Outline of Presentation

- What is ARI

- National Recovery Framework

- Evolution of the RPPW

- Personal Narratives

- RPPW Aims and Objectives

- Overview of RPPW

- Evaluation

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Advancing Recovery in Ireland (ARI)

- ARI is a National Mental Health Division initiative that brings together people who provide our services, those who use them and their families and community supports, to work on how we make our mental health services more recovery focused.

- ARI spreads the word that Recovery – a life worth living, with or without mental health difficulties – is possible for everyone.

- It supports local mental health services in bringing 'Recovery Principles' into the heart of how we work collaboratively.

- People who use our services have immense knowledge about their own situation; their strengths, their values and what works best for them. In mental health we've found that when mental health professionals value and use this knowledge, and work in partnership with them and those that care for them, that then the results tend to be better for everyone

National Recovery Framework 2017 -2019

- The National Recovery Framework will act as a guide to local CHO mental health services to support them in developing the recovery orientation of their service by establishing a common understanding of recovery and the core principles that underpin a recovery Orientated Service

- It will support a consistent, quality, evidenced based and measurable approach to recovery which will be included as part of the national divisions monitoring and performance of services

- The National Recovery Framework will have an initial life span of two years 2017 – 2019 at which point it will be reviewed

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National Recovery Framework 2017 - 2019

Understanding Recovery

● Recovery is best understood as being about the person in their life and how they want to live a life of their own choosing to achieve self determined goals, dreams and ambitions with or without the presence of mental health challenges and regardless of the severity of those challenges.

Understanding A Recovery Orientated Service

● A Recovery Orientated Service is built on a **culture of** hope and expectation that the person can recover from their mental health challenges, and build a fulfilling life of their own choosing. The role of the Service Provider is one which empowers and facilitates the process of an individual's self determined Recovery.

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National Recovery Framework 2017 - 2019

Four core principles intrinsic to a Recovery Orientated Service

1. The centrality of the service user lived experience.

     - Hope, Self Determination, Empowerment

2. The Co-production of Recovery promoting services, between all stakeholders.- recognising the unique expertise of SU's, Family/ Carer's

3. An Organisational commitment to the development   of Recovery orientated mental health services – Recovery culture, Communicating & Evaluating Recovery

4. Supporting Recovery orientated learning and recovery orientated practice across all stakeholder   groups- Recovery Education & Recovery focused clinical practice.

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Evolution of the Recovery Principles and Practice Workshop

- Recovery Education is a principle of the National Recovery Framework

- Recovery Principles and Practices Workshop is crucial element of recovery education

- The workshop allows teams time to reflect on their practice and to identify small changes to support their service becoming more recovery orientated

- All Workshops are co produced and co facilitated by people with lived experience, family members and service providers

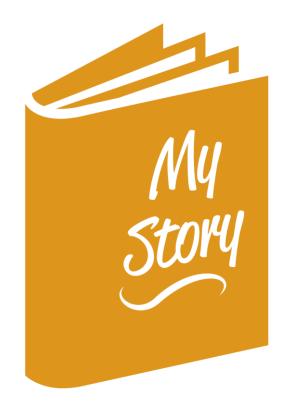# Evolution of the Recovery Principles and Practice Workshop continued

- Following feedback from initial workshop facilitators and participants the need for standardised training pack was identified

- External review completed. A national co production group established Q4 2016

- May 2017 a national standardised, evidence based Recovery Principles and Practice Workshop based on Adult Education Principles

Personal Recovery Narratives

Aims

- Facilitate discussion about recovery principles through group work, individual work and conversation and explore how this fits with our practice.

- To give us the opportunity to think, reflect on and define what Recovery really means.

- Listen to the personal narratives of facilitators and their experience of the recovery journey.

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Overview of RPP Workshop

- Section 1 - Define recovery

- Section 2 - Evidence base for recovery

- Section 3 - Personal narratives

- Section 4 - Introduction exploration of the ten recovery principles

- Section 5 – One change in practice that supports a recovery approach

- Section 6 - Workshop evaluation

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For details of RPPW Leads in your area contact jackie.farrell@hse.ie

Recovery Principles and Practices Workshop Evaluation

- Each individual session is evaluated and the evaluation forms returned to the national ARI office with the aim of collating the data

- Once data is collated a national evaluation document will be circulated

- Facilitators also evaluate each session from their perspective. This data is sent to the ARI national office to aid learning and meet the training and support needs of facilitators

- Identification of further training needs of staff

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Evidence Base

⬤ In 2016 a longitudinal study was completed on the effects of recovery based training on staff knowledge and attitudes to recovery

⬤ Between July 15 and March 16, 101 Mental Health staff completed two recovery questionnaires, one before training and 6 months post training.
  – Recovery Knowledge Inventory (RKI-20)
  – Recovery Attitudes Questionnaire (RAQ)

⬤ Results showed a significant difference in confidence using a recovery model of care following training

⬤ This suggests recovery based training positively affects staff knowledge and attitudes to recovery overall

(Walsh, Meskell, Burke, Dowling, 2016. Issues in Mental Health Nursing: Recovery Based Training in Mental Health)

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Thank You for Listening