

Communicating Recovery

“Linking National: Acting Local”

Reflections on Recovery

REFLECTIONS ON RECOVERY

Stories *shared* to *inspire hope*



and *promote recovery*
from mental health problems

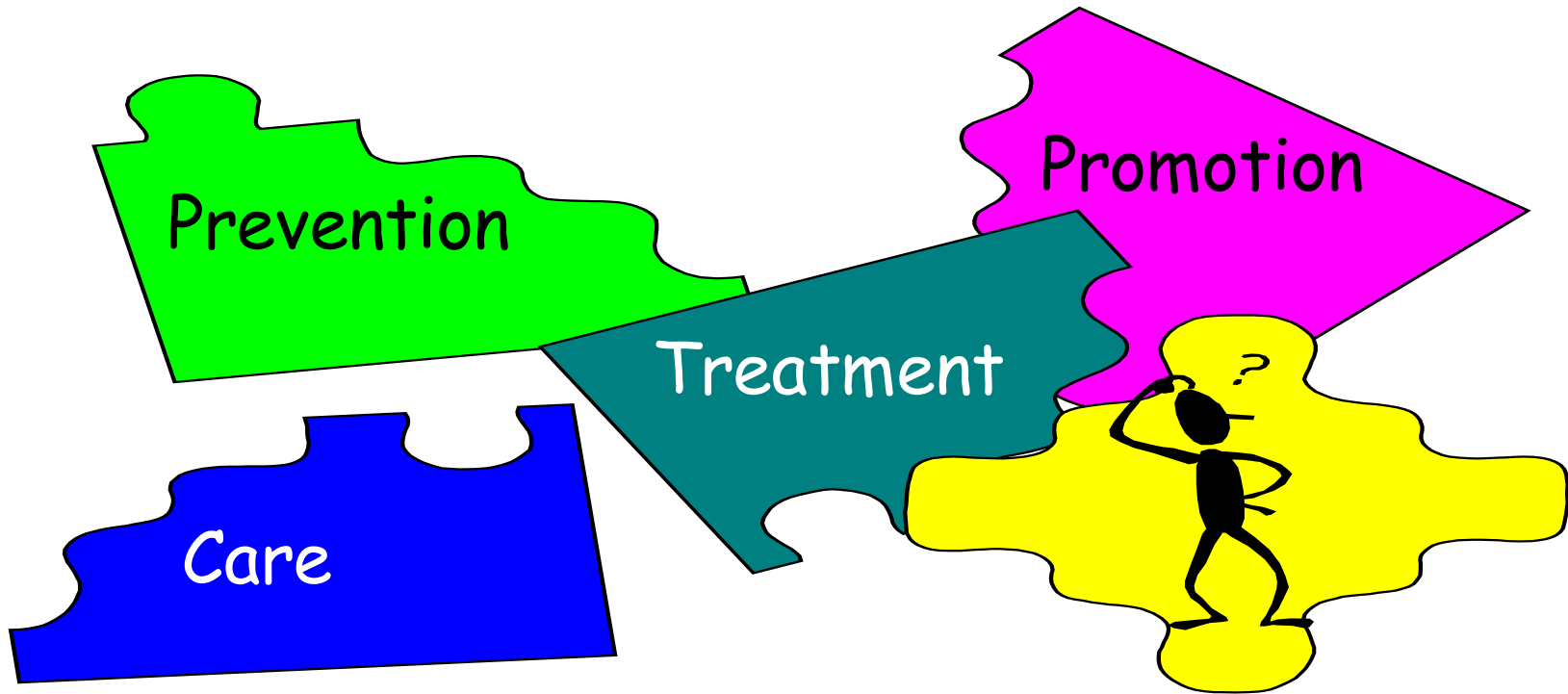


Lanarkshire Recovery Network

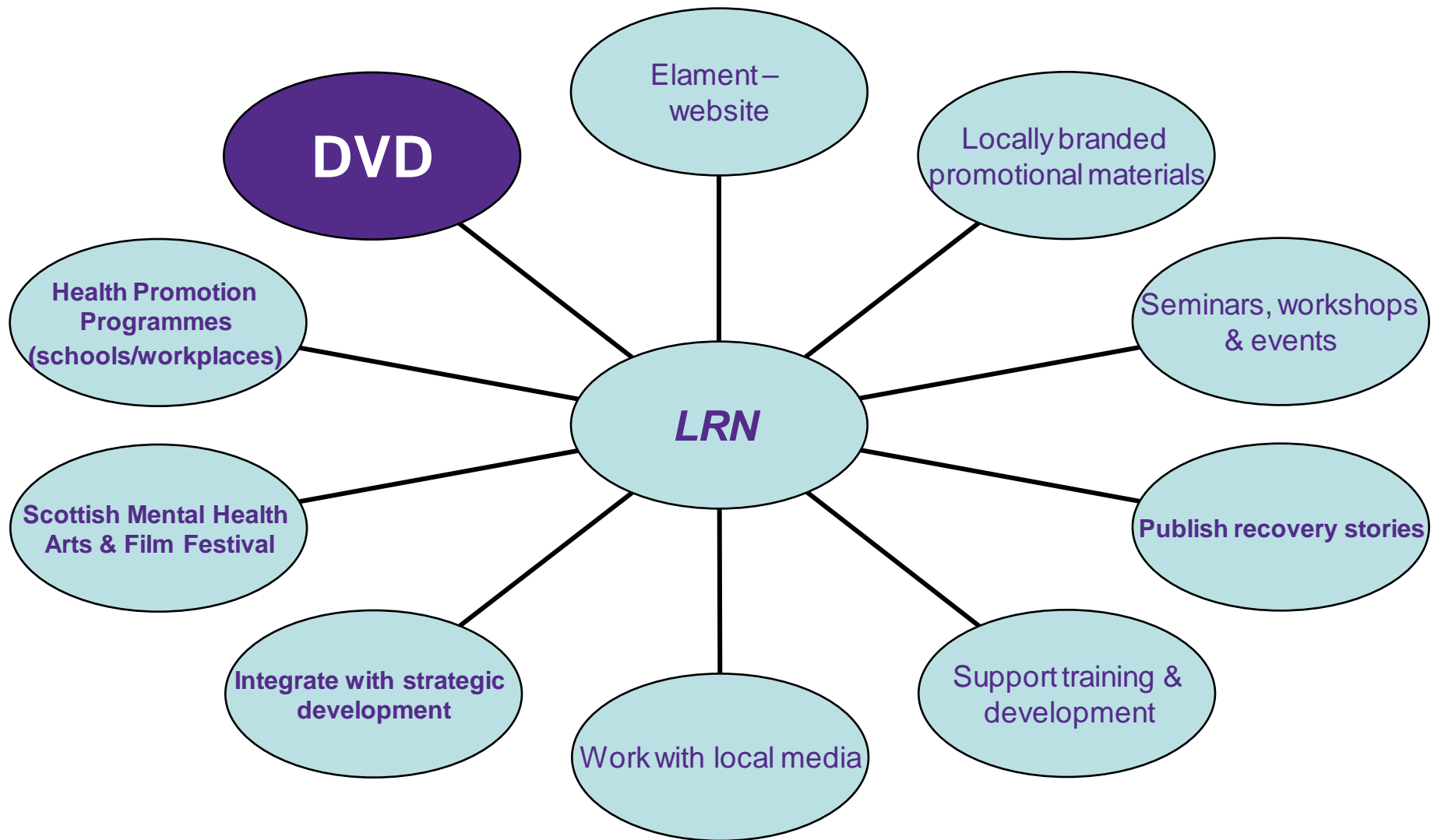
- Formally launched in June 08 following close working with the SRN since 2004.
- Hosted by Lanarkshire Links: Service User and Carer Involvement Organisation.
- Multi-partner steering group coordinates and supports action. A hub for action.
- Aims to – Link NATIONAL: Act LOCAL to:
 - Raise awareness of recovery and the things that help and hinder
 - Develop a better understanding of recovery
 - Support and encourage local action towards recovery



Connecting the pieces

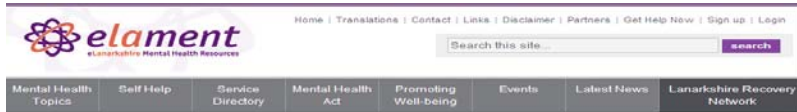


Methods of Communication





WEB Based



elament
Lanarkshire Mental Health Resources

Home | Translations | Contact | Links | Disclaimer | Partners | Get Help Now | Sign up | Login

Search this site:

Mental Health Topics | Self Help | Service Directory | Mental Health Act | Promoting Well-being | Events | Latest News | Lanarkshire Recovery Network

You are here: [Home](#) : [Lanarkshire Recovery Network](#)

In This Section

- Lanarkshire Recovery Network
- Introduction
- Getting Involved
- Sharing Information
- Training Events and Seminars
- Lanarkshire Recovery Stories
- Links and Resources



[Lanarkshire Recovery Network](#)

Recovery is described as *living a meaningful and fulfilling life in the presence or absence of symptoms of mental ill-health.*

Since the Launch of the Scottish Recovery Network in December 2004 representatives of Lanarkshire Links, NHS Lanarkshire, North Lanarkshire Council, South Lanarkshire Council, Scottish Association for Mental Health, Lanarkshire Association for Mental Health, Richmond Fellowship, Equals Advocacy Partnership and Clubnet have been meeting to focus on co-ordinating efforts at promoting recovery across Lanarkshire through the distribution of recovery materials, organising events, delivering presentations and influencing the design and delivery of mental health services in Lanarkshire. This has been done through building on the commitment and work of many others in promoting recovery in their own area of work across Lanarkshire.

Due to an increase in demand, an incredible willingness to get involved and recovery being at the heart of national and local mental health strategy, a LANARKSHIRE RECOVERY NETWORK (LRN) is being formally launched in June 08. The LRN is hosted by Lanarkshire Links, a service user and carer involvement organisation that exists to ensure the voices of people with mental health problems and their carers are heard in the planning and delivery of services across Lanarkshire. Lanarkshire Links host the LRN because service users drive their own recovery, services' role is to facilitate recovery and communities' role is to maintain recovery through positive attitudes and actions. The LRN will continue to work closely with the Scottish Recovery Network, to give a Lanarkshire focus to meet the above objectives.

To achieve these objectives we need YOU to get involved. If you have an interest in recovery, would like to be kept up to date with information about recovery or would like to be part of the network

Objectives:

1. Raise awareness of recovery and highlight what helps and what hinders, through promotional materials, seminars, workshops, DVDs and our website.
2. Develop a better understanding of what is meant by recovery, promoting hope and belief that change is possible by sharing stories of people's recovery to inspire others.
3. Support and encourage local action towards recovery by championing development.



elament
www.lanarkshirementalhealth.org.uk

e-bulletin



elament e-bulletin

Welcome to this promotional edition of the elament e-bulletin. The bulletin will be produced on a regular basis to keep you up to date with all the latest news on mental health and well-being within and out-with Lanarkshire. To receive the bulletin on a regular basis please [register for your regular update](#).



elament re-launched 25th June

The new elament website was re-launched at Lanarkshire Links members meeting on 25th June following joint funding from NHSL, NLC and SLC. The site has been created in response to the many people in Lanarkshire who want information on mental health issues to be made more easily available and more accessible. The information is for the general public, people who have mental health care needs, professionals and carers. The website is the first stop for on line mental health information in Lanarkshire including information on mental health problems, self-help, mental health improvement, service directory, latest news and much more. [Visit the re-launched elament website](#)



Lanarkshire Recovery Network (LRN) Launched 25th June 08

Recovery is described as *living a meaningful and fulfilling life in the presence or absence of symptoms of mental ill-health.*

The 25th of June 08 sees the formal launch of the Lanarkshire Recovery Network (LRN). The LRN will be hosted by Lanarkshire Links and will link closely with the Scottish Recovery Network to promote understanding, awareness and action around recovery across Lanarkshire. [Find out more about the Lanarkshire Recovery Network](#)



Scottish Mental Health Arts and Film Festival October 2008

Following the success of last years event Lanarkshire will be participating in this years Scottish Mental Health Arts and Film Festival from the 1st to 19th of October 08 running through mental health week. The festival uses film and the arts to explore issues of mental health, recovery and stigma by providing information in a more interactive and



WEB Based



01 Positive Mental Health	02 Mental Health Problems	03 Stigma	04 Recovery	05 Suicide Prevention	06 Mental Health Inequalities	07 Certificate
---------------------------------	---------------------------------	--------------	----------------	-----------------------------	-------------------------------------	-------------------

DISCOVER THE MYTHS AND FACTS OF MENTAL HEALTH

set your mind straight

Welcome to MindSET, an online introduction to mental health. The information in this website is for people who have no previous training in mental health. It will give you a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems.

Many myths, misconceptions and misunderstandings about mental health exist within our society. MindSET hopes to begin to challenge these myths, misconceptions and misunderstandings so that we can develop a shared understanding of mental health that is based on fact not fiction.

There are six sections to progress through, each with multiple-choice questions at the end. You must complete each section before you can move on to the next section. Once you have completed a section you can stop and save your work and return to the website at another time. Once you have completed all six sections you will be awarded a certificate of completion.

This website contains external links to other websites. SAMH and North Lanarkshire Council cannot be held responsible for the content or availability of any of the pages referenced by an external link.
*If you have a requirement to use JAWS Reader the preferred browser is Internet Explorer.

let's get started ...

Need help with a mental health problem?

If you need help with a mental health problem or need emotional support please contact one of the helplines below, visit your GP surgery or call NHS 24 on 08454 24 24 24.

NEW USER? Register here

If you would like to use this training programme you will need to create your own user profile.

Create Profile

EXISTING USER? Sign in

If you would like to use this training programme you will need to create your own user profile.

EMAIL ADDRESS

PASSWORD

forgot password? [click here](#)

Login





Seminars, events and workshops

Lanarkshire's 1st recovery event "Recovery in Mind", 1st November 2005

highlighting recovery from long term mental health problems. Looking at Recovery through Employment / Art / Action / Services / Power of the Story

Lanarkshire Peer Support on the 30th November 2005.

Larry Fricks, Director, Office of Consumer Relations Division of Mental Health Georgia and Ike G.Powell, Consultant & Trainer in Peer Support

Alona Hotel, 15th June 2006

Steve Onken, Professor of Social Work at Columbia University, school of Social Work.

"LINKS TO RECOVERY" 9th October 2006

Mental health issues groups' event

"Celebrating Recovery" 4th November 2006

Service users and carers recovery event at Hamilton Park Racecourse, Margaret Timmone and Vincent McBride



Seminars, events and workshops

Lanarkshire Association for Mental Health January 2007.

saw the start of a two month training programme delivered by Karen Taylor to all staff and invited colleagues from health and social work, and service users. The course focussed on understanding the concept of recovery.

Recovery in the Park – 29th May 2007

Speakers: Gary Platz - Strategic Advisor of the Well-link Trust, New Zealand.
Karen Taylor - A family perspectives view on recovery

Recovery and the 3P's – 25th June 2008

Psychology, Psychiatry and Pharmacology – How do these disciplines support Recovery?
Re-launch element website. New LRN page.
Lanarkshire Recovery Network launch.
Personal Story – Caroline Sloan

Reflections on Recovery– March 2008 – October 2008

The making, editing and producing the DVD took us 8 months in total with a very concentrated 3 month period of activity. During this time Lanarkshire Links in collaboration with local singer songwriter, Pat O'Neill produced a promotional CD and the title song 'Don't Turn Away' was played at launch of the Scottish Mental Health and Arts Film Festival



Integrating with existing programmes





Media, Arts, Sport and Community





Reflections on Recovery

REFLECTIONS ON RECOVERY

Stories *shared* to *inspire hope*



and *promote recovery*
from *mental health problems*

“there is nothing more powerful than the real life example that recovery does happen.”



DVD aims:

- Peer support tool
- As a tool to be used as part of workforce training and development (not just mental health services).
- As a tool to be used across settings (such as schools, work places and communities).
- As a way of supporting others to tell, record and share their personal recovery stories.



DVD Themes:

- Designed to reflect key theme's of recovery including: meaning and purpose, relationships and services. A young persons story is also captured via graphic illustration.
- Can be viewed in full or viewed by section of interest.
- Specific sections can be used to integrate with targeted events, seminars or resources.



DVD Process:

- A business case was made for funding.
- The Lanarkshire Recovery Network and Scottish Recovery Network project managed from beginning to final edit.
- Media volunteers were recruited, briefed, supported, consented and appreciated throughout.
- A film production company was commissioned to produce the DVD.
- An event was held to launch the DVD.
- The DVD is being both targeted and widely distributed



DVD Lessons Learned:

- It takes much more time and effort to coordinate and produce than anticipated.
- Linking with the SRN is vital.
- Significant local commitment is required.
- Media volunteers' support, recruitment and consent is vital.
- The process is a challenge but incredibly rewarding for all involved.
- Was it worth it – **YES IT WAS!**



Acknowledgements

William Cefferty
Kate Kilvlichan
James McKillop
Pete

Scottish Recovery Network
Lanarkshire Recovery Network
NHS Lanarkshire
South Lanarkshire Council
North Lanarkshire Council
Equals Advocacy Partnership
Lanarkshire Links
Lanarkshire Association for Mental Health
ClubNet (SAMH)
The Advocacy Project
The Richmond Fellowship Trust
University West of Scotland

Marc Howard (Voice Over for Pete's Story, Action for Children (Young Carers North Lanarkshire))
Derek York (Graphics for DVD Cover)
Pat O'Neill (wrote and performed 'Don't turn Away')
Mark McGhee, Manager (Motherwell Football Club)
Alasdair and Lesley Smith (Graphic Illustrators for Pete's Story)
and special thanks to
Monte MacPherson, Hullabaloo Productions (Filming, Editing and Producing the DVD)