

Future Directions

The WaRP strategy 2010/11 has been launched and it details how we are planning to build on our achievements. The strategy includes:

- The introduction of **Recovery and Self-Management Training** for both staff and people who access services (delivered by those with lived experience)
- Running **Recovery Leadership Workshops** for team leaders
- The further development of **peer specialist posts** (people with lived experience working in NHS teams modelling recovery) and accredited training
- Establishing locality based **Learning from Lived Experience groups**
- Launching the **Wellbeing toolkit and online resource**
- Developing **partnership working** with the supporters (carers) of those with lived experience
- Plans to evaluate our progress using the Sainsbury Centre for Mental Health (2010): *Methodology for Organisational Change*.

We would like to thank everyone who has supported us and worked with us on this journey and have contributed to our feelings of hope and inspiration for this project to move forward. The proof of the effectiveness of this approach will be when we are transforming the experience of the people who access the service and the staff and that everyone is able to have the opportunity to fulfil their potential.

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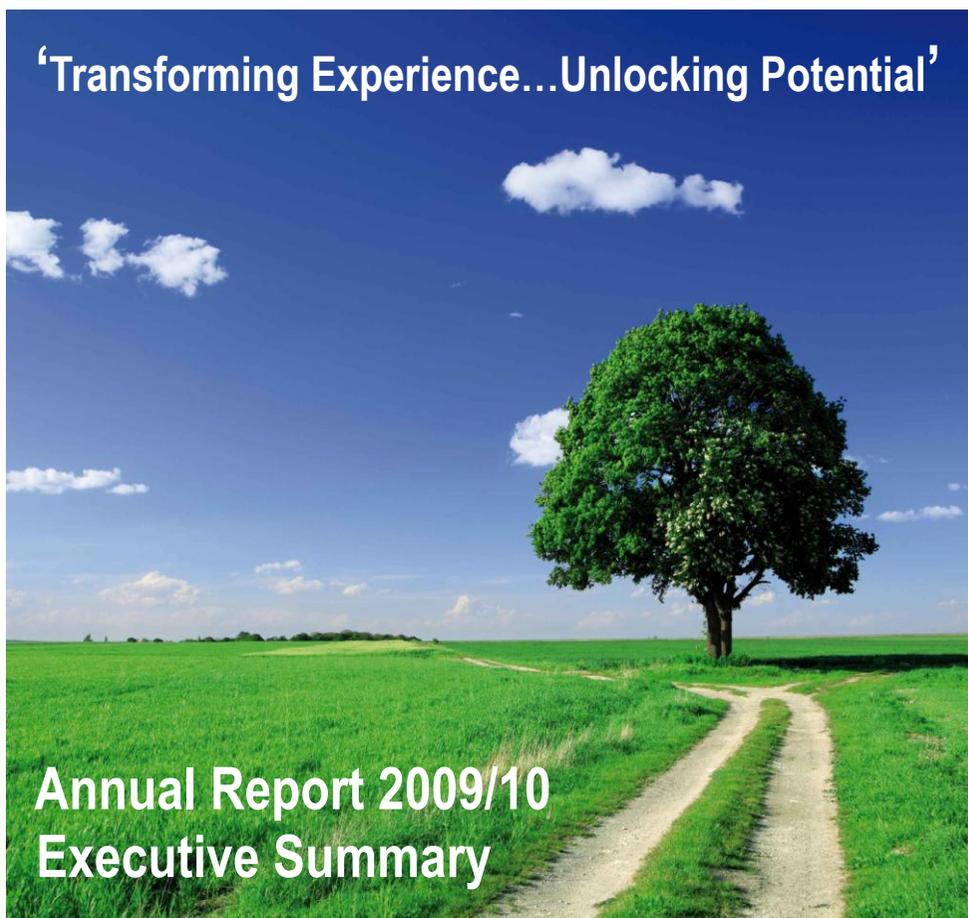
If you would like a copy of either the WaRP strategy or full Annual Report please contact: Denise Bilton denise.bilton@dorset-pct.nhs.uk 01305 361371

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Wellbeing and Recovery Partnership

Dorset Community Health Services and the Dorset Mental Health Forum



What is Recovery?

"[Recovery is] a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and roles. It is a way of living a satisfying, hopeful and contributing life, even with the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness..." (Anthony, 1993)

Recovery is an internationally recognised conceptual framework which underpins developments in Mental Health. In England, Recovery features predominantly in the recent policy document *New Horizons*. (Department of Health, 2009)

"If adopted successfully and comprehensively, the concept of recovery could transform mental health services and unlock the potential of thousands of people experiencing mental distress. Services should be designed to support this directly... This will mean substantial change for many organisations and individuals."
Future Vision Coalition (July 2009)

Wellbeing and Recovery Partnership

The Dorset Wellbeing and Recovery Partnership (WaRP) was set up in April 2009 between NHS Dorset: Community Health Services (DCHS) and the Dorset Mental Health Forum (an independent third sector organisation run by people with lived experience), putting the expertise of people with lived experience at the centre of the transformation of mental health provision across the county.

The Partnership's aim was to embed the principles of Wellbeing and Recovery across all services within Dorset. In order for DCHS to put "recovery at the heart of everything it does" there remains a need for whole systems change, through casting a critical eye over current mental health service provision and addressing the health and wellbeing needs of local communities.

Recovery involves moving away from traditional styles of service delivery to a more person-centred, strengths based approach,

engaging with people who use services as partners on their individual journey of discovery. There also needs to be a shift of focus from an illness model to a wellness model. Mental health services can then become more flexible and responsive to the needs of individuals.

Progress so far...

- Our main aim is **culture change in Dorset**, and this is happening
- Many **staff have embraced the principles of recovery** and feel hopeful and motivated about their role in future service delivery
- **People with lived experience are increasingly feeling that their expertise is valued** and that they have a lead part to play in the shaping of services. This is empowering, validating and rewarding; it gives individuals hope, meaning and purpose in their own recovery journeys
- Working in partnership with people with lived experience within mental health services is **challenging stigma and raising everyone's expectations** of what we can achieve

We have done this through robust project planning co-ordinated by the WaRP steering group. This group is made up of people with lived experience, supporters of people with lived experience, clinicians, managers, and commissioners covering all aspects of DCHS mental health service delivery. This is all described in the WaRP annual report 2009/10.

We are confident that we have now completed the groundwork and have exceeded our expectations in beginning to develop a "critical mass" of people passionate about recovery. This coming year we are looking to create a "tipping point" in order for the services to become truly recovery focused and transform the delivery of mental health services.