Learning Set – February 2018

Approximately 220 people attended the cluster Learning Set from across three CHO’s; Community Healthcare Dublin South Kildare West Wicklow, Midlands Louth Meath Community Healthcare and Community Healthcare Dublin North City & County. 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 of recovery in practice within and across service areas. The title was Recovery—Making it Happen, with 5 topic specific workshops facilitated by experts in the areas; Brag and Steal exhibitions informed lots of sharing (see one of the initiatives—The Transformative College- featured below), key note speakers and round table discussions gathered feedback on the event and on recovery progression in service areas. This event was made a success by the committee who ensured we had an excellent itinerary of speakers, workshop facilitators, participants and volunteers. In their evaluation of the day one participant said ‘I really enjoyed the day and am inspired by all I heard today’.

Feature: The Transformative College

The Transformative College is a Mental Health & Wellness Education provider, whose main object is the promotion of mental health, including the prevention or relief of human suffering and isolation in Westmeath, Longford, and the surrounding areas, for those that have depression, anxiety or other mental health challenges. We provide education programs, workshops, talk therapy and social events at no or low cost.

“Together we create recovery & wellness for enriching lives.”

Our vision is a community where everyone has access to mental health education, recovery and participation. Our approach embraces collaboration, dialogue, personal narratives and shared experiences and knowledge. Since 2013, we have provided the community in the Mullingar area a wide range of education, supports, advice and talk therapy. Whether you’re an individual, a family member or organisation looking for help - our service is designed to strengthen and assist you in the growing stronger and living well.

Contact: 085 143 0909
longfordwestmeathtc@gmail.com
https://transfomativecollegewestmeath.wordpress.com/

“We are a Recovery College in the Heart of Our Community”
The Service Reform Fund (SRF)

The aim of this HSE and Genio initiative is to support services to become more person centred and recovery focused. Priority areas identified by the SRF are: Advancing Recovery, Community Living, and Employment.

In 2017 every Community Health Organisation and the National Forensic Services submitted business proposals which included reform plans with the aim of seeking financial support to support development of the priority areas mentioned above. Every service received some funding. All services are working towards implementation of their plans.

Two priority areas are now national initiatives Community Living and Employment. Every CHO will recruit a Housing Coordinator whose role will be to work alongside Community Mental Health Teams and support service users with their housing needs. The Housing Coordinator will work with housing agencies and authorities to develop housing pathways for people.

Each CHO is also supporting the introduction of Individual Placement and Support (IPS) Services to 23 Community Mental Health teams across Ireland. A service will also be established in the National Forensic Service.

This will involve the introduction of Employment Specialists to a number of Community Mental Health teams within each of the 9 CHO areas and the National Forensic Service.

‘If recovery education is the answer, what is the question?’

Clare Fitzpatrick and Amanda Quigley from Recovery College South East recently presented at the ‘If Recovery Education is the answer, what is the question?’ seminar. This seminar was coproduced by Advancing Recovery in Ireland, Dublin North, North East Recovery College and the Scottish Recovery Network.

‘The Pecha Kucha style presentation was a new terminology for us for an old style of delivery and we weren’t sure how to approach this, should we dress as Pikachu’s, with a macho pechu flavour or Japanese with some cherry Blossoms!!! The bigger question was how were we going to put 4 years work into 20 slides and 6 minutes, whilst being true to the fidelity of co-production?"

As Michael Carroll in 2011 stated “At the end of the day it's all about learning”. This style of presentation focused on delivering the key points, with no room for waffle. Our presentation “if recovery education is the answer, then the question has to be how do we develop a whole service approach to recovery education?”

We focused on showing how the four principles identified in a National Framework for Recovery in Mental Health are key to developing and promoting recovery orientated services through co-produced recovery education for all stakeholders. It was also very beneficial to hear other approaches to recovery education. 

https://www.recoverycollegesoutheast.com/

“Alone we can do so little; together we can do so much.”
ARI has been charged with the implementation plan for A National Framework for Recovery in Mental Health 2018-2020. ARI will:

- Develop national implementation plan
- Support areas to develop local action plans
- Report on progress, challenges and barriers
- Define and implement a monitoring and evaluation strategy
- Support reimbursement and payment of service users and family members
- Develop resources to support areas in implementing actions (e.g. Recovery Education programs)

To support the implementation of the National Recovery Framework, ARI has facilitated the development of three guidance documents for the mental health services; Recovery Education, Family Recovery 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.

To download a copy of the framework and the action table click here https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/national-framework-for-recovery-in-mental-health

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 realize these supporting guidance documents.

**Events**

**Learning Sets**

Coming to a venue near you! Our next learning set will be held on the 21st June in the Seven Oaks Hotel, Carlow. This will be open to South East Community Healthcare. (Cho5), Community Healthcare East (Cho 6) and the National Forensic Service.

**IIMHL**

This year’s IIMHL (International Initiative for Mental Health Leadership) will be held in Stockholm from the 28th May to the 1st June. A number of ARI and HSE representatives are travelling to this event and will contribute to exchanges on Peer Involvement, Building Bridges Between Family / Carers and service systems, Dual Diagnosis, Involvement of Youth in service design / delivery, policy, research and advocacy to name a few. As well as sharing good practice from Ireland we will also learn from the other 8 countries involved in the IIMHL and bring this knowledge back to Ireland to help inform future practice in our services. We will have a feature on the event in our next issue.
**Social Media**

As part of our ongoing communication of the value and growth of recovery in Ireland, we are using Twitter and YouTube to spread the recovery message. 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. If you have any thoughts, suggestions, comments or queries please contact Aisling on aisling.duffy@hse.ie

Visit our ARI Playlist on YouTube  
Visit ARI on Twitter

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**National ARI Update**

On June 1st ARI welcomed Francis Walsh onto the team as the National Manager (alongside Gina Delaney). Francis has practiced as a nurse for over 25 years and has been heavily involved in advancing recovery in Galway/Roscommon/Mayo and nationally. In welcoming Francis, we have had to say goodbye to Catherine Brogan. Catherine is moving onto a new role in Mental Health Ireland, however will remain very involved in promoting recovery in our services. We would like to say a big thank you to Catherine for her dedication, support and friendship.

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**Recovery Principles and Practices**

In January we had a national meeting of Recovery Principles facilitators to review progress, discuss successes and challenges, and plan for the future. In February we ran our first fully coproduced Training for Trainers. This enabled trainers to deliver facilitation skills training but also to impart knowledge and their own experiences doing this. Trainers will initially meet the growing demand for Recovery Principles and Practices Facilitation Training, but also other recovery training needs as identified through feedback and to support the framework implementation.

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“**When the world says, “Give up”. Hope whispers “try it one more time”.**

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**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).