

A free event to focus on learning about recovery from mental health problems, to consider initiatives related to promoting recovery and to encourage debate about the concept of recovery.

Making Recovery Real

Thursday 26th February 2009
Perth Concert Hall



Scottish Recovery Network

Recovery in Scotland

In the last few years recovery and ideas related to recovery have become increasingly important to the way we approach mental health issues in Scotland. This has led to new ideas and approaches to support individual recovery both within and out with mental health services at the same time as starting to raise awareness of the reality of recovery across the Scottish population.

We now understand more about the factors which help and hinder recovery for people who experience mental health problems and are starting to apply that learning. At the same time there is still debate about the term recovery and the extent to which it reflects people's life experiences.

About the day

Making Recovery Real will be based on a learning approach offering delegates a range of parallel sessions designed to highlight recent innovations and debates related to recovery and mental health in Scotland. There will be considerable opportunity for interaction and questions from delegates. In addition SRN will record and capture as much of the event as possible to share learning as widely as possible.

About parallel sessions

There will be 12 parallel sessions during the day. Parallel sessions allow for maximum input from a range of speakers and for audience questions and shared learning. Sessions will last for one and a half hours and will include input from a number of contributors on a theme.

For more information about Parallel Sessions please see the booking form attached.

Programme

Registration	9.30
Chairs welcome	10.30
Making Recovery Real in Scotland: Progress, learning and next steps Simon Bradstreet, SRN Network Director	10.40
Keynote speaker Mary O'Hagan (See description)	11.10
Questions and discussion	11.50
Lunch (including film showcase and performance)	12.00
Parallel sessions set one	1.00
Break	2.30
Parallel sessions set two	3.00
Close	4.30

This draft programme and parallel sessions are subject to alteration.

Times have been coordinated to allow for train arrivals and departures and connecting buses will be provided between the venue and rail station. We would prefer delegates to stay for the duration of the programme if at all possible.

Our keynote speaker

Mary O'Hagan is an international consultant in mental health. She has written and spoken extensively on user and survivor perspectives in many countries, and is an international leader in the development of the recovery approach.

She was a key initiator of the mental health service user movement in New Zealand in the late 1980s, and was the first chairperson of the World Network of Users and Survivors of Psychiatry between 1991 and 1995. Between 2000 and 2007 she was a New Zealand Mental Health Commissioner and was instrumental in efforts to ensure recovery oriented systems. Her work there included developing the Recovery Competencies for Mental Health Workers in New Zealand.

For more on Mary and her work visit:
www.maryohagan.com

Booking Form

This is a Free Event

You must submit a booking form to attend this event

Please Note:

Submitting a booking form does not guarantee you a place at the event. One name per booking form. We will not accept block bookings or large group bookings from organisations. This event will be recorded (film and audio).

First Name: _____

Surname: _____

Job title (if applicable): _____

Organisation (if applicable): _____

Address

postcode: _____

Telephone: _____

Fax: _____

Mobile: _____

E-mail: _____

Do you require wheelchair access/have other mobility requirements? (please specify):

Do you have special dietary requirements?
(please specify)

Do you require audio or visual assistance?
(please specify):

Travel expenses are available to those on low income, should you require your travel expenses to be reimbursed, please indicate estimated expenditure:

£

Expenses

Travel expenses are available to those on low income, should you require your travel expenses to be reimbursed please indicate the amount required on your booking form. We will not reimburse travel expenses to those who are able to claim expenses related to this event from their employer.

Parallel Sessions

Please select a first and second choice for each session. Place a '1' in the box beside your first choice and a '2' in the box beside your second choice. Spaces for sessions will be allocated as we receive booking forms. We will do our best to accommodate people's first choice, however, this may not always be possible due to limited capacity in the rooms.

Session 1

Communicating recovery

Communicating recovery and promoting hope has become increasingly important across Scotland but how do you do it well and take account of different audiences needs?

Learning and training in recovery

There is a real desire in Scotland for opportunities around learning and training in recovery. This session offers a chance to learn about and discuss recent developments in learning and training around recovery in Scotland.

Carers and Informal supporters and recovery

Carers and informal supporters can play an important role in a person's recovery. This session offers an opportunity for participants to learn more and to discuss the role carers can play in supporting recovery.

Experience of Local Recovery Networks

This session offers an opportunity to discuss how personal experience of using services can help to realise change in service development and provision in Scotland.

Using the Scottish Recovery Indicator to support good practice

In this session learn more about the SRI practice development tool and to learn about how it can support good practice.

Service user movement – Involvement to Leadership

This session offers an opportunity to discuss how personal experience of using services can help to realise change in service development and provision in Scotland.

Parallel sessions are subject to change.

Session 2

Sharing stories and experience

With lived experience at the heart of recovery, how do we ensure stories and experience are shared in a way that is respectful and meaningful for all parties?

Staying Well – discussions about wellness planning

Everyone has strategies for keeping well, regardless if you have a mental health problem or not. This session offers a chance to learn about and discuss various self management approaches (including WRAP) and different techniques.

Recovery focussed practice

This session will look at various aspects of the development of recovery focussed practice.

Recovery and Black and Minority Ethnic communities

What does recovery mean to BME communities? How do we share recovery messages in BME communities? This session offers an opportunity to learn about experiences in this area of work and to discuss this learning.

World of work: A Discussion

Paid employment has the potential to both help and hinder recovery. With reforms to the welfare system paid work is a hot topic and a source of some anxiety. This session will promote discussion and debate and consider how best to help people access and maintain paid work.

Piloting Peer Support

In 2006 the Scottish Government made a commitment to support the development of formalised Peer Support in Scotland. Two years on this session offers a chance to hear about the experiences of piloting Peer Support and discuss considerations for the future.

The Scottish Recovery Network

We have been working since 2004 to raise awareness of recovery, to learn more about the factors which help and hinder recovery and to encourage local and national action based on that learning.

To learn more about the Scottish Recovery Network visit: **www.scottishrecovery.net**

To book your place, return a completed booking form to:

Scottish Recovery Network,
Baltic Chambers
Suites 320–323,
50 Wellington Street,
Glasgow, G2 6HJ

Other ways to book:

Visit **www.scottishrecovery.net** to download a form. Or contact us on **info@scottishrecovery.net** or **0141 240 7790** to request a form.

If for any reason you are unable to attend this event then please let us know as soon as possible (even if it is the day before the event) so that we may offer your place to someone else. Please contact the office at **info@scottishrecovery.net** or on **0141 240 7790**.

Failure to notify us may lead to you being denied a place at future SRN events.



Scottish Recovery Network

