



Recovery Matters Workshop Fife: Our reflections

Introduction

The Scottish Recovery Consortium (SRC) designed the Recovery Matters workshop as an introduction to the ideas and practices involved in placing recovery at the heart of service provision. Participants explored the contributions service providers and clinicians can make to recovery journeys. Together we practiced an asset based approach and explored the importance of the first five years of recovery when sustaining long term recovery in a community setting.

Our aims

- Build learning from the lived experience of recovery.
- Connect Participants with key evidence, tools and concepts to help them to plant the flag for recovery in their area of work
- Arm the participants with the basic principles and practices of recovery focused treatment services.
- Introduce participants to recovery workshops.

Were we successful in achieving our aim?

Yes

Agenda

The 'brain food' introduced the workshop community to four key applications of recovery research that will impact on their work;

1. The lived experience of sustained recovery
2. The power of recovery and 'better than well' effect
3. Local contributions to recovery
4. The Acute Model/ Recovery Model
5. The next recovery right step – the culture of transformation and individual commitment.

The workshop included dialogue and round table exercises, a film show and a question and answer section.

We facilitated meaningful conversations between Treatment Providers and Recovery Activists. We chose to give small bites of learning we call "brain food" alongside space for participants to dialogue in order to digest their collective thoughts/ learning and ideas.

Practical Matters

This workshop was the last workshop to run in the old format, and participants were the last to be given the 2012 "Invitation to Recovery" packs.

The participants in this workshop agreed that they could be contacted in terms of feedback on this pack, with a follow up in 3 months.

Event planning

The ADP provided the venue, catering, developed the flyer with SRC input and the ADP distributed to the intended participants.

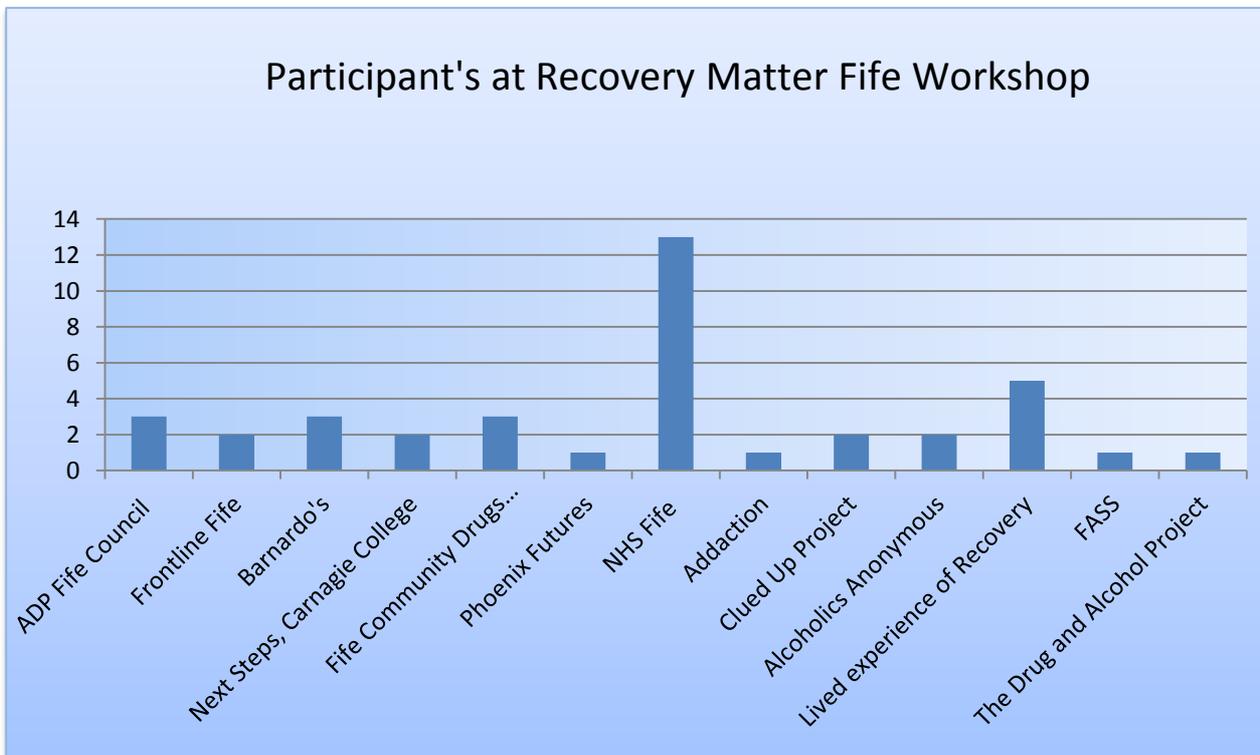
SRC provided this free workshop, supplied all materials and invited some local recovery assets to contribute their lived experience of recovery to the dialogues. Registration for this workshop was carried out online by the SRC.

Who came to the event?

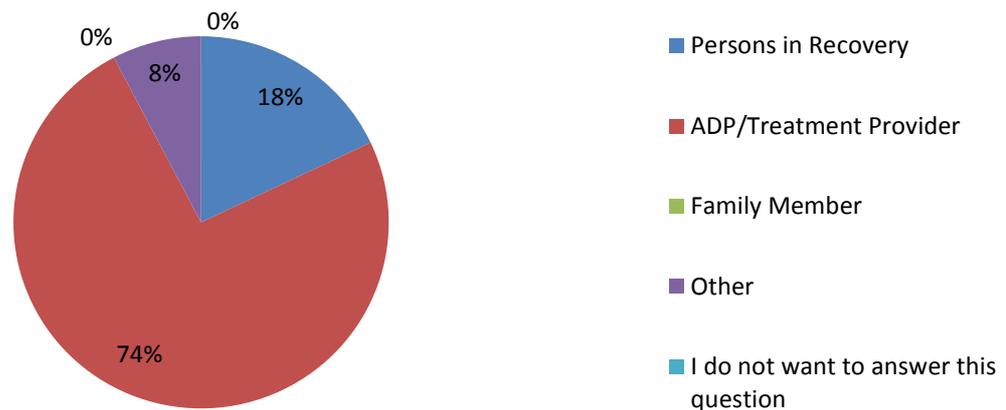
A total of 45 people registered to attend the Fife Recovery Matters workshop and 39 people attended. It was an area specific event so all participants came from Fife and our attendance chart shows the diverse range of services that attended. The lived experience of recovery from addiction perspective was brought by; 'Discover Recovery', 'Restoration Café', 'Alcoholics Anonymous' as well as from individual people in recovery.

Attendance

The following attendance figures are taken from the Recovery Matters Online Registration form And attendance sheet on the day. It shows the varied organisations who attended.



Status - Recovery Matters Fife



Feedback

Feedback was gathered from a survey monkey questionnaire, emails and verbally on the day.

Some examples of feedback are:

- *"Was good to spend time focussing on recovery and get a sense of positivity and sense that people are moving towards recovery. Good for networking."*
- *"I thought the recovery workshop was very informative about recovery in Fife with the number of different agencies that attended."*
- *"I enjoyed the day listening to the presentations and speaking with others from different services."*
- *"As a facilitator, I was delighted that we had a full workshop, everyone attended early, and 15 members of N.H.S. staff attended, the most at any workshop to date."*

Extract from survey monkey questionnaire (39 Participants – 7 Responses) 17.5%

What if anything did you learn from the day?

- *I learned a lot about working using the recovery model and the importance of continued support.*
- *That nurses from addiction services have anxieties about paperwork and they would like to spend more time with clients.*
- *I was made aware of differences in practice which depend on values of some practitioners or different views of prescribing Doctors. This raised concerns about inconsistencies for service users. I learned that we need to listen more to service users about their experiences and what works for different people.*

Visibility of Recovery: Initial impact

"This workshop has made me reflect on my practice and how I can bring the focus on recovery more. I have noticed since the workshop I have talked about recovery more with my clients and have discussed with some clients about them getting involved in recovery groups."

Visibility of Recovery: Developing impact (the recovery bounce)

Independent recovery support groups in Fife are now using this “better than well” language and SRC key recovery messages about recovery models. They appear to understand more fully the pivotal role they play in implementing the Road to Recovery.

“I learned that everyone in Fife has a part to play in promoting awareness about recovery.”

International impact

The SRC Acute/Recovery Model development of the Phil Valentine slide is now being taken up by our English counterparts.

What did we learn?

The SRC has learned from this and its first year of workforce development workshop delivery.

- That it is imperative that middle management, Team Leads, ADP leads, also take part in the workshops. There is a strong opportunity for ADP to make creative links with their own treatment providers in a neutral space. They can put the ideas that emerge into action fairly quickly. They can contribute another layer of possibility and perspective to enhance the table dialogues.
- That there is room for repeating a workshop like this in Fife (and other areas) as part of their ongoing ADP workforce development programmes.
- The workshop itself is being updated for 2013 with new examples and a more relaxed afternoon format.
- We have decided to announce every SRC event whether it's a walk or local workshop, on both SRC Facebook page and our website to allow individuals to request a place where they might not received it via other routes.

June 2013