

Future Directions

The WaRP Strategy 2011/12 has been launched and it details how we are planning to build on our achievements. The Strategy includes:

- Establishing a **Recovery Education Centre** to co-ordinate and develop training packages for people who access the service, their supporters and staff.
- Running a number of **pilot projects** together with mental health teams **to promote recovery orientated practice** and partnership working with those with lived experience.
- **Engaging with commissioners and GPs** to promote the work of the WaRP.
- Expanding our **Recovery Leadership Programme**.
- Further developing **peer specialist posts** and accredited training.
- Developing the **Hidden Talents** project.
- Developing the **Lived Experience Mentoring for psychiatrists**.
- Developing stronger **partnership working with supporters (carers)** of those with lived experience.
- Transforming acute services through the **aspiration toward Zero Restraint**.
- Developing a pan-Dorset **social inclusion and vocational strategy**.

The progress so far has been achieved by the hard work, support and willingness to take positive risks by a range of people. We are extremely grateful for the commitment and inspiration of the people who have helped us over the past two years. These include people with lived experience, their supporters, clinical staff, managers, administrative staff, commissioners and members of the public. We look forward to the continuation of this project, transforming experience and unlocking potential of all those involved in mental health services in Dorset.

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Dorset Wellbeing and Recovery Partnership Annual Report 2010/11



Executive Summary

Transforming Experience...Unlocking Potential

What is 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.

Dorset Wellbeing and Recovery Partnership

Welcome to the executive summary of the Dorset Wellbeing and Recovery Partnership's (WaRP) second annual report. This has been an extremely exciting year for the WaRP, above all because the WaRP is now operating across the whole of Dorset i.e. Dorset, Bournemouth and Poole.

Our aim is to change the culture of mental health services and people's attitudes to mental health and wellbeing in Dorset. We plan to do this through promoting the principles of wellbeing and the philosophy of recovery. Central to this is the sharing of expertise and partnership between people with lived experience, their supporters, and mental health professionals.

We are entering a period of rapid change within health and social care services. This, whilst creating some challenges, gives us opportunities to be innovative and do things differently. We see the WaRP as having a key role to play, both now and in the future, towards the development and delivery of mental health services which will allow us to transform services and enable meaningful changes to people's lives.

In September 2010 Dorset Healthcare University NHS Foundation Trust (DHUFT) formally joined the existing partnership between Dorset Mental Health Forum (DMHF) and NHS Dorset: Community Health Services (DCHS), so bringing into being a pan-Dorset Partnership. From 1 July 2011 DCHS became part of DHUFT and is now operating as one organisation.

Please refer to our Annual Report 2010/11 and Strategy 2011/12 for full details of our work to date and plans for the coming year.

We have been recognised nationally for our approach to implementing recovery by the Centre for Mental Health, NHS Confederation and Department of Health's *Implementing Recovery for Organisational Change* (ImROC) programme. We take great pride in having been awarded the status of being a Demonstration Site. However, we also believe this comes with great responsibility. We feel that it is our potential which has been recognised and that we are only at the beginning of our journey. We have a long way to go before our services are truly recovery orientated.

Key Achievements

The remit of the WaRP has expanded to cover the whole of Dorset. The work of the WaRP has been recognised nationally by ImROC and they identified the following key areas of strength:

- **Partnership working:** We have increased the scope and levels of sophistication of our partnership working between people with lived experience and professional staff. There is an increasing understanding of the importance of expertise by experience.
- **Hidden Talents:** A project for statutory staff who have lived experience, which was started in DCHS and is shortly to become pan-Dorset, is working at challenging stigma and looking at how people can use their experiences within their work.
- **Lived experience mentors for psychiatrists:** We have a pilot project where people who have accessed the service are coaching psychiatrists on how to work in more recovery orientated ways.
- **Peer specialists:** We are continuing to develop our peer specialist posts (people with lived experience working in NHS teams modelling recovery) and the initial pilot projects have given positive results.