Welcome to our latest newsletter, in which we share stories and updates on recovery initiatives from around the country. If you have something to share or would like more information, please contact Jackie on jackie.farrell@hse.ie.

Learning Set – CHOs 1 & 2

230 people attended our first cluster Learning Set from across CHOs 1 and 2 (counties Donegal, Sligo, Leitrim, Cavan, Monaghan, Mayo, Galway, and Roscommon). This event was coproduced by a planning group made up of service users, family members and staff from the area. The ultimate goal of having cluster learning sets is to maximize people’s ability to attend, to provide the opportunity for areas to set their own agenda and focus on the areas of priority for them, and to facilitate the shared learning off recovery across CHOs.

The title was Making Recovery a Reality, with 5 topic specific workshops facilitated by experts in their areas; Brag and Steal exhibitions informed lots of sharing (see one of the initiatives, Cosain - featured below), key note speakers and round table discussions gathered feedback on the event and on recovery progression in service areas. The evaluation of the day cited the highlight of one participant as ‘Opening my eyes to different ways of working’. This event was an amazing success, made possible by the presence, preparation, promotion and contribution of the speakers, workshop facilitators, participants and volunteers.

Cosáin Community Wellness Centre

Cosáin Community Wellness is a User-Led Organization of people with lived experience of mental health challenges who are committed to the development of improved supports and community-oriented pathways to recovery. We believe in the autonomy of people to decide how they want their lives to be, and that peer supports offer irreplaceable expertise in assisting in this –

‘You alone can do it, but you don’t have to do it alone!’

Cosáin developed from the Genio Peer Support Training project ‘Flourish’. The current composition of supports was co-produced during multi-stakeholder workshops facilitated by Galway Mental Health Services Consumer Panel which included HSE staff, professional art therapists, and service users. Cosáin currently provides peer supports and training, art-therapy, recovery-oriented psychoeducation. We provide these during weekly sessions, seasons of continuing content, through residential retreats, and as part of our annual festival integrating mental health with community arts and culture. We aim to build upon these existing peer supports by providing advocacy services to assist in supported decision-making and during life challenges.
**Recovery Initiatives**

Below is a selection of recovery initiatives from around the country. As our recovery initiatives develop we will add to this map so please keep us updated.

- **Recovery College**
  - Mayo, REGARI (Roscommon) DCU, ARIES (Limerick), South East (Kilkenny)

- **Involvement/Peer Centres**
  - Cosain (Galway), Gateway (Dublin North/Central), Aras Follain (North Tipp), Carlow, Kilkenny

- **Family Peer Support**
  - Sligo (CLASS), Mayo (Bealach Nua), Limerick (FRIENDS), Kilkenny (CLASS)

- **Peer Support Workers (HSE)**
  - Monaghan, Cavan, Galway, Mayo, Cork, Kerry, South Tipp, Carlow, Kilkenny, Dublin North/Central

**Recovery Committees**

In the map above you can see the spread of Recovery initiatives and the huge amount of work being done by staff, families and the people who use our mental health services. These initiatives are coordinated by the Recovery Committee. There are Recovery Committees up and running in almost every CHO, all at different stages. Each committee covers a number of counties as outlined in the map above.

Recovery Committees are made up of Service users, family members, community and voluntary groups and service providers working together as equal decision makers, known as Coproduction. The Committees are led by a Recovery Coordinator, and where possible a team of coordinators, from a Service user, family member and service provider background.

Under the committee there may be a number of working groups with distinct purposes such as a running a Recovery College, or an Involvement Centre. There may also be local groups which review and make recommendations on what recovery initiatives are needed locally. All activities are coordinated by the CHO Recovery Committee because it ensures that the recovery process is supported by the Area Management Team, that it is in line with the Recovery Plan and is adopted in all areas.

At the Learning Sets these initiatives are shared to ensure good recovery practices are replicated in other areas and become the usual way of delivering our services. To find out more about the Recovery Committee in your area and how to get involved in advancing recovery, please contact Jackie at jackie.farrell@hse.ie.
National Recovery Framework

ARI has been working with Michael Ryan, Service Improvement Lead, on the development of the National Recovery Framework for Ireland, 2018-2020. There has been wide consultation and feedback which has helped to shape the future direction of recovery services in Ireland.

This Framework for mental health will support the delivery of a quality person-centered service and sets out the position for a more recovery focused service nationally. It will help to develop a common understanding of Recovery, and a common understanding of a recovery oriented service with 16 actions and 24 outcomes. The National Recovery Framework will have an initial life span of two years 2018 – 2020 at which point it will be reviewed. It is due to be launched the end of November.

For more information please contact your local Recovery Committee.

"I can do things you cannot, you can do things I cannot; together we can do great things”

Mother Teresa

Supporting Guidance Documents

- Recovery Education
- Recovery for Families
- Coproduction

To support the implementation of the National Recovery Framework, ARI is facilitating the development of three guidance documents for the mental health services; Recovery Education, Recovery for the Family and Coproduction.

These documents will offer guidance on how recovery education can work effectively in services, how to ensure that services are inclusive of the needs of the whole family and how to work in a way that supports equality through collaborative working with all stakeholders in Coproduction.

In the spirit of recovery, these documents were developed through coproduction working groups and would not have been possible without service users, family members, staff and voluntary/community groups giving up their time and expertise to realise these supporting guidance documents.

Events

Learning Sets

Coming to a venue near you! Clustering CHO Learning Sets will allow the opportunity for more people to attend, contribute and shape the Learning Sets relevant to their local needs.

Recovery Principles and Practices Workshop Facilitation Training

The demand for this facilitation training continues to increase. We are setting the schedule for 2018 and this will be delivered by our new trained trainers. As soon as you have your teams ready you can contact jackie.farrell@hse.ie

International Mental Health Week

There was a huge amount of events held over international mental health week and we would like to congratulate you and thank you for all your continued efforts this week and all throughout the year to advance recovery. If you would like your photographs added to the website please send them on to Jackie, jackie.farrell@hse.ie

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Recovery Education Training for Trainers

As our knowledge of recovery grows, so too does the need for support for our staff in facilitating a new way of working. We are very happy to have 4 new teams of Recovery Education Trained Trainers who will now train up recovery education facilitators. This will initially meet the growing demand for Recovery Principles and Practices Facilitation Training, but also other recovery training needs as identified through feedback. Congratulations to the Class of 2017!

Website Development

As part of our ongoing communication of the value and growth of recovery in Ireland, we are updating the ARI pages on the HSE website. It is important that when people are looking for information on their area that they have access to up to date, reliable, easily accessed and understood information. We invite each recovery committee to send us on their recovery initiatives and relevant information so that we can ensure your areas are kept up to date. If you have any thoughts, suggestions, comments or queries please contact Aisling on aisling.duffy@hse.ie.

National ARI Update

The goals for the National ARI Team for 2018 include:

- Continue progressing recovery nationwide and service- wide through the National Recovery Framework
- Recovery Education, i.e. Recovery Principles and Practice etc.
- Liaise with Key Partners; Office for Mental Health Engagement, Irish College of Psychiatry, Mental Health Commission, Voluntary sector, etc.
- Publish guidance documents; Recovery Education, Family Guidance Document, and Co-production
- Communications; Website, newsletter, twitter, etc.

Check out the new Mental Health Engagement newsletter, with updates on the new mental health forums being established all over the country and much more – here.

ARI - Advancing Recovery in Ireland  
CHO - Community Healthcare Organisation  
RPPW - Recovery Principles & Practices Workshop  
PSW - Peer Support Worker

“Coming together is a beginning. Keeping together is progress. Working together is success.”
Henry Ford

Advancing Recovery in Ireland is one of the HSE’s national initiatives aimed at bringing about the organisational and cultural change in mental health services, which is necessary to support our services in becoming more “recovery-oriented” (ARI Strategy 2016).