

## Parallel Session Information

### Parallel sessions set ONE

1.00 – 2.30pm

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### Parallel sessions set TWO

3.00 – 4.30pm

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## Parallel session descriptions

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### Using the Scottish Recovery Indicator to support good practice

Main hall

Chair: Colin Welsh, NHS Fife

#### From evaluation to service development

*William Ellis, SRN*

William will discuss the function of the tool and how the process of undertaking it can kick-start services into recovery orientated practice. This presentation will also look at the contrast between evaluating services and service development.

#### “Everybody's voice matters”

*Brenda Vincent, Equals Advocacy Partnership*

*Theresa Watson, NHS Lanarkshire*

*Lynne Cruickshank, North Lanarkshire Council*

Why the SRI tool? Because service improvement is everybody's responsibility. This presentation will share Lanarkshire's experience of using the SRI tool. Discussion will include the following:

- Why did we use the SRI tool?
- How we used the SRI tool for staff and service users.
- Our findings from using the SRI tool.

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### Learning and training in recovery

Norie-Miller 1

Chair: Susanne Forrest, NHS Education for Scotland

#### Recovery training for mental health workers: A national perspective

*Allison Alexander, Napier University*

This presentation will describe the work of a joint NHS Education for Scotland (NES) and Scottish Recovery Network (SRN) project undertaken between 2006 and 2008. As well as providing the background to the project the presentation will focus on the development of Realising Recovery: A National Framework for Learning and Training in Recovery Focused Practice and the accompanying Realising Recovery Learning Materials. The presentation will also illustrate how this recovery training relates to other national mental health initiatives. Finally the presentation will offer some thoughts on the role that education and training can play in bringing about recovery focused practice and will identify other factors that may also need to be present to enable mental health workers, mental health services and people who use mental health services to embrace recovery.

#### ESC and Realising Recovery training: A unique journey

*Dawn MacKay, Health in Mind*

This presentation will focus on how Health in Mind and Penumbra have developed and delivered a training infrastructure that supports values based and recovery focussed mental

health practice, where the ultimate aim is to improve peoples' experience of using mental health services. This presentation will look at the unique journey of our core team and the participants - focusing on how the experience built on strengths and maximised opportunities for raising self awareness.

### **Recovery training in Tayside**

*Leslie Dickson, Perth and Kinross Council*

The presentation will focus mostly on some of the content from the four day recovery training offered in Tayside. It is largely experiential and reflective and aims to enhance self awareness and increase understanding of recovery.

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### **Carers and informal supporters and recovery**

Norie-Miller 2

Chair: Mary Weir, NSF Scotland

#### **Walk with me**

*Jean Johnston, The Carin*

Being ill with any form of mental distress is incredibly lonely, isolating and frightening. After 18 years of experience of seeing my daughter manage her recovery, I firmly believe this is a journey that can only be managed with the support of others - the carers - be they family, friends or professionals aided by the medical profession. Those companions who travel this journey will discover that recovery, like life itself, is an ongoing learning process.

#### **NSF Scotland's Prospect programme: Recovery for carers**

*Trisha Mullen, NSF Scotland / Prospects trainer*

*Lorraine Keith, NSF Scotland / Prospects trainer*

This presentation will give a brief overview of the Prospect programme and how it supports recovery for carers. Trisha Mullen, a carers support worker with NSF and an informal carer herself, is a Prospect facilitator who has been involved with the programme since its early planning stages. Trisha will give a personal testimony of her experience of the Prospect programme personally and as a facilitator. Trisha will be followed by Lorraine Keith, a carers support worker with NSF, herself an informal carer and a Prospect facilitator. Lorraine will give an account of Prospect activities in Scotland to date, including feedback received by participants in the programme, and will outline NSF future hopes for Prospect.

#### **Supporting Recovery: Family, informal carers and supporters**

*Hester Parr, University of Glasgow*

This presentation will profile the background and methodology for a small-scale research project commissioned by the SRN and which will be carried out in 2009 with existing carers groups. The project seeks to understand further the ways in which families and informal supporters can assist in the recovery of people with mental health problems. The presentation will cover the questions that drive the research project and the methods by which we hope to facilitate discussion amongst carers and supporters. Workshop participants are encouraged to comment on our methods and suggest their own answers to the questions that we are posing in the research project.

## **Communicating recovery**

Tilt suite

Chair: Wendy Halliday, NHS Health Scotland

### **Communicating the Message of Recovery: Independent evaluation of SRN communications**

*Jacki Gordon, Jacki Gordon + Associates*

*Lisa Cohen, XL Communications*

In April 2008, SRN commissioned Jacki Gordon + Associates to conduct an independent evaluation to:

- assess the appropriateness and effectiveness of current SRN printed and electronic outputs to communicate the message of recovery in Scotland;
- explore whether, and how, the messages being communicated are understood and acted on by all its intended audiences, and identify levers and barriers; and
- develop recommendations for how the message of recovery might be communicated most effectively.

Jacki, together with associate Lisa Cohen, will summarise key findings and recommendations from this evaluation

### **Linking national and acting local**

*Kevin O'Neill, NHS Lanarkshire*

*Ann-Marie Newman, Lanarkshire Links*

There is nothing more powerful than the real life example that recovery does happen. This presentation will explore how the Lanarkshire Recovery Network has linked with the Scottish Recovery Network to communicate recovery across Lanarkshire. Various methods will be discussed such as web-based information, working with local media, joining up with training and health promotion programmes, and seminar and workshop delivery. The presentation will specifically explore the learning gained during the production of the DVD entitled, 'Reflection on Recovery: Stories shared to inspire hope and promote recovery from mental health problems'. Facilitated discussion will provide the opportunity to share ideas about how to communicate recovery at a local level in a way that is effective.

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## **Service user movement: Involvement into leadership**

Earn suite

Chairs: Wendy McAuslan, VOX

Mahmud AL-Gailani, VOX

### **Oor Mad History: Reclaiming our history, reclaiming power**

*Kirsten Maclean, CAPS*

*Jim McGill, CAPS*

This presentation will offer background information on this community history project, which involves researching and recording the history of the Lothian service user movement. The presentation will also highlight the findings so far.

### **“Meaningful service user involvement”**

*Shaun McNeil, Advocacy Matters / VOX*

*Shona McNeil, Pure Mental*

Shaun and Shona’s presentation is a mix between PowerPoint and an interactive demonstration. The presentation will examine some of the barriers which can hinder meaningful service user involvement and offer suggestions and ideas for improvement.

### **Leadership: Rhetoric or reality in Scotland?**

*Ron Coleman, Working to Recovery*

The development of effective leadership of consumers will lead to consumer run services.

In this presentation I will argue that services can only become effective when they are removed from the constraints of the statutory and voluntary sector, so that they are not only consumer run and led but also consumer owned.

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## **Experience of Local Recovery Networks**

Tay Suite

Chair: Anne Connor, Outside the Box

### **Fun, food and friends**

*Lesley Brady, Ayrshire Recovery Network*

*Graham Charlton, Ayrshire Recovery Network*

*Dougie Manchip, Ayrshire Recovery Network*

This presentation will be in the form of an interview with Graham interviewing Dougie and Lesley about the development of the local network.

### **Lothian Recovery Network: Past developments, present perspectives**

*Carl Abernethy, Lothian Recovery Network*

*Phil Watson, Lothian Recovery Network*

*Fiona Macdonald, Lothian Recovery Network*

*Dorry McKenzie, Lothian Recovery Network*

The presenters from Lothian Recovery Network will give an account of the development of the network since 2005. The presentation will describe how the network has expanded and how it works to support the Recovery Across Lothian Strategic Framework. The focus is on learning together through valuing people’s lived experience of mental health difficulties.

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## **Recovery focussed systems and practice**

Main hall

Chair: Nigel Henderson, Penumbra

### **How can the system enable recovery-based practice?**

*Mary O’Hagan, International Consultant and trainer*

Politicians, communities, policy, funding, organisational structures, power relationships and shared beliefs all help to drive systems. Most of our systems inhibit recovery based practice.

This talk attempts to answer the question – what would mental health systems look like if they enabled recovery?

### **Stolen identities: Reclaiming the human story**

*Professor Phil Barker and Poppy Buchanan-Barker, Clan Unity International*

When people experience *problems in human living*, they are often diagnosed and labelled as having various forms of ‘mental illness’ or ‘psychiatric disorder’. The first thing that happens in this process is that the person’s human identity is *stolen*. The person’s *human* story is distorted, translated or transformed into a ‘psychiatric story’, through technical, psychological, bureaucratic or medical language. The person becomes a ‘case’ and various terms - ‘patient’, ‘client’, ‘service user’, ‘consumer’ – are used to *avoid* acknowledging that a complex human *person* is involved.

In this presentation we discuss how recovery must begin when the person is at their ‘lowest ebb’. Wherever possible, this should begin within the person’s natural life in community. If the person is admitted to psychiatric care, this recovery should begin at the very point of entry, by helping the person to hold on to the native, human story of their experience of ‘breakdown’ or ‘distress’. Where people have a long history of being a ‘psychiatric patient’, recovery needs to focus on helping people to reclaim the personal, human story that has been lost.

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### **Staying well: Discussions about wellness planning**

Norie-Miller 1

Chair: Alan Douglas, Bipolar Fellowship Scotland

### **STEPS: a multi-level, multi-purpose service for common mental health problems**

*Jim White, NHS Glasgow*

In this presentation Jim will offer an overview of Glasgow's Southeast service STEPS, a primary care mental health team, and discuss the high volume work in which this project is involved. He will also highlight some practical suggestions and ideas for supporting and maintaining individual wellbeing.

### **An overview of WRAP and how it has helped in my own journey of recovery**

*Rona McBrierty, Consultant / Advanced Level WRAP Facilitator*

The session will offer a brief overview of WRAP - a self management tool promoting self directed recovery by building on strengths to manage episodes which are challenging. Rona will illustrate this using her own story.

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## **World of work: A discussion**

Norie-Miller 2

Chair: Pippa Coutts, Scottish Development Centre for Mental Health

### **Discussion by Sylvia Collumb**

*Sylvia Collumb, Mental Health Partnership (Greater Glasgow and Clyde)*

This session provides an overview of work in progress in Glasgow to develop a Mental Health/Recovery Employability Pathway process aimed at building capacity and partnerships with mental health services, service users and mainstream employability providers.

### **Can a return to work make recovery real? A personal perspective on returning to work**

*Chris White, SAMH*

This session explores one person's experience of becoming unwell and their recovery journey back to full-time work. Looking at some of the complex issues that needed to be addressed and whether the current Welfare Reforms would make that journey easier or more difficult.

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## **Piloting Peer Support**

Tilt suite

Chair: Bob Goupillot, Penumbra / Peer Graduate

### **What makes Peer Support different?**

*Lesley Smith, Peer Graduate*

Lesley will explore what makes Peer Support unique and different.

### **What is a Peer Support Worker?**

*Lea Cummings, Peer Support Worker*

Lea will talk about his experiences as a Peer Support worker, what he does/doesn't do, how the Peer Support approach works in practice and some of the challenges he has had to deal with.

### **Peer Support work in Scotland: What now, what next?**

*Linda Reid, Scottish Government (Mental Health Division)*

Linda Reid will set the context for peer support in Scotland. She will outline the current position and advise on what is planned for the future.

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## **Sharing stories and experiences**

Earn suite

Chair: Moira Gillespie, Mental Health Network (Greater Glasgow)

### **“Who am I now?”**

*Tricia Burnet*

Some 10 years since first sharing her recovery story, Tricia will talk about how her story and her feelings about sharing it have changed. She will also reflect on a research project she completed

last year as part of an MSc in Psychology and Mental Health - the project was about recovering identity.

### **What matters with personal narratives?**

*Rob Mackay, Robert Gordon University*

This brief presentation will summarise the results of the conversations Rob had with 12 individuals across Scotland who tell their own story of recovery in public places. He will share the meaning of this story telling for these individuals as well as identifying dilemmas and issues that have come out of this experience. The presentation will stress the central importance of support and the need for self-awareness.

### **Good practice story sharing - an introduction to the SRN publication 'Story Sharing Guidance'.**

*Heidi Tweedie, Moxie Media / HUG*

SRN story sharing guidance is to be launched at this year's conference. This presentation by lead author, Heidi Tweedie, explains the need for such a publication and what it covers.

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## **Recovery and black and minority ethnic (BME) communities**

Tay suite

**Chair:** Dale Meller, NHS Health Scotland

### **Finding Strength from Within – Experience from the Lothian BME recovery group project**

*Akin Fatunmbi, Men in Mind (Health in Mind)*

This presentation will give an overview of the development of the Lothian BME Recovery group. It will draw on the findings from the report 'Finding Strength from Within – Experience from the Lothian BME Recovery Group Project' which is based on work with Edinburgh based projects Men in Mind (Health in Mind), the NHS Lothian Minority Ethnic Mental Health Project and Saheliya, to look at mental health and recovery experiences of people from black and minority ethnic (BME) communities.

### **Glasgow BME recovery group: Overview of experience – steps towards recovery**

*Pratima Pershad, Glasgow Association for Mental Health*

*Jacki Gordon, Jacki Gordon + Associates*

This workshop will discuss how the concepts of recovery are being explored in the some of the BME communities. The women coming to the recovery group (GAMH) are from a wide ranging background with a common belief in recovery. Some have personal experience of mental health problems, others are carers of people with mental health problems and some have experience of family members and the wider community members with mental health problems.

This workshop explores how recovery messages can be taken forward in BME communities and to promote awareness of recovery.

**Key supporters:** Rashpal Nottay, Leonard Ntaganda, Arshad Mahmood, Maysoon Sutherland, Susan Pollock, Ellen Hair, Anne Connor, and Arma Sayed.