

Dorset Wellbeing and Recovery Partnership

Apologies to everyone for the late arrival of this newsletter. You may recall in our last newsletter we spoke of the Wellbeing and Recovery Partnership being shortlisted in our application to the Centre for Mental Health to become a pilot site in order to implement their methodology for organisational change (ImROC). We have waited for the results of this before sending out the newsletter.

We are **delighted** to announce that we have been selected to be a **national demonstration site**. Put simply, this means that the work of the WaRP is deemed to be a few steps further on than those organisations awarded pilot site status. The Centre for Mental Health is keen to input into and consult with us further regarding the development of recovery within our services.



ImROC: The results are in ...

The ImROC project is delivered by a partnership between the Centre for Mental Health, the NHS Confederation and the National Mental Health Development Unit. A team lead by Rachel Perkins (who was voted MIND champion of the year last year) visited us on 17 November 2010 and we put on a whole day of recovery events to support our application.

We would like to thank everyone who participated in this event and enabled the assessment process to be such a success.

The Centre for Mental Health has given the WaRP and the work of the WaRP the accolade of being a demonstration site. This is an immense achievement and a huge recognition of the recovery orientated practice that is going on within Dorset.

The ImROC team were particularly impressed with:

- The strong partnership working especially with Dorset Mental Health Forum
- The progress made towards addressing the organisational challenges and embedding recovery principles

On the day, the team reflected back to us that they were encouraged by our attention to risk and recovery, to the commitment of the medics and the high level organisational sign up.

Being selected to be a demonstration site is a huge honour and opportunity, but with this comes a great responsibility. We do not see this as recognition

that we have all the answers. Rather, we view it as recognition of our potential and we must now work together – staff, people who access the service and their supporters – to realise this. We will not feel we have achieved our goal until we have transformed the experience of the people who access the service and those who work in it.

As a great man with lived experience said, *“Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.”* (Sir Winston Churchill, 1942)

The WaRP began in Dorset Community Health Services (DCHS) and we viewed last year as our developmental phase and this year we are moving into the implementation phase. With Dorset Healthcare University NHS Foundation Trust (DHUFT) we are still in the developmental phase but we believe that we will move rapidly into the implementation phase due to existing staff skills, pockets of positive recovery orientated practice but especially from the experience gained in implementing the recovery orientated organisational change that has taken place in DCHS.

As a reminder, the Centre for Mental Health’s publication ‘Implementing Recovery: A methodology for organisational change’ (Shepherd, Boardman and Burns, 2010) is a framework that identifies 10 key challenges to embedding recovery across an organisation. This can be downloaded from:

<http://www.centreformentalhealth.org.uk>

Eastern Update

On 26 January the WaRP gave a presentation to the Board of DHUFT regarding Recovery and the embedding of its principles across the organisation. This presentation was extremely well received and continues to demonstrate high level commitment and sign up to implementing recovery.

DHUFT held a Celebration event on 16 December to celebrate the talents within the organisation and the services which have already displayed recovery orientated practice. The event was held following completion of a scoping exercise which, as well as acknowledging current recovery orientated practice, also established challenges for the organisation in utilising these principles.

The essence of the recovery approach is to give personal control, hope and opportunities to those experiencing mental distress – the challenge is that it demands a radical change in attitude to mental illness and to those suffering from it. (Maddock and Hallum, 2010)

Western Update

Exciting things are happening in DCHS and we are entering the implementation phase. We are currently developing and piloting training materials for staff and for people who access the service. Having visited a number of teams we are now seeing evidence of Recovery orientated practice filtering through. Well done!

We have established a Recovery Advisory Network which has the same aims as that of the DHUFT reference group. It was attended by NHS Staff and Dorset Mental Health Forum (DMHF) members. We looked at some training materials mapping the process of recovery and at the wellbeing toolkit. Bob Shaw from the Forum, who has developed the toolkit, describes it as “a self-help book you write for yourself”. We view it as an adjunct to a WRAP as it focuses much more on a person’s narrative and their values. Over the coming months we will be piloting these materials within Adult and Older Persons Teams; these will include workshops for people who access the service.

In tandem to this Gary Hawker has established a Carers Network for Professionals and Carers, with a view to ensuring recovery orientated practice with carers/supporters.

We fed back the Recovery Leadership report to the Operational Management Group, and it was well received. We will now be working with team leaders to support them in implementing Recovery.

From the Celebration event an impressive number of people volunteered to become members of the Recovery Reference Group. The first Recovery Steering Group will be held in early February and following this meeting a date will be set for the Reference Group. The purpose of the group is:

- To support the implementation of the Wellbeing and Recovery principles within mental health services in Dorset
- To create the opportunity to learn from lived experience
- To strengthen partnership working between professionals and people with lived experience, sharing and recognising the expertise of both groups.

We need you! The Reference Group is open to anyone interested in Recovery. Please contact Jackie or Becky (see below).



The *Hidden Talents* project for statutory staff with lived experience of mental health problems is continuing to grow and we are in the process of developing a project plan. If you would like minutes from the last meeting please contact Phil Morgan (see below).

New Publications:

There are two new publications out that may be of interest:

Recovery Begins with Hope (2010) by Su Maddock and Sophy Hallam:

<http://www.nationalschool.gov.uk/downloads/RecoveryBeginsWithHope.pdf>

Recovery is for All: Hope, Agency and Opportunity in Psychiatry (2010):

<http://www.rcpsych.ac.uk/pdf/Recovery%20is%20for%20all.pdf>

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