

Introduction

Recovery in Practice is a new two day training course designed for mental health service providers in the voluntary sector. The training is based on the 10 Essential Shared Capabilities (Scotland), developed by NHS Education for Scotland (NES), and the Realising Recovery learning materials developed jointly by the Scottish Recovery Network and NES. It is intended to be an introduction to values and recovery focused practice.

The training is being made available by the Scottish Recovery Network and will be delivered by a partnership of Health in Mind and Penumbra. It will be run four times with up to 20 people on each course.

Edinburgh 5th and 6th October
Aberdeen 16th and 17th November
Glasgow 7th and 8th December
Dundee 18th and 19th February

Who the training is aimed at

The training is aimed at people providing mental health services who are based in the voluntary sector. Places will be made available by application, which should be completed by someone with responsibility for staff training or practice development within the organisation.

Organisations are invited to nominate the following staff:

- Paid or voluntary support staff.
- People who have a training or dissemination role within your organisation, or others well placed to share learning.

Content and aims

This training has been designed to allow participants the opportunity to reflect on their work and offers the opportunity to develop knowledge and skills and to consider values.

Themes considered during the training include:

- Working relationships
- Respecting diversity
- Practising ethically
- Challenging inequality
- Identifying people's needs and strengths
- Providing service user centred care
- Making a difference
- Promoting safety and positive risk taking
- Personal development and learning
- Understanding recovery
- Using self to develop recovery focused practice
- Enabling self direction
- Sharing responsibility for risk and risk taking
- Connecting to communities

Anticipated learning outcomes include:

- Greater understanding of values and recovery focused practice.
- Increased ability to reflect on and develop personal practice.

About the trainers

Training will be delivered by Health in Mind and Penumbra. This partnership has been working for some time to deliver values and recovery based training within the NHS on behalf of NES.

Applying for places

Nominations are invited from voluntary sector organisations who may nominate up to eight people per organisation. See the application form for more detail on the application process.

Costs and expenses

There is no fee for this training and lunch will be provided. Nominating organisations are, however, required to cover any costs incurred as a result of attending this training, including travel and accommodation costs.

Evaluation

The training will be evaluated to assess the extent to which it meets anticipated learning outcomes.