

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

What does recovery mean to me personally?

Introduction - Defining Recovery

In this exercise the participants write and draw a personal definition of recovery which they then share with others to produce a poster. The posters are displayed and the group is invited to compare and contrast individual perspectives and agree a shared vision of recovery that they return to as they work through the rest of the programme and amend and develop as their learning grows. Participants should be encouraged to be as creative as possible in producing their recovery posters and the availability of additional art materials will encourage this process.

Aims:

1. To identify a personal definition of recovery
2. To share this with other members of the group
3. To agree a shared recovery vision that will be amended and developed as the programme progresses
4. To critically explore the essential features of the recovery process

Materials:

1. One copy of the “**What Does Recovery Mean to Me?**” worksheet for each person.
2. Essential - flip chart paper and coloured pens for each pair/group
3. Optional - additional art/craft materials – coloured paper, paper shapes, glue, glitter powder, scissors, etc
4. Essential - Masking tape or blu-tac to display the finished posters
5. Optional – Digital camera to photograph the posters.

Timing:

1. Facilitators introduction 10 minutes
2. Individuals work alone to write and draw their understanding of recovery – 10 minutes
3. People work in pairs or in small groups to prepare their recovery poster.- 20 minutes

4. Discussion of recovery posters and agreement of a shared vision of recovery – 20 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. Introduce the exercise by referring to the aims and talking people through the "**What Does Recovery Mean to Me?**"Worksheet. Ask participants to be as creative as possible in producing their recovery posters, emphasise how important these will be and how they will be used throughout the workshops.
2. You will find it very helpful to have your own recovery poster available to illustrate what the learners are expected to achieve. After you've done this exercise once, you'll have a good collection of recovery posters for future exercises. You might find it helpful to keep digital photographs of them – they are much easier to store and also can be turned in to very useful power-point presentations. You can also post them as email attachments to the students.
3. Check that everyone understands what's expected of him or her and answer any questions.
4. Invite participants to work alone to complete the first part of the exercise. Keep time and warn them when they have two or three minutes left
5. When their ten minutes is up ask people to move on to the next stage.
6. Divide participants into pairs or small groups. Everybody should get a chance to be actively involved in the preparation of the posters so it's probably best to work with pairs or groups of three to five people.
7. In their small groups remind everyone that the task is to prepare a recovery poster to illustrate their understandings of recovery; emphasise that they can either produce one poster for the group or each person can produce their own poster.
8. Before everyone starts work suggest that the best way to get inspiration for the poster is to first of all listen to the recovery stories of the other people in the group – be clear that they have a limited amount of time to do this – keep time and remind them after ten minutes to move on to the next stage and draw the poster – again encourage creativity.
9. You might visit each group as they work and make suggestions to help them with the production of the posters – having drawn you own really

helps with this part of the exercise. Some people will be anxious about their capacity to draw so you might find it helpful to model drawing – you will need to emphasise that this exercise is not a test of creative ability and that the process of making up a poster is to free up people’s thinking about recovery.

10. After ten minutes ask everyone to finish what he or she is doing, display their poster on the wall and return to the large group.
11. When everyone is back in the large group and all the posters displayed ask people to look at each of the posters for patterns, themes, similarities and differences.
12. Allow people a minute or two to browse the posters and then lead a discussion to agree a shared vision of recovery. The following questions might help to stimulate the discussion – keep a record of the discussion on flip chart paper:
13.
 - ***What are their initial impressions of the posters?***
 - ***What do the posters have in common?***
 - ***What are the important and significant differences?***
 - ***Is it possible to identify one poster that could be used as the starting point for agreeing the group’s vision of recovery?***
 - ***What lessons have they learned from the exercise?***
14. Finish this exercise by summarising the discussion and the essential ingredients of recovery as identified by the participants. Ask for a volunteer to type and circulate the notes of the discussion - taken from the flip chart paper.
15. If you have a digital camera take photographs of the group and the poster in-situ – make sure each member of the group gets a copy of the photograph.

What does recovery mean to me?

The task of this exercise is to agree a shared vision of recovery. You will do this in 5 stages as follows:

Step 1 – Writing a brief account of what recovery means to you

Step 2 - Sharing this account with other people in you group

Step 3 - Drawing your own or your groups recovery poster

Step 4 – Discussing the similarities and differences between all the other posters.

Step 5 - Agreeing a shared vision of recovery

The workshop facilitator will guide you through each stage.

Step 1: What does recovery mean to you?

Write brief notes here. Think about your personal experience of being unwell. Pick an occasion when you were unwell enough to have to stay off work or spend a day or two indoors and needed the help of another person.

What was this like?

How did you feel?

What was the process of getting better like?

What did you want to happen?

What helped you get better?

What got in the way or hindered your recovery?

What does recovery mean to me?

Step 2

Share this with other people

The facilitator will divide the big group into a number of smaller groups of no more than five people. You'll need to be ready to tell them your views of recovery.

What are the key points you want to make?

Step 3

Draw a poster to illustrate your understanding of recovery, based upon your notes and the discussion.

Be as creative as you can, use different colours, limit the writing on the poster and use as much drawing as possible. Ask the facilitator if there are any additional art materials available so that you can produce a really creative poster.

When you have finished, display your poster on the wall and return to the large group. Make sure your name is on the poster.

Step 4

Join in the large group discussion.

What are the similarities and differences between the posters? What if anything do they have in common? Is there anything about recovery that seems to be missing from the posters?

Step 5

Agreeing a shared vision of recovery.

In the large group you will be expected to join in a discussion to agree a recovery vision. The workshop facilitator will lead this discussion and keep a record of it. S/he will make sure that the notes from the discussion are typed up and circulated. S/he will also collect all the recovery posters and

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bring these to future sessions to remind you of this discussion.