



Recovery Matters (Our Reflections)

- 🌳 1 Full Day Workshop
- 🌳 22 people registered
- 🌳 21 people attended
- 🌳 22 recovery commitments



Beautiful City, Beautiful People, Inverness

Inverness Tuesday 29th March 2016

Recovery Matters 2016 – Our Reflections

1 Full Day Workshop organised and took place in Inverness on Tuesday 29th March 2016

Introduction

“Recovery Matters” is a baseline intervention for staff, waged or unwaged, at any level of addiction treatment and related services

This workforce, development opportunity comes free to all participants 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 life 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 five 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 includes dialogue and round table exercises, a film show and a question and answer section. Overall we facilitated meaningful conversations between treatment / service providers, recovery activists and others from a diverse range of organisations and disciplines. We gave small bites of “brain food” to enhance their learning and enough space in area and time for dialogue among all the participants. This allowed a better opportunity to digest their collective thoughts, ideas and conclusions through their combined learning.

Event planning

Due to the distance to travel some accommodation had to be arranged.

Status

Throughout the workshop there was a good mix of statutory and voluntary services with vital input by recovery activists many of whom wearing “two hats” however, gave the group the benefit of their personal life experience.

Feedback

A survey monkey questionnaire was sent out after each workshop. A total of 8 responses were received. With a total of 21 people attending this was slightly more than one third responding.

Via the Survey Monkey we asked the following five questions and here are some of your responses:-

We asked:

Can you tell us a little about your experience at the Recovery Matters Full Day Workshop?

You said:

"I enjoyed it. Met lots of people from services we are trying to 'link up' with and made contacts. Learned more about recovery matters and conversation café, this will help when we facilitate one at my workplace."

We asked:

What if anything did you learn from the Recovery Matters Full Day Workshop?

You said:

"That it's a battle and even though this is now Government Policy and The Road to Recovery has been there for years, the eventual introduction of DAiSY, some seem on board but quite a lot of resistance from others."

We asked:

Did you see anything differently as a result of the Recovery Matters Full Day Workshop?

You said:

"The presentations I have attended by the SRC have reminded me about humanity, warmth, interest in people etc as basic steps in facilitating recovery. Our current treatment systems are often cold and unwieldy."

We asked:

What is your next right step?

You said:

"Have taken this to the team, intend having everyone in our service participate as mandatory. Shared the learning with medical teams. Introduce further discussion about service, what we are, what we are called, how we present etc etc"

We asked:

Do you have any suggestions for the SRC as a result of your attendance of the Recovery Matters Full Day Workshop?

You said:

"No particular suggestions, liked the format, liked the mixing up of tables. Informality but structured worked really well. I think folks left without feeling any blame for the way services have evolved over time, was a worthwhile investment of time. Was left inspired and wear my medal with pride therefore the day probably was just right for me."

inverness
THE CITY **in** THE HIGHLANDS

Visibility: Initial impact

Lots of informal dialogue at coffee breaks where immediate exchanges of possibilities were discussed. At each workshop participants who previously did not know each other had engaging dialogue and it was encouraging to see the level of networking. The Recovery Commitments pledged on the day reflect the impact of the paradigm shift amongst participants.

International impact

None

What did we learn?

That the wider mix of the group makes for the better learning and there is no substitute for the personal experience of those in recovery who gift their story to each group.

Appreciation

To all the services and individuals who see the value in the workshop and choose to attend and engage.....thank you.

Anne-Marie Quigg

July 2016

Recovery Matters Full Day Workshop ~ Tuesday 29th March, 2016

There were 22 people registered and 21 attended.

14 women and 7 men were the mix for this workshop. This group had a good mix of NHS staff, social work staff, third sector and people in recovery this created lots of dialogue and allowed for deep conversations at the breaks.

There were 22 commitments pledged from this group.

2 of the commitments were focussed on the different roles that Peers can play in others recovery.

- Employment with paid status for Peer Mentors.
- Explore peer support groups and sponsorship and find ways to link prisoners in, prior to release.



All the fantastic recovery commitments made during the workshop are listed here:-

Thursday 29th March

- ☞ continue in my role as director grundsatzfragens (**questions of Principle – we had to look this up!**) work towards conversation café with current and future contacts
- ☞ Source matched funding to continue and expand Apex/NHS Highland Partnership.
- ☞ Continue partnership with Positive Partners who understand the Recovery Journey.
- ☞ Employment with paid status for Peer Mentors
- ☞ Conversation café in Thurso 30th August 2016 plus what it takes to encourage recovery in Caithness for as long as I am fit to choose ODAAT
- ☞ Arrange recovery workshop for all NHS Service staff in North Highland (HADP). Challenge service name and - why substance misuse and not drug and alcohol recovery service. Pose the question in a different way. Challenge Scottish Government officials to ensure they hear the dichotomy of what they are asking i.e. deficit detail not recovery focussed
- ☞ Promote the concept of ORT detox in order to continue on recovery journey. To discuss the possibility of ORT support groups within the Highlands
- ☞ Explore peer support groups and sponsorship and find ways to link prisoners in, prior to release
- ☞ Supporting Moray to become a recovery friendly community. Supporting a (family) recovery community
- ☞ Supporting a (family) recovery community in Moray
- ☞ To read chapter 3 of the Road to Recovery.
- ☞ Never to use the words "Methadone Clinic" ever again. The clinics are going to become Recovery Clinics
- ☞ Educate and awareness
- ☞ Family support and involve more family members and help them to realise they are not alone. Continue to encourage and find the best in people
- ☞ To read chapter 3 of "Road to Recovery". To call "Care Plans" Recovery Plans. To initiate discussion regarding "exit" off treatment from ORT - To identify people on caseload who may be interested in Peer Led Groups
- ☞ To learn more about what recovery is, what it means to others and see how I can continue to develop as a recovery worker in helping support people achieve their goals
- ☞ I commit to work a little bit harder to help those I work with
- ☞ To continue to help support and encourage individuals in our care on their individual path to recovery
- ☞ To read the Road to Recovery (2008) and access tools on SRC website to consider ways to apply these to future practice
- ☞ To assist with organisation and facilitation of recovery based conversation café in Grampian prison and any new projects that arise from it
- ☞ To encourage more people in recovery their families and services to get involved in this year's recovery walk 2016. To help support a recovery conversation café in Caithness and possibly at HMP Inverness. To encourage more service user involvement to highlight recovery and develop local services
- ☞ Change attitudes of staff within HMP Grampian to focus on recovery as a realistic goal for service users