

Dorset Wellbeing and Recovery Partnership

Next Meeting of the Dorset Wellbeing and Recovery Partnership September 22nd 10:00am – 12:00pm Dorchester Corn Exchange

The second meeting of the Dorset Wellbeing and Recovery Partnership Programme will be held on the morning of 22nd September 2009 and is open to anyone who has an interest in mental health in Dorset and the promotion of wellbeing and recovery.

The meeting aims to provide a creative space where ideas to promote the principles of recovery and wellbeing can be discussed. We are also looking for opportunities to develop meaningful partnership working between professionals and the people who experience mental health problems.

We are looking to discuss the Wellbeing and Recovery Project Plan which is in draft form. In particular, we wish to examine what we call the ten key priorities. These priorities are outlined on the reverse page of this newsletter. We are keen to receive feedback on this.

If you are interested in attending, or are unable to attend but would like to make some comments, please contact either Phil or Becky (see details below). We plan to have these meetings four times a year.



A Helpful Definition of Recovery

“Probably the most useful way of understanding recovery is linking it to our own experience because it is something that is common to all of us; it is not specific to mental health problems. Any of us, who have been through a divorce, being made unemployed, a major illness or bereavement, know that that changes us; there is no way to going back to how we were before that event. We have to incorporate that into our way of living and we learn from that and move on with that, which is exactly what we are talking about in terms of recovery from mental health problems.”

Very importantly, recovery is about taking back control over your own life and your own problems, about not seeing your problems as being uncontrollable, or that their control is just the province of experts. It is about understanding yourself what is possible and what you can do to help yourself.”

By Dr Repper from *An independent investigation into the care and treatment of Daniel Gonzales* (January 2009) p. 124.

Dr Repper is currently associate professor for Mental Health Nursing and Social Care at Nottingham University and is co-author of a book entitled *Social Inclusion and Recovery. A model for Mental Health Practice* (Baillere Tindall 2003).

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Progress since the Last Meeting

Since the last meeting interest has been growing in the Wellbeing and Recovery Partnership. We have been asked to do a number of talks and presentations to a range of people and teams and the feedback has been positive. The message we are receiving is that people value and support the project.

We have completed a project plan, which we are looking to discuss at the next meeting and we have set up a steering group to co-ordinate its implementation.

We have been speaking to Dorset Healthcare NHS Foundation Trust and they are interested in joining the partnership. We welcome their involvement so that the Partnership can cover Dorset County and there is an opportunity to share good practice.

We have been exploring recovery-focused outcome measures and have been piloting the Recovery Star in a variety of teams across the whole county.

We have also been engaged with South West Recovery Network and have agreed to host a regional recovery event on 16 October in Dorchester. More information about this will soon be available.



Dorset Wellbeing and Recovery Project Plan: 10 Key Priorities

1. To effectively communicate how and why the partnership is promoting wellbeing and recovery, through establishing an effective communication strategy, using a combination of different media: newsletters, internet, meetings etc.
2. To integrate the concepts of risk and recovery so that we can be clear to staff and service users about their responsibilities in terms of preventing harm to either themselves or the public whilst operating within the framework of recovery. We aim to develop clear guidelines that integrate risk management, safety planning and recovery.
3. To develop a recovery co-ordination strategy to develop meaningful partnership working between staff and service users in order to support a person on their recovery journey. This will include reviewing all procedures and administrative paperwork to ensure it supports a recovery approach.
4. To change workforce culture so that recovery is the dominant approach and philosophy across all mental health services.
5. To ensure there is effective and consistent recovery training across Dorset in both statutory and third sector services.
6. To continue to develop the role that recovery plays in acute services – with a particular focus on the development of alternatives to inpatient treatment for those in crisis.
7. To ensure that people's sense of spirituality is linked to their recovery and that this is done in a way that is meaningful to the whole community.
8. To evaluate the experience of service users through listening to and recording their stories and through the use of robust recovery-based outcome measures.
9. To create a culture that provides the opportunity to be creative and promotes discussion on how to embed the principles of recovery in mental health service provision across Dorset, through the establishment of Wellbeing and Recovery Programme meetings.
10. To promote wellbeing and recovery throughout Dorset through engaging with a wide range of partners outside traditional health and social care settings and set up networks to promote wellbeing and recovery.

We will be looking to draw upon the experience and expertise from a wide range of people to support us in delivering these tasks, so if you feel you would like to contribute to any of these areas please contact either Becky or Phil.