


# Recovery Training for Mental Health Workers: a National Perspective

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# Presentation Outline

- ❖ **Realising Recovery: a national framework for learning and training in recovery focused practice**
  - ❖ **Realising Recovery Learning Materials**
  - ❖ **Links with other national initiatives**
  - ❖ **Issues beyond education and training**
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# Informing the Framework

1. Discussions with service users and staff groups in health and voluntary sector organisations
2. Literature Review
3. Examination of Scottish Recovery Competencies Research findings
4. Review of New Zealand Recovery Competencies
5. Review of training materials and observation of current approaches to training in Scotland and UK
6. Report of event for workers already trained in recovery – facilitated by Working to Recovery
7. Virtual Expert Reference Group



- ❖ Recovery is possible
- ❖ Service users and families, friends and carers have a right to expect individualised mental health services that promote and foster recovery
- ❖ Recovery is about more than mental health services
- ❖ Lived experience central to the development of the Framework
- ❖ Scottish Recovery network narrative research the primary evidence base



**If Recovery is a journey then the role of nurses (and other mental health workers) is to provide some guidance and sign posts on that journey without taking control away from the service user they travel alongside.**

**NES/SRN Project Working Definition**



# Changing Roles

**Doing To**



**Doing With**



**Being Alongside**




# What's New?

Maybe not a lot but with emphasis on:

- ❖ Use of Self
- ❖ Social Inclusion
- ❖ Challenging Discrimination
- ❖ Risk and Risk Taking
- ❖ Recovery and Compulsory powers
- ❖ Planning for Success



## 6 Modules

- ❖ Understanding recovery
  - ❖ Using self to develop recovery focused relationships
  - ❖ Enabling self-direction
  - ❖ Providing person-centred support
  - ❖ Sharing Responsibility for risk and risk-taking
  - ❖ Connecting with communities
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## Links with other national work

- ❖ 10 Essential Shared Capabilities (Scotland) training initiative
- ❖ Other NHS Education for Scotland frameworks
- ❖ Implementation of the Scottish Recovery Indicator (SRI)



## Not just about education and training

- ❖ Service user awareness
  - ❖ Need to look at service constraints that help or hinder implementation of learning
  - ❖ Additional training for managers?
  - ❖ Not about re-branding existing services
  - ❖ Danger of recovery becoming a 'model'
  - ❖ Recovery focused strategy as opposed to a strategy for recovery?
  - ❖ Recovery and older people?
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