

Recovery Matters 2014 Full Day Workshop – Our Reflections Edinburgh Recovery Hubs

2. Edinburgh South East – Wednesday 22nd September 2014

Introduction

“Recovery Matters 2014” is a baseline intervention for staff, paid or not, at any level of addiction treatment and related services. This workforce development opportunity comes free to ADP’s and treatment providers at point of delivery and our experience shows it has greater impact when senior managers and commissioners take part. We use current recovery research, ongoing examples of practice in Scotland and the local lived experience of long term recovery as standard in any of our workshops.

Our aim

1. To contribute to a practice based recovery “paradigm shift” in the workforce
2. To build local learning from the lived experience of recovery
3. To use shared learning and dialogue based tools that respect the wisdom and experience of the participants’

Agenda

The ‘brain food’ learning, in four sections that each last for ten minutes, introduced the participants to:

1. The lived experience of sustained recovery
2. The Road to Recovery – A radical shift in drug policy
3. The acute model/ recovery model
4. The power of recovery and ‘better than well’ effect
5. The next recovery right step – the culture of transformation and individual commitment.

The workshop included dialogue and round table exercises, a film show and a question and answer section.

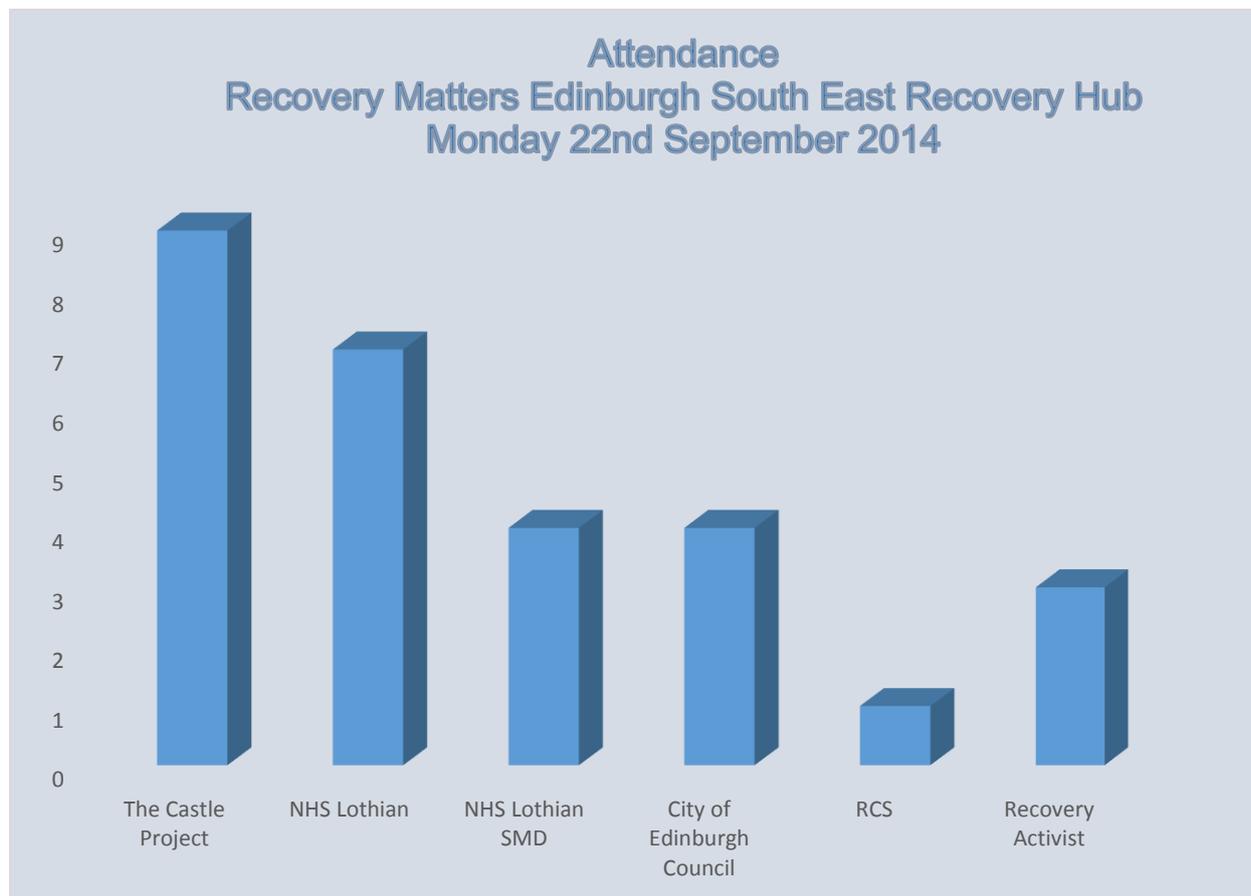
We facilitated meaningful conversations between treatment providers and recovery activists in Fife from a diverse range of organisations and disciplines. We chose to give small bites of learning we call “brain food” alongside space for participants to dialogue in order to digest their collective thoughts/ learning and ideas.

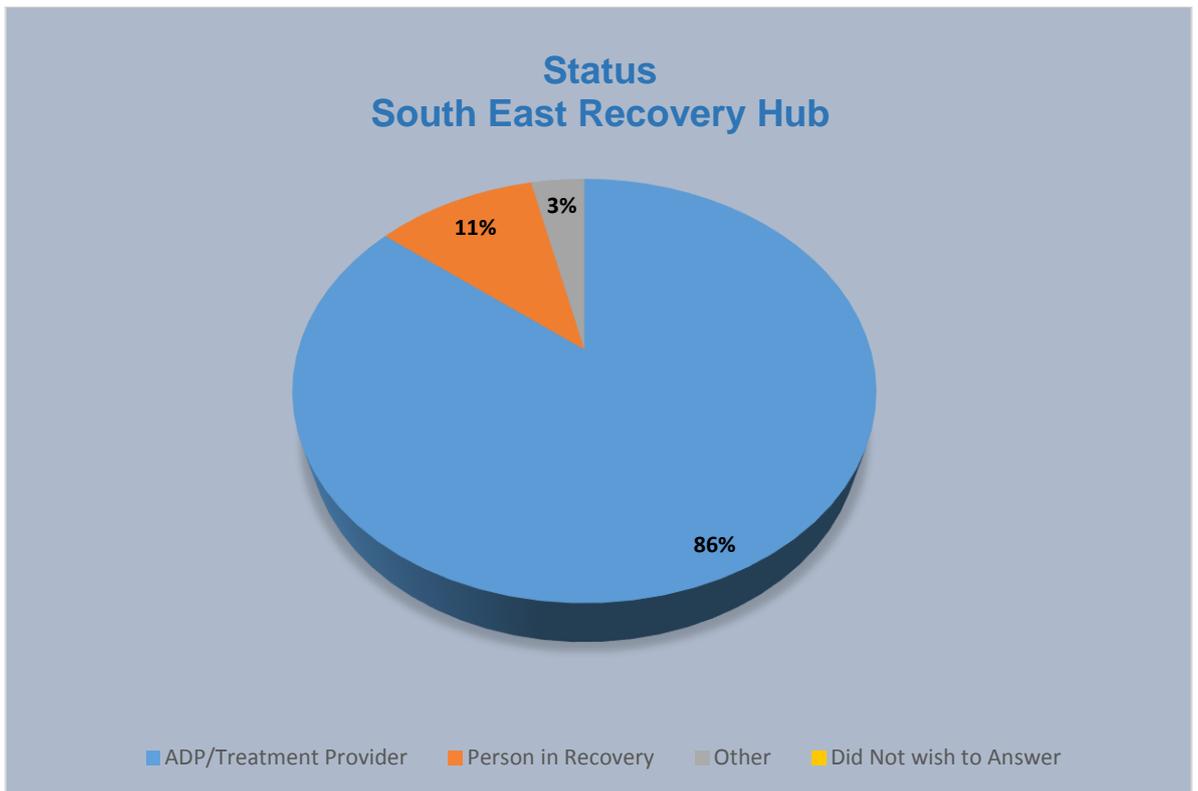
Event planning

I was contacted by Jim Shanley, Manager Harm Reduction Team/Administration MCN Prevention Lead NHSL. Having organized a Recovery Matters full day workshop on 2nd June 2014. Although there was uptake in the Registration and there were 17 Recovery Focused individuals who had signed up. A decision was made by the senior management team to cancel this workshop. This was due to the fact that the people registered were not the intended target participant's. As this was the first workshop we have had to cancel I was disappointed but appreciated the reasons behind this.

It was then decided that our organizing group would include Elizabeth Watson and David Williams. It was decided that the hubs would shut or run with a skeleton staff and training be held in the 4 different hubs in Edinburgh. I thought this was generous and very inclusive for all staff so everyone had the opportunity to attend. It also allowed participants to attend a different date if they could not make their own. I was not convinced that having such a directive approach would work as I am much more used to working with the people who actually want to be there not necessarily the people who don't so I thought this could be a challenging experience for me as a facilitator.

**2. South East Edinburgh Recovery Matters -31 People Registered - 28 Attended
12 Recovery Commitments Made**





Feedback

Feedback was gathered from a survey monkey questionnaire and informal discussion – 2 responses were collected -

We asked about your experience of the Recovery Matters Workshop. You Said:

“long day interesting people to talk to”

“there were some elements of the day that were not new the services have been providing a recovery based service for many years”

We asked, what if anything, did you learn from the day? You Said:

“Nothing”

“didn’t learn anything but good to network

“that recovery means different things to different people”

We asked, Did you see anything differently as a result of the Recovery Matters Workshop? You said:

“No”

“sorry no”

“it gave me food for thought how we use the service users stories and what demands we make upon people who are in Recovery”

We asked, What is your Next Right Step? You said:

“We need to put thought into actions we’ve had lots of ideas for a long time but never been supported to put them into place so it isn’t tokenistic”

“take forward the practice that we have developed”

We asked, Do you have any suggestions for the Scottish Recovery Consortium as a result of your attendance at the Recovery Matters Workshop? You said:

“Perhaps only invite those for whom it would be worthwhile attending”

“in hindsight would have been better to mix the geographic areas up”

“The raising the hands for silence felt very infantile though it was effective. Negotiate with the group what their agreed signal would be to pull the group together”

10 Recovery Commitments were made, these were:

1. To make at least one person in my workplace, colleague and service user smile every day I'm at work
2. It ae so this will shake me up!! I am starting a university course and I think this will change my thinking and my practice about policy change as I that that you can become jaded.
3. Make some time in my diary to go to Serenity Café/ NA Meeting/Smart Group. Explain peer support/signpost every client to peer support service Be mindful of the stages of recovery and support change at this level
4. Get Starfish Recovery opened on the 3rd December 2014
5. To support staff to change the culture within the NHS and support Recovery more
6. To support changes in service delivery to become recovery focused at every intervention contact. In our own clinical work to continue to support individuals on their own recovery journey and increase this by using contacts/earning from today Support the development based action plans with control and leadership sitting at local level. Make a poster with the online recovery resources
7. To help someone, no matter how small, on a daily basis
8. To continue to develop the service users involvement/experts from experience involvement in the development of services within Health and Social Care
9. To reach out to the new corner and rebuild my life and family's
10. To help others, especially our women like myself get into recovery and help in helping them maintain their recovery. To share my experience not only with addicts but also with professionals working in this field.

Visibility: Initial impact

- Dialogue between participants who previously had not met and found the networking incredibly helpful

International impact

None

What did we learn?

- That although doing several pieces of work in an area, there is always room for more as new staff and activists come on Board
- Not everyone “Walks” the “Talk”
- There was a disconnect from the wonderful recovery commitments made to the deficit based feedback, which was vindictive and unnecessary. We love critical feedback this helps develop practice but not malicious as it goes against everything to do with a Recovery Oriented Approach.

Appreciation

- A huge thank you to all participants.
- A huge thanks to the Recovery Seeds
- Participant's for their Commitments to Recovery
- Jim Shanley and Elizabeth Watson and
- ADP for their input and presence at all workshops

Anne-Marie Quigg
11th February 2015