

Dorset Wellbeing and Recovery Partnership

Welcome to the latest Wellbeing and Recovery Partnership (WaRP) Newsletter. We have been very busy since the last issue in August and will use this newsletter to update everyone and share our progress and thinking. We are keen to have your continued input and support. In particular, we want to use Recovery stories to illustrate Recovery orientated practice. If you have any stories you wish to share please contact Becky (see details at bottom of page). We will be discussing Recovery stories in the December newsletter.

Key Recovery Developments

Two exciting developments are informing our work:

1. The creation of Peer Specialist roles (people with lived experience becoming an integral part of the workforce in delivering mental health services). Eugene Johnson from Recovery Innovations (previously Meta Services) in Arizona has been influential in developing these roles. Phil and Becky were fortunate enough to be able to attend a presentation he gave at an event in London in the Summer. More details to follow in the December Newsletter! If you cannot wait, visit www.recoveryinnovations.org to find out more about Peer Specialists.
2. The Sainsbury Centre for Mental Health document *Implementing Recovery: A New Framework for Organisational Change* which is described overleaf. Further details can be found at www.scmh.org.uk.

Both of these strands focus on the importance of an individual's self-management, the role that other people with lived experience can have in each others' recovery and how an educational approach can support all this. They also suggest that the role of services should be to provide suitable environments that facilitate these approaches, to support people on their individual recovery journeys.



At the heart of Recovery "... is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms. Recovery is based on ideas of self-determination and self-management. ... It emphasises the importance of hope in sustaining motivation and supporting expectations of an individually fulfilled life".

Shepard et al., 2008 Making Recovery a Reality. Sainsbury Centre

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Sainsbury Centre for Mental Health

Implementing Recovery: A New Framework for Organisational Change

The Sainsbury Centre for Mental Health have produced a new guidance document to support organisation change, which we feel is very relevant to our work. At the Wellbeing & Recovery Steering Group meeting in October, we discussed the importance of this document and we have incorporated it into our project plan.

We believe we are already meeting some of these key changes. We are certainly attempting to redefine user involvement, and the role that the Dorset Mental Health Forum plays in the partnership is testament to this, and we do have an organisational commitment to changing the culture.

We are determined to meet the other organisational changes, all of which overlap with the WaRP 10 key priorities (see August newsletter). Some items translate directly, for example *Changing the way we approach risk assessment and management* relates to our second key priority: Develop clear guidelines that integrate risk management, safety planning and recovery. Also our aim to provide consistent recovery training cross references *Delivering service user led training programmes* and *Establishing a Recovery Education Centre (REC.)* The steering group has agreed in principle to establish a REC and we are exploring how this would look in practice.

The key to all of this is to ensure that the changes which are made influence practice on the ground and to ensure the services support people's recovery journeys. It is also important to acknowledge that there is good recovery orientated practice happening all the time, so sometimes it is about highlighting that good practice rather than talking about things differently. We aim to highlight this good practice in our annual recovery event.



Sainsbury Centre for Mental Health

Ten key organisational changes

- Changing the nature of day-to-day interactions and quality of experience
- Delivering comprehensive, service user led education and training programmes
- Establishing a 'Recovery Education Centre' to drive the programmes forward
- Ensuring organisational commitment, creating the 'culture'
- Increasing 'personalisation' and choice
- Changing the way we approach risk assessment and management
- Redefining service user involvement
- Transforming the workforce
- Supporting staff in their recovery journey
- Increasing opportunities for building a life 'beyond illness'

Progress Since the Last Newsletter

We held our Wellbeing and Recovery Partnership meeting in September. Attendance at the meeting was low, but a lively discussion was had amongst a representative group of service users, carers and staff, particularly around outcome measures. It is really challenging to find an outcome measure that is useful both to individuals as part of their Recovery journey, as well as meaningful for practitioners and commissioners! Following the low turnout it was decided at the last Steering Group meeting to set up local implementation networks, which will focus on how we practically apply Recovery principles within each locality. In addition, we aim to hold an annual Recovery event to celebrate specific individual and service Recovery achievements. This is likely to be scheduled some time in the spring.

In September we met with the Independent Mental Health Carer's Forum. The group described some of their experiences and difficulties. In particular, that they would like services to be more responsive at early signs of crisis rather than when circumstances have escalated. This is something we are seeking to address as we review our approach to risk management and Recovery co-ordination (as highlighted in the August WaRP newsletter).