The Recovery Focus in the Department of Psychiatry
Carlow/Kilkenny/South Tipperary MHs

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Where Our Journey Began....

- Advancing Recovery in Ireland 2013
- Public Consultation in Kilkenny on selected ImRoC Challenges
- Story Telling Initiative in the Dept. of Psychiatry 2014
- Recruiting Volunteers and Service Providers
- Co producing a series of Recovery Workshops
- Roll out in 2015
Our Hopes

- To reflect and embed recovery values and practices in all interactions with the service user and family members

- To empower the individual to become the expert of their experience

- To empower the individual to be actively involved in their personal care and recovery plan

- To enhance the way we do our jobs
What we are doing

- Ward based recovery educational workshops
- Recovery Principles Training to all staff in partnership with the Recovery College South East
- Supporting staff training programmes
- Changing the physical environment of the Dept.
- Personal Recovery Folder
- Providing a safe space for open discussion and exploration.
Recovery Workshops..

- Co-production Model

- They are open to anyone who wishes to attend...Service user and Staff

- They are a space for people to come together:
  - To Connect
  - To Hope
  - To embrace their Identity
  - To find Meaning and Purpose
  - To become Empowered
Themes of the Recovery Workshop

Mental Health & Wellness Promotion Topics

- Understanding Unhelpful Thinking Styles
- Taking control of my mental health
- My Admission - My Recovery
- Preparing for leaving hospital

Personal Development

- Introduction to WRAP
- Exploring My Identity
- Introduction to Mindfulness & Practice
- Let’s Talk Recovery
- Developing Responsibility for My Wellness and Health
We Evaluate our Recovery Workshops with CHIME (Leamy et al 2011)
Feedback from Participants

- “To hear from a past patient that recovery is possible, that asking for and availing of support is so important.”

- “Good opportunity to connect with other people in similar situations.”

- “I got a lot of information and answers to a lot of questions.”

- “It made me think about things from a different perspective, focus on how I can help myself and help others help me.”

- “Great support and are safe”

- “I am not alone..reality check and good for me, not easy to accept I can’t always cope but knowing that help and support is there so important and it is ok”
Our Journey Continues….

- Continued efforts to promote coproduction in all aspects of the service from planning to delivery

- Developing similar coproduced recovery workshops to others who attend the services

- To continue to promote the values of Recovery Focused engagement with all connected to and with our Mental Health Service.

- To support everyone on this journey
Resources


- ImROC – Implementing Recovery through Organisational Change
  https://imroc.org

- Implementing Our 10 Key Challenges - ImROC
  https://imroc.org/about-us/implementing-10-key-challenges
THANK YOU ALL FOR LISTENING

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

-- Marcel Proust