item cards so that everybody gets an equal number of cards – at this stage don't share out the blank cards.
6. Then take it in turn to read out one card and place it under the heading of your choice
7. Other members of the group can if they wish to challenge the placement of each card and move it to one of the other headings by majority vote if necessary.
8. You should expect and respect disagreement about the placement of cards
9. When this happens try and limit the discussion to a minute or two and then move on to avoid getting stuck on one particular card
10. It will take about an hour to complete this stage of the exercise.
11. Once you've assigned all of the cards under a heading ask people if there are any recovery issues not covered by the cards
12. Make a note of these on the blank cards so that these can be used by the next group who does the exercise
13. Finally ask the group to note any themes and patterns that occur amongst the placement of the cards and make sure that the group reporter makes a note of these to report in the final plenary discussion

## Identifying A Recovery Challenge in the Workplace

**This is the final part of the exercise. You are invited to identify a recovery challenge in the workplace that you will work to achieve in the week or so following the course.**

Ask yourself the following question.

*“What can I do that might make a difference to the way that my colleagues and I encourage or promote recovery in the worksetting?”*

You might find it helps to look through the recovery cards for inspiration or talk to one of the other students or if you are stuck, the course facilitator.

Write your recovery challenge here.

This is what I'll do \_\_\_\_\_

---

This is when I will do it \_\_\_\_\_

---

This is where I will do it \_\_\_\_\_

---

This is how I will do it \_\_\_\_\_

---

---

This is whom I will do it with \_\_\_\_\_

---

This is the support that I will need to do it. \_\_\_\_\_

---

**Now make a copy in your diary, write your name and address on the envelope provided and seal your recovery challenge in the envelope. We'll post it back to you in six weeks time to remind you of what you agreed to do**