

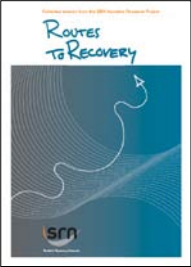
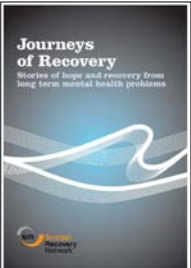

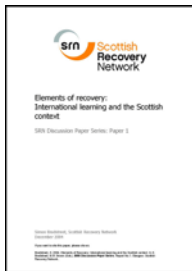


Resource	Description
	<p><b>Raising Expectations &amp; Sharing Ideas For Mental Health Recovery</b>            This brochure about the Scottish Recovery Network (SRN), details how SRN was developed and SRNs key aims and objectives. It provides information about what SRN does, what is meant by recovery and briefly describes major projects such as the narrative research project, Wellness Recovery Action Planning (WRAP) and the Scottish Recovery Indicator (SRI).</p>
	<p><b>Recovering Mental Health in Scotland (2007)</b>            SRN Narrative Research Project: This research draws on the experience of 64 people across Scotland and highlights factors that helped and hindered people’s recovery from long-term mental health problems.            This Scottish based research is one of the largest qualitative narrative research studies of its kind on recovery in the UK and worldwide.  <i>*This publication is only available from the SRN website</i></p>
	<p><b>Routes to Recovery (2007)</b>            Collected wisdom from the SRN Narrative Research Project.            This booklet highlights some of the things that people said that they had been able to do to support their own recovery.</p>
	<p><b>Journeys of Recovery (2006)*</b>            A selection of 12 stories that highlight the main themes that emerged from the stories collected during SRN’s narrative research project.            The aim of this booklet is to raise awareness and promote understanding of recovery. Readers may also take away suggestions for their own recovery or for supporting recovery.  <i>*Also available as an audio book on CD (see below).</i></p>
	<p><b>Carers and Supporting Recovery (2009)</b>            This report, commissioned by Scottish Recovery Network, is a small-scale qualitative study on the role of carers and supporting recovery and intends to highlight carer perspectives on recovery.</p>



### **SRN discussion papers (various publication dates)**

The SRN Discussion Paper Series is designed to help generate debate on how best to promote and support recovery from long-term mental health problems in Scotland. Papers in this series include:

- 1: *Elements of recovery: International learning and the Scottish context* (Simon Bradstreet, SRN, 2004)
- 2: *Recovery and community connections* (Anne Connor, Outside the Box, 2004)
- 3: *Researching recovery from mental health problems* (Kathryn Berzins, Research Associate, Public Health and Health Policy, University of Glasgow, 2004)
- 4: *Evidence of Recovery: The 'Ups' and 'Downs' of Longitudinal Outcome Studies* (Nika Dorrer, MRC Social and Public Health Sciences Unit, 2006)
- 5: *Mental health, recovery and employment* ( Pippa Coutts, Scottish Development Centre for Mental Health, 2007)
- 6: *Recovery and strengths based practice* (John McCormack, Glasgow Association for Mental Health, 2007)

*\*Only available in pdf from the SRN website*



### **Story sharing guidance (2009)**

A guide to inform the process of sharing personal experiences related to mental health and recovery.

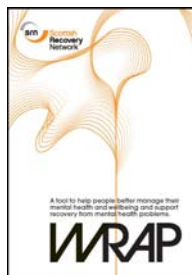
This guide aims to support and inform those wishing to assist others to share a personal narrative, as well as providing guidance for those considering sharing their own personal narrative.

*\*Only available in pdf from the SRN website*



### **Realising Recovery Learning Materials (2008)**

Following on from the framework these learning materials encourage new ways of working within mental health and promote a new culture, marked by a commitment to helping people recover satisfying and fulfilling lives, no matter how serious or long-term their experience of mental health problems.



### **WRAP Leaflet (2008)**

WRAP is a 'self-management' tool used to help individuals take more control over their own wellbeing and recovery; recognising that people are the experts on themselves.

This leaflet is intended for people who are interested in learning more about developing their own Wellness Recovery Action Plan, and also for the family members, friends, professionals (and others) supporting them.



### Local Recovery Network Booklets

These leaflets have been developed to support local recovery networks in Scotland. The information is based on people's lived experience of setting up local networks. They focus on topics like:

- Putting a network together (2006)
- Starting from peoples lived experience (2006)
- Sharing experiences of recovery (2007) *\*Only available in pdf from the website*
- Sustaining a recovery network (2007) *\*Only available in pdf from the website*



### Recovery posters (2008)

We currently have three posters available which highlight important messages of recovery.

Two of the posters are aimed at wider audiences:

- *“Other people believing in me was vital because I didn’t believe in myself”* (Green, A1 & A3 size)
- *“Two to three years ago I realised that you really could recover... I thought once you had it that was it – it was stuck but you can recover.”* (Yellow, A3)

The third poster is aimed specifically at service providers:

- *“The basis for recovery oriented practice is the ability to build up respectful relationships in which the worker has a genuine interest in the person, sees them as an individual, and takes them and their experiences seriously.”* (Pink, A2)

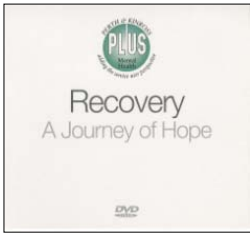


### SRN Postcards

We currently have five postcards available.

The aim of these postcards is to highlight the key messages of recovery.

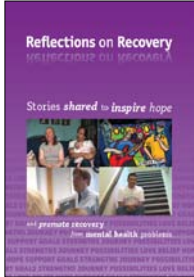
- *Inspire Hope*
- *Value Positives*
- *This Life*
- *The Journey*
- *Recovery Happens*



### **A Journey of Hope DVD (2006)**

The DVD includes interviews with people recounting their personal stories of recovery.

The main aims of this film were to give hope to people and to help dispel the negative image of mental health problems.



### **Reflections on Recovery DVD (2008)**

Stories shared to inspire hope and promote recovery from mental health problems.

This DVD brings together four personal stories, interwoven with the views of many others around recovery and what recovery means to them.

The personal stories in this film show that recovery can and does happen, and can help the viewer understand some of the elements of recovery.

