



Supporting Information: Administrative Assistant

1. About the Scottish Recovery Network

The Scottish Recovery Network (SRN) was formally launched in 2004 as an initiative designed to raise awareness of recovery from mental health problems. Since then interest in the concept of recovery has increased greatly in Scotland. We now understand more about what recovery means to people and are thinking carefully about the implications for the way we support people with mental health issues.

We are a *network* in two senses. Firstly SRN was developed out of a loose affiliation of individuals and organisations with a common interest in recovery, and secondly, it has been designed to share information and ideas as quickly as possible.

Our vision:

People who experience mental health problems and those around them should expect recovery. The values and principles which underpin the recovery experience should form the basis of how, as a society, we approach mental health issues.

SRN's role in achieving this vision is:

To act as a catalyst for change by sharing ideas and practice to promote recovery from long-term mental health problems, improving outcomes at all levels.

Our aims are:

1. To raise awareness of recovery from mental health problems, in particular longer term problems.
2. To learn more about the recovery experience, and the factors which help and hinder it, and to share that learning.
3. Share ideas and encourage and support action nationally and locally for the promotion of recovery.

SRN is entirely funded by the Scottish Government but its paid staff are employed by the voluntary sector organisation, Penumbra. This means that the Network is autonomous from, but supported by, the Government. Our work is overseen by a Strategy Group.

1.1 Recovery in Scotland

In the last few years recovery has become central to mental health dialogue in Scotland being featured prominently in national and local planning and debate. Some markers of progress for SRN, and recovery in Scotland generally, include:

1. Considerable local and national action around recovery (policy, training, events, discussion)
2. An increasing Scottish evidence base (e.g. narratives, literature reviews, evaluations, competency research).
3. A growing SRN list with over 5000 receiving regular updates and a website with over 10,000 unique visitors a month.
4. Increasing range of resources, tools and training with a recovery focus (e.g. Scottish Recovery Indicator tool and the development of recovery training in conjunction with NHS Education for Scotland).
5. Adoption and recognition of recovery in mainstream policy and practice development (e.g. Rights Relationships and Recovery and Delivering for Mental Health)
6. International recognition of efforts being made in Scotland around recovery.

2. About this post

With the expansion of SRN we wish to employ someone to assist with additional administrative needs.

In this post you will work to support all members of the team and work particularly closely with the other administrative worker and the Network Manager.

The successful applicant will join an existing team of 4.5 staff within the Scottish recovery Network - Network Director (Simon Bradstreet), Network Manager (Taryn Carlton), Scottish Recovery Indicator Project Lead (William Ellis), Network Officer (John Moody) and Administration Worker (Caroline Cunningham).

We have also recently finished recruitment for the post of Information Officer and this post has been offered to someone and they are due to start at the end of September 2009.

3. Examples of Current work

1. 'Recovering Mental Health in Scotland' - Narrative Research Project: in April and May 2005 we interviewed 64 people across Scotland about their experiences of recovery. The official report was launch in October 2007, along with a summary guide called 'Routes to Recovery'. Also we have shared the stories from the project on the website and through a booklet entitled 'Journeys of Recovery', which shares 12 stories that highlight the main themes that have emerged from the project. The information from the report has provided an important evidence base about recovery.
2. Realising Recovery: As part of the review of mental health nursing, in partnership with NES we developed a framework for the skills, values and attitudes Mental Health Nurses and Workers need to work in a recovery focused way. Based on this framework we have developed recovery learning materials.
3. Scottish Recovery Indicator: As part of the Scottish Government's commitment to improve mental health services (Delivering for Mental Health) we have developed this practice development tool www.scottishrecoveryindicator.net
4. Peer Support: As part of Scottish Government's Delivering for Mental Health strategy we have supported the establishment of pilot peer support worker sites across Scotland. We also helped establish the 'Plan to Change' peer support project in Edinburgh.
5. Wellness Recovery Action Plans (WRAP): WRAP is a self management tool that people can use to help support their recovery and maintain their wellness. There are currently 18 WRAP facilitators in Scotland and we are in the process of organising two more facilitator courses. We have also recently undertaken a research project to evaluate the use of WRAP.
6. Local Recovery Groups and Networks: In an effort to build support locally we have supported the development of local recovery networks – currently there are networks

in a number of areas including: Lothian, Tayside, Lanarkshire, Ayrshire and the Highlands. In addition and as part of our commitment to equalities and diversity we have supported the development of BME Recovery Groups in Glasgow and Lothian.

7. Resources and Publications: We have a range of leaflets, booklets, postcards, posters, a training DVD, discussion papers, and reports that are via our website and by request from the office. We are currently redeveloping the SRN leaflet and Journeys of Recovery.
8. Redevelopment of the website – we are currently working with a company to redesign the SRN website to make it easier to use and to make the information and resources more accessible.
9. Events, Awareness Raising and Training: SRN host a national conference approximately once a year, we also host numerous smaller awareness raising and training events around Scotland. We are strong advocates of partnership working and local linking.
10. Developing learning materials – we are currently working with SQA to develop learning materials around Peer Support and WRAP.

4. More information

For more information on the Scottish Recovery Network visit: www.scottishrecovery.net

To discuss this position contact Taryn Carlton or Simon Bradstreet on 0141 240 7790 or via info@scottishrecovery.net