



Recovery Matters 2014 Inverclyde 1 and 2: Our reflections **11th December 2013 and 23rd January 2014**

Introduction

The Recovery Matters workshop has been further developed based on our learning from 2012 when we rolled out Recovery Matters as a workforce development tool. “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 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;
4. To connect local recovery assets with national recovery actions.

Were we successful in achieving our aim?

Yes:- you said

“All at Jericho felt reassured that their input when working with others is on the right track and that Jericho is in line with best practice. All got a sense that recovery is becoming a movement which they are a central part of.”

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 Inverclyde from a 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

Discussions took place with Margaret McConnachie, Co-ordinator for Inverclyde Alcohol and Drug Partners, where it was agreed that they would have 1 workshop for 40 people. Due to limits on the venue size it was decided to have 2 x workshops of 20 people. I felt this worked really well and gave staff an option of dates therefore maximizing the number of people who could attend.

SRC provided this free workshop, supplied all materials and invited some local recovery assets to contribute their lived experience of recovery to the dialogues. Registrations were held by SRC via our online registration form.

This proved to be tricky as we were also in the process of moving premises and IT failure meant that the registration process was not as streamlined as I have experienced it to be. Apologies to all those who never got an acknowledgement, or for that matter a survey monkey.

It was decided that the Inverclyde 1 & 2 Recovery Matters workshop be set as one report using the feedback from Survey Monkey from Inverclyde 1 as none were received from Inverclyde 2.

Who came to the event?

A total of 32 people attended over two workshops and 26 recovery commitments made. We received 6 responses to our SurveyMonkey questionnaire.

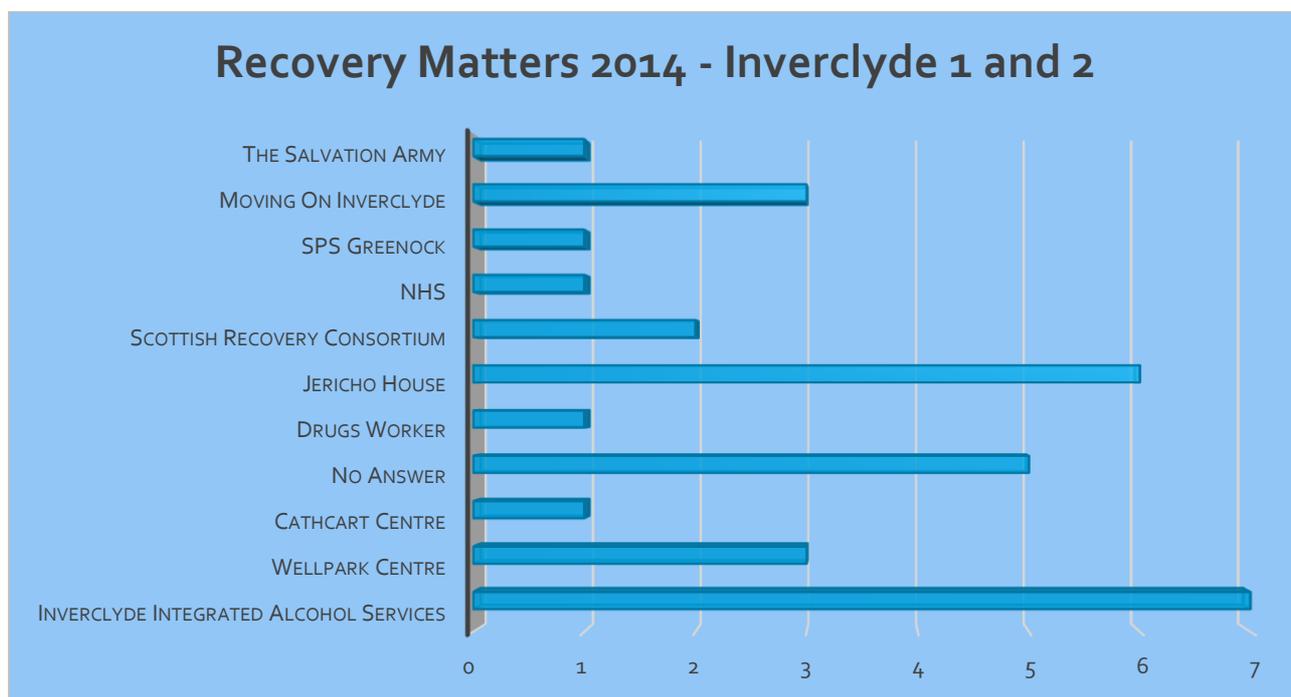
Practical matters

It was fantastic to have the additional support of Gillian McDairmid, Administrator of the Inverclyde Alcohol and Drug Partnership, who organised the venue, catering and acted as liaison throughout planning for the workshops - thank you.

We had arranged to get into the hall at 8.30, and the wonderful staff at Gourock facilitated that although they do not start until 9.00am.

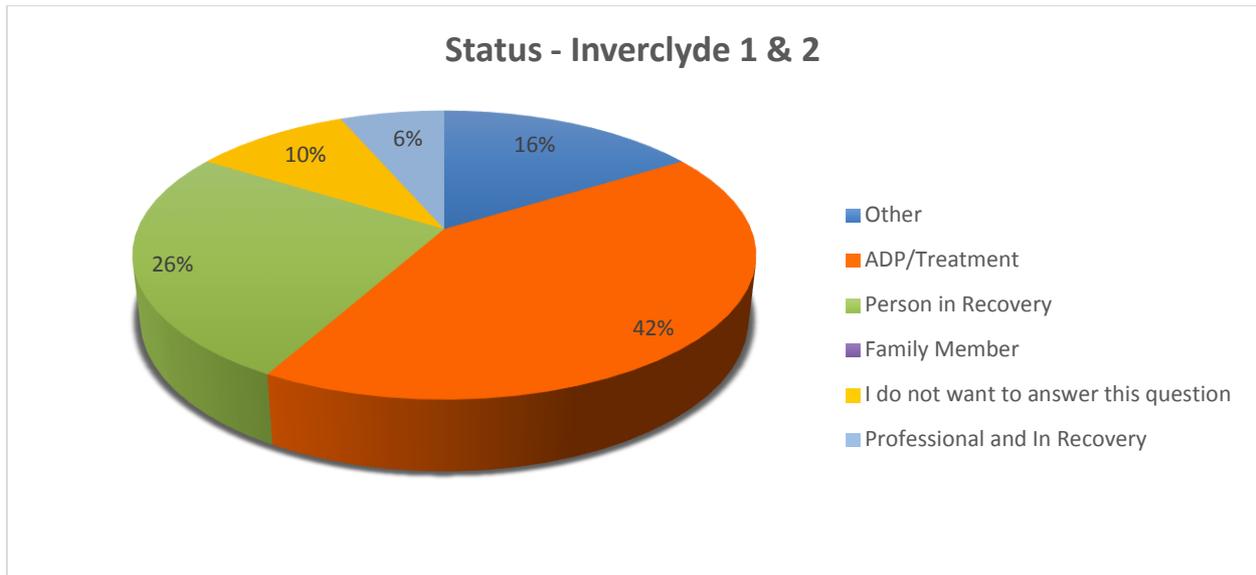
Attendance

The following attendance figures are taken from the registration and attendance on the day.



Status

The status chart shows the different areas of interest in recovery who attended the workshop



Extract from survey monkey questionnaire

Can you tell us a little about your experience at the Recovery Matters 2014 - Inverclyde 1 & 2?

- *“Good to have an interface with staff and people in recovery”;*
- *“I enjoyed the event as it afforded me an opportunity to meet other practitioners and learn and share views on recovery matters. The session was well facilitated and I enjoyed hearing about the work of the recovery consortium”;*
- *“I found the training delivered, very helpful, hearing other peoples’ thoughts and views on recovery.”*

What if anything did you learn from the day?

- *“No one thing but found the experience valuable”;*
- *“I learned about the various models used in addiction and about the Glasgow CAT Recovery Approach and the philosophy which underpins the recovery approach”;*
- *“What I learned was to continue to provide a holistic service and be positive at all times”.*

Did you see anything differently as a result of the Recovery Matters 2014 Inverclyde 1 & 2?

- *“A sense of growing accountability for all who work in the field and/or associated services.”*
- *“Not really but hope I’m an advocate of recovery.”*
- *“I thought that the expected time scale for recovery was quite long (according to the models used) I liked the idea of whole recovery i.e. well-being, family relationships community involvement.”*
- *“The special way the training was delivered, brought back how important, listening and understanding is when communicating.”*

Visibility: Initial impact

- Very positive verbal feedback on the day about the possibilities and a change of thinking.

Visibility: Developing impact (the recovery bounce)

- Discussions around a one off Recovery Matters 2014 for all staff at the Wellpark Centre

International impact

None.

What did we learn?

A site visit to venues prior to workshop is now incorporated into our process and we seek to identify a contact person within the venue to assist with any questions on the day.

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Scottish Recovery Consortium

14th March 2014