

Recovery Matters 2014 Full Day Workshop Glenrothes Thursday 2nd October 2014

Introduction

“Recovery Matters 2014” is a baseline intervention for staff, paid or not, at any level of addiction treatment and related services. This workforce development opportunity comes free to ADP’s and treatment providers at point of delivery and our experience shows it has greater impact when senior managers and commissioners take part. We use current recovery research, ongoing examples of practice in Scotland and the local lived experience of long term recovery as standard in any of our workshops.

Our aim

1. To contribute to a practice based recovery “paradigm shift” in the workforce
2. To build local learning from the lived experience of recovery
3. To use shared learning and dialogue based tools that respect the wisdom and experience of the participants’

Agenda

The ‘brain food’ learning, in four sections that each last for ten minutes, introduced the participants to:

1. The lived experience of sustained recovery
2. The Road to Recovery – A radical shift in drug policy
3. The acute model/ recovery model
4. The power of recovery and ‘better than well’ effect
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 in Fife from a diverse range of organisations and disciplines. 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.

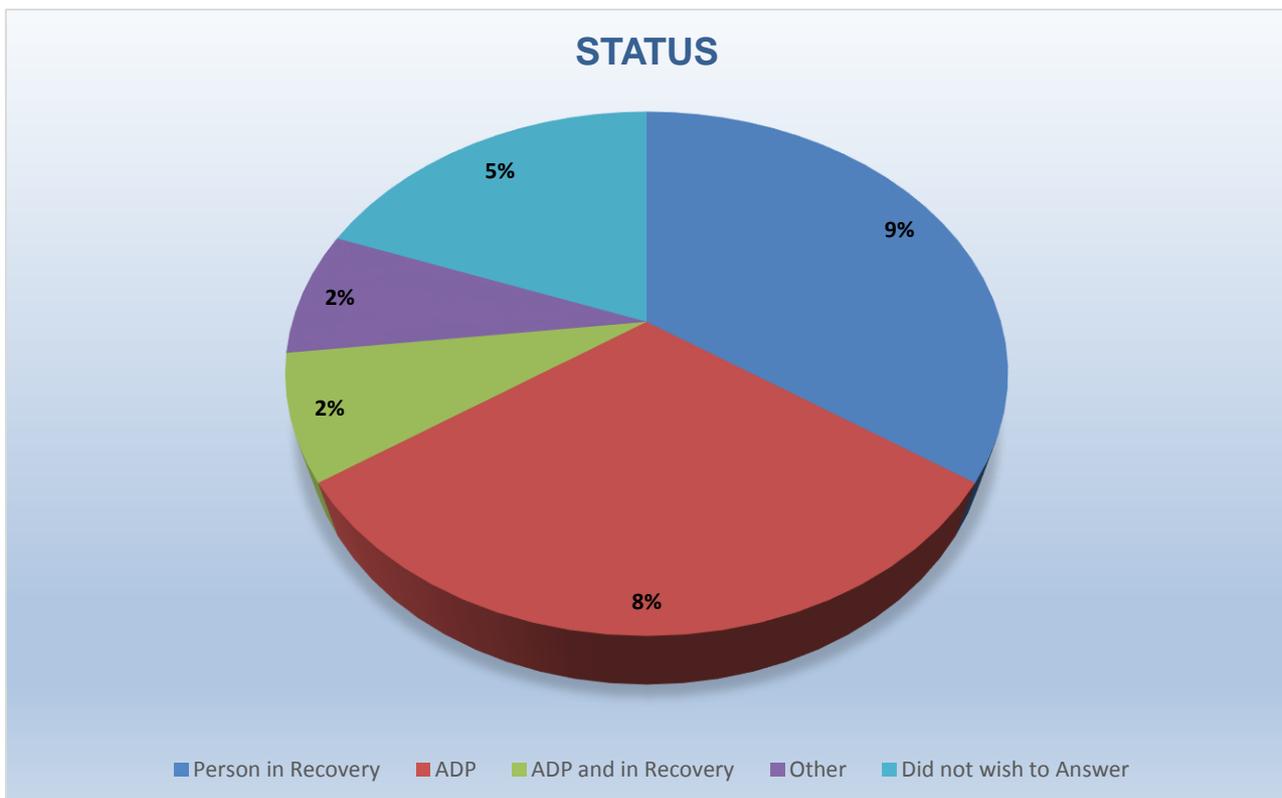
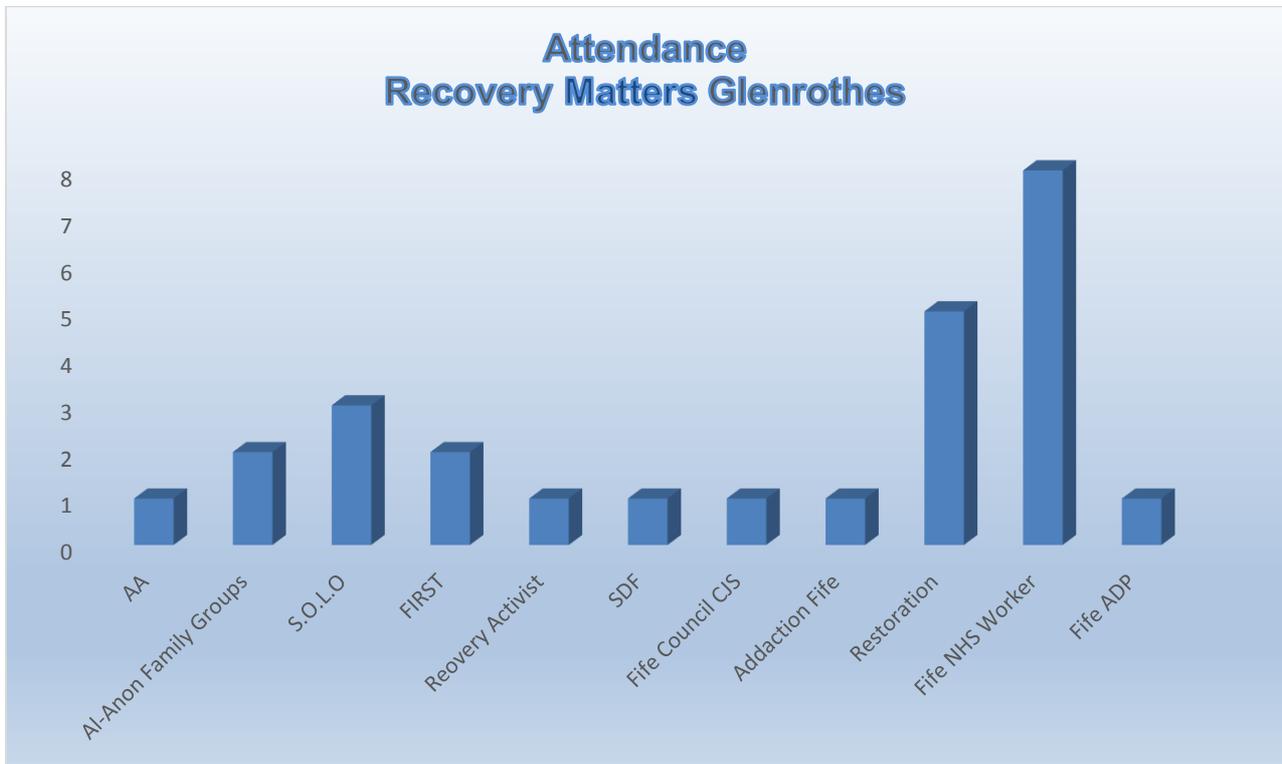
Event planning

I was contacted by Louise Bowman, Policy Officer from the Alcohol and Drug Partnership and was requested to do this workshop as part of their Workforce Development Training Plan.

Having worked closely with the Alcohol and Drug Partnership already in Fife, and have facilitated various workshops over the last couple of years, it was a pleasure to organise, we just needed names for registrations, the venue in Glenrothes was really good and a lovely space for this

workshop. Fife never disappoints in terms of participants the Workshop is for 25 in total and as you can see from the attendance graph, 26 attended, fantastic.

Glenrothes Recovery Matters -28 People Registered - 26 Attended
19 Recovery Commitments



Feedback

Feedback was gathered from a survey monkey questionnaire – 6 responses were collected - extracts below:-

We asked about your experience of the Recovery Matters Workshop. You Said:

“Overall a great day – again great insight into someone’s personal recovery story”

“Overall I enjoyed the day a lot, the format was positive and inclusive throughout and seemed to bring attendees to their own conclusion on recovery based practice as opposed to being lectured”

“We were made to feel very welcome, the set up lent itself to informal discussion which was excellent as I did not feel threatened by the many people I did not know”

We asked, what if anything, did you learn from the day? You Said:

“Positivity breeds positivity.”

“That we should all work together and not be precious about our own particular organisation but work out how the people needing help get to the group most likely to be of help to them. In order to accomplish that we ALL need to know how the differing organisations work not just that they exist.”

“There is so much involved with Helping those who suffer from Addictions I have learned to listen much more to the progress being made directly and indirectly.....Teamwork Works.”

We asked, Did you see anything differently as a result of the Recovery Matters Workshop? You said:

“I saw that advocates of both the disease and functional models can work together in with a common recovery goal as an aim.”

“It’s much more organized that I thought and more questions are being answered to help others understand the problems people suffer as a result from addictions”

“The scope of the 5 stages of recovery and the services covering them”

We asked, What is your Next Right Step? You said:

“To continue learning about recovery and to continue promoting positivity”

”To be part of a recovery community, raising the profile of recovery in society as a whole”

“To continue to spread the understanding of the work that AI-Anon Family Groups do for the benefit of the very many who still do not know about us – this includes many differing professionals, before we get to the people in need””

We asked, Do you have any suggestions for the Scottish Recovery Consortium as a result of your attendance at the Recovery Matters Workshop? You said:

“How about a nationwide newspaper ad campaign to raise awareness of addiction and recovery along the lines of mental health and homeless campaigns that have been successful in the past. A national recovery festival? A national recovery newsletter to be distributed around agencies and surgeries?”

“Have more sharing about what the different organisations do – maybe 10 minute slots or however many can be fitted in, followed up after the event by each organisation writing a brief resume of their work which is then emailed to all the participants. Might help the uninitiated!

“To have more people who are in Recovery getting more involved with their sharing Lived Experiences to show others they are not alone and to learn others what is going on in the real world regards addictions in our present times.

“The day was excellent, can’t think of how to improve it!

Visibility: Initial impact

- Dialogue between participants who previously had not met and found the networking incredibly helpful.
- Negotiations for a Recovery Matters for NHS Fife

19 Recovery Commitments were made, these are:

- To maintain my own recovery one day at a time and also continue to encourage and help others think about recovery is possible. And help those who want to be in recovery as well as those in recovery to maintain their motivation
- To continue to gain knowledge about recovery and support people in recovery to the best of my ability so they can achieve their goals
- To strive to be non-judgemental and always be willing to extend my hand in friendship to anyone who is asking for help with their problems of addiction.
- To continue to be involved with the SRC events on both a personal and professional manner.
- Continue to be open and honest during these "conversations" regarding my personal experience of recovery in my family.
- Be more in touch with the SRC and continue working with AA in co-operation with all services committed to recovery from addiction
- Make better links with other services who people I work with are "passed on" to. Become involved in recovery events which will allow one to see the more positive side of services and give me positive feedback. Find a way to use my own experiences of recovery from depression/self-harm in my work.
- To carry on living, growing, learning understanding, promoting, advocating, spreading, celebrating, sharing and experiencing the intense joy and self-empowerment that is a life in recovery
- Continue to champion the importance of lived experience and support maintaining recovery. People need our support just as much in recovery
- To work and strive to promote and educate the ability for all to access. And to promote recovery and educate that we all have a different level of recovery

- Think about how I can use what I have learned in my future practice
- To emphasise the consumer lead service and the fact the members are the experts in their own lives, we are there to support their journey, so they feel confident and empowered in the process of their own recovery. I will continue to network for resources, contacts and information
- To acknowledge that my expectation of recovery may not be my patient's expectations
- To do my best to support people in the community and use the skills and knowledge I have gained so far and continue to learn and gain more skills/experience and knowledge
- To join on helping to empower individuals
- Order Road to Recovery Book, give my telephone number to a fellow Restoration Group Member, Don't drink one day at a time, Be proud to be in recovery not afraid, smile and mean it
- Being accepted as a happy respected individual, being stranger mentally and physically. Hopefully being able to help others gain their own self-respect when they feel there is no hope
- Read Chapter 3
- Consistency of services in Fife
- Read Chapter 3 of the Road to Recovery and find out what can FIRST do for coming off methadone Group? Increase my participation at Focus on Recovery. Increase referrals to Restoration and SMART Recovery. Talk to clients about "Better than Well" and 5 year goal

International impact

None

What did we learn?

- That we have real recovery assets in Fife
- That although doing several pieces of work in an area, there is always room for more as new staff and activists come on Board
- Given the huge amount of commitments received, I made an assumption that the survey monkey responses would be equivalent and I guess I was delighted that we had 6 but disappointed we did not have more – I might email you all at a later date and ask your opinion on how I went about asking for the feedback, to see if I can improve uptake on this.

Appreciation

- A huge thank you to all participants.
- A huge thank you to Claire our Recovery Seed
- Participant's for their Commitments to Recovery
- The ADP for hosting the workshop
- Louise for collecting my fresh flowers when I couldn't find a shop or garage.

Anne-Marie Quigg
21st January 2014