

Dorset Wellbeing and Recovery Partnership

Welcome to the latest WaRP newsletter. As you are aware Dorset Healthcare has been subject to numerous changes and extensive scrutiny over the past year, however, the commitment and work around recovery has remained undiminished. Jane Elson, the new director of Mental Health has been very clear in her support for the project, she sees valuing lived experience and promoting the importance of recovery orientated practice throughout mental health services as core the future development of services.

The Recovery Education Centre (REC) is continuing to grow, as are the development of peer worker roles and courses within the acute pathway (and building links with the *Safewards* project); the revitalising of the *Hidden Talents* project; The "Road to Wellness Awards," our first awards ceremony for people who access services; we have been awarded demonstration site status for Personal Health Budgets, and we have revitalised and relaunched the Recovery Network. This Newsletter will focus on the latter three achievements.

Recovery Network

On the 5th December we held our first Recovery Network in nearly a year and it created a real buzz. We had over 50 people in attendance at the meeting in Sentinel House, in fact there were so many people present that not everyone could fit into the room. Sarah Rose (Operations Manager, Dorset Mental Health Forum) and Phil Morgan (Lead for Recovery and Social Inclusion, Dorset HealthCare) gave a presentation reviewing and updating people on co-production and the Wellbeing and Recovery Partnership.

Our sense is that the WaRP has entered a new phase of its development. We feel we have moved from an engagement phase to an implementation phase, where people are asking us to work alongside them.. Through the Recovery Education Centre, where the underpinning philosophy is *Individuals and Communities hold their own solutions*, we now understand that the role of the WaRP is to build capacity - capacity for people to take control of their own lives and capacity for teams to work in recovery orientated ways, however what is of central importance to the process is personal or local ownership. Based on this we asked people to say what they were going to do following the meeting and what they wanted the WaRP to do.

The WaRP promised to:

- To continue to promote culture change within Mental Health Services
- To develop support and commitment to supporting NHS staff who have lived experience;
- To have regular Recovery meetings and updates;
- To have greater social media presence;
- To make more contact with localities;
- To link with other 3rd Sector organisations;
- To involve more non-clinical staff;
- To inform development of policies and procedures so they more focused on lived experience and recovery

People who attend the meeting said they were going to:

- Continue to challenge stigma and discrimination, get professionals to understand where people who access services are "coming from";
- to encourage more use of recovery conversations and recovery language;
- to identify people in their teams who are committed to change and to the recovery approach;
- to help colleagues be aware of the value of the philosophy of recovery;
- to enable clients to describe their experiences in their own words and language;
- to signpost people to the Sports and Leisure Activity Programme (SLAP) and the REC;
- To encourage others to attend the recovery networks and remain hopeful that change will take place.

The next Recovery Network which will be held at:

Sentinel House, Poole on **Thursday March 6th:**
2pm-5pm 2014.

Please contact tonia.bolger2@dhuft.nhs.uk
(Tel: 01202 492855), if you would like to attend



Personal Health Budgets Demonstration Site

In November NHS England Announced that Dorset Clinical Commissioning Group (CCG), Dorset HealthCare and Dorset Mental Health Forum had been successful in the bid to become a demonstration site for Personal Health Budgets. The CCG were already a pilot site for Long Term Conditions and had been involved in the initial evaluations, which identified mental health was one of the most effective areas to offer personal budgets.

The focus will be on reducing or preventing admissions to hospital, by using peer workers to support someone to develop a personal plan and safety plan, and then by working with the person's care co-ordinator to develop a shared plan, which may involve people purchasing items or support that will help them maintain their wellbeing and safety within the community. All of the Community Mental Health Teams have had the opportunity to apply to become a pilot site and we plan to announce the successful team mid-February.

The Road to Wellness Awards

The Road to Wellness Award Ceremony was held on Wednesday, 9th October at Merley House, Wimborne. These awards were aimed at people who experience or have experienced mental health problems, celebrating their *Courage, Strength, Kindness, Compassion and Inspiration*.



As put the requests out for nominees it became very apparent that there were a lot of people, who had accessed the Mental Health Directorate, achieving amazing things and we were overwhelmed with the amount of nominations for this Award Ceremony, being the first of its kind within the Trust.

The Award Ceremony itself was an amazing event – where people's achievements were acknowledged and celebrated. After the Award Ceremony feedback was received from people who attended - the nominees, parents and professionals who attended the event

From Nominees:

"For the first time I feel proud of what I have achieved and am enjoying the celebration"

"I didn't realize how far I had come in my recovery until today..."

..when I look at what I have achieved and how vulnerable I was when I was poorly. It has been wonderful to celebrate people's achievements in a safe environment, and I can feel proud of myself with other people celebrating with me - thank you for organising this"

From parents of a Nominee:

"When our son is so emotionally distressed it is difficult to see anything other than that, this award ceremony has reminded us that there is more to think about and talk about with our son than his mental health - instead of focusing on his illness we can focus on what he has achieved when being ill and what he can go on to achieve. It has reminded us that there is a future out there for him, and we feel so proud of him."

From professionals who attended the event:

"It was the most personally rewarding event I have attended in my whole career, and humbling to observe what people can achieve against the odds"

Following this very successful event Jane Elson, Director of Mental Health alongside the Trust Board of Directors has agreed to continue to support this Ceremony becoming an annual event. The next one is planned for Tuesday, 7th October 2014.

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We would also like to take this opportunity to thank Paul Simpson who has been on secondment with the WaRP for the past 6 months, and to welcome back Jackie Lawson (Head of Recovery Education).

For more information on the Recovery Education Centre, including how to register, please phone 01202 492025 or visit:

<http://www.dorsethealthcare.nhs.uk/services/recovery/the-recovery-education-centre.htm>