



Recovery Matters 2013 South Lanarkshire: Our reflections Monday 25 November 2013

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 2013" 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: "This helped me to consider recovery from the point of view of those in recovery" and "improved understanding of services provided by those in attendance."

Agenda

The 'brain food' learning in four sections 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 South Lanarkshire 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

Prior meetings held with Stewart Marshall, ADP Co coordinator and Carol Chamberlain, Public Health Development Officer. The date was set, the web link for registrations added to our site and then the invites went out with gentle reminders sent prior to the registration being closed. Recovery Matters 2013 Workshop for South Lanarkshire took place at the David Livingstone Centre, Blantyre.

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 report has not been completed as quickly as I would have liked, and I apologise to all participants for this.

Who came to the event?

A total of 22 people registered, 17 people attended and 10 Recovery Commitments were made. Four responses to our SurveyMonkey questionnaire were received.

The weather presented some unforeseen challenges and in spite of this the majority of registrants were able to attend the event, which was fantastic.

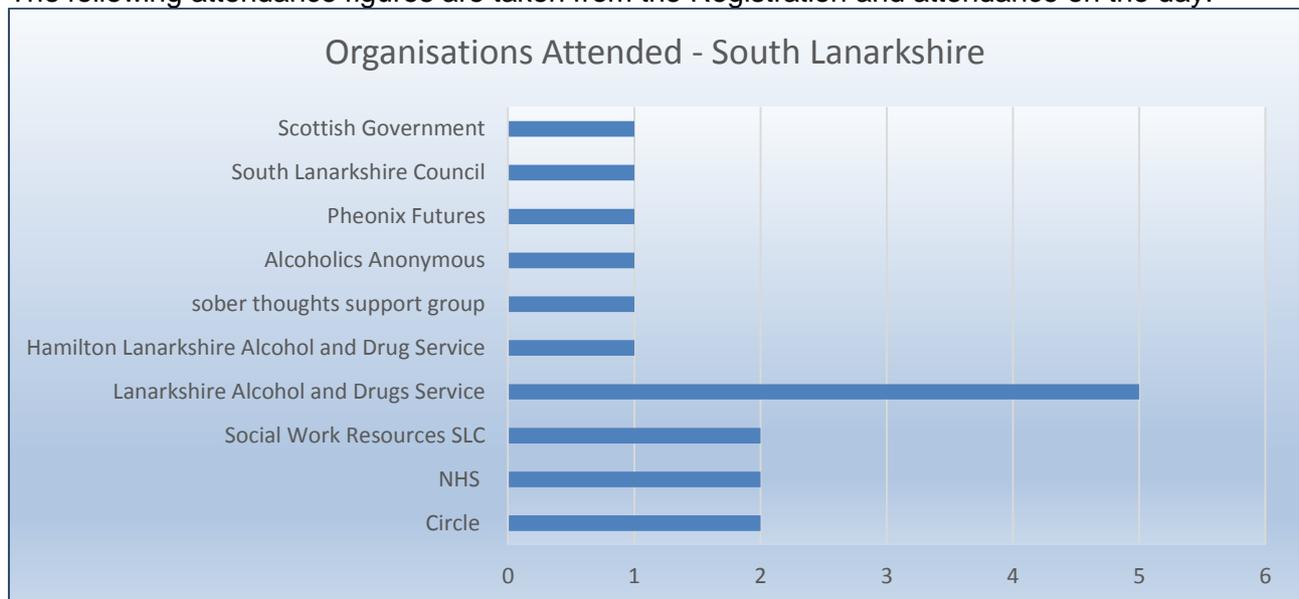
Practical matters

We know that the following practical matters could be improved upon;

- Scottish weather can prove unpredictable and impact upon travel on the day of a workshop;
- We experimented with asking people to provide their own lunch which we feel didn't work on the day itself;
- We could be clearer on the timescales for the workshop;
- More recovery activists round the table could be introduced.

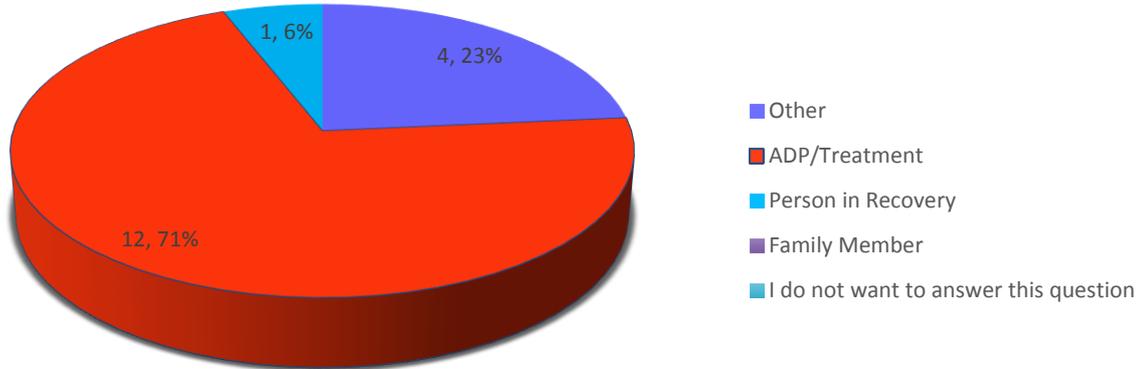
Attendance

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



Status.....The status chart on the following page clearly shows the different areas of interest in recovery of those who attended the workshop.

Status - South Lanarkshire



Feedback

Feedback was gathered from a survey monkey questionnaire and verbal feedback on the day. Some examples of feedback are:

- *“Workshop was very good”;*
- *“Venue poor”;*
- *“Good interactions with staff from other disciplines, generates different thoughts and aspects of recovery”;*
- *“It was good to meet up with others although it is becoming increasingly apparent that it is in the same faces from the same organisations that attend events in relation to recovery.”*

Extract from survey monkey questionnaire

What if anything did you learn from the day?

- *Need to routinely incorporate those in recovery in statutory services;*
- *Improved understanding of services provided by those in attendance;*
- *The workshop was very enjoyable however, I feel that it would have been better aimed at individuals that need an introduction to utilising a recovery approach;*
- *Carry antifreeze throughout winter months.*

Did you see anything differently as a result of the Recovery Matters 2013 South Lanarkshire?

- *Never make assumptions;*
- *Again, realise more needs to incorporate those in recovery to statutory services for role modelling/peer support;*
- *Helped me to consider recovery from the point of those in recovery;*
- *I didn't see anything differently however I did feel my motivation being topped up.*

Visibility: Initial impact

- *“I will continue in my role as a Therapeutic Recovery Champion and continue to build a hub of activity with our conversation cafes and group activities with the Hamilton area of South Lanarkshire.”*
- “I found the event to be motivating. It also encouraged ideas to be generated and shared”

Visibility: Developing impact (the recovery bounce)

- *Discussions* to be held with regards to holding a Pan Lanarkshire Recovery College

International impact

None

What did we learn?

Inclement weather is out of our control, but we have learned that flexibility in our timings can mean participants can enjoy the workshop fully should challenging travel conditions arise. A site visit to venues prior to workshop is now incorporated into our process too, and we will ensure communication with the venue manager is in place prior to the workshop date.

Some of the participants left after lunch which in our experience is unusual. We could make a variety of assumptions as to the reasons for this, but in reality we do not know. Moving forward, we will ensure all participants are aware that lunch is provided at our workshops and that they are timed to last for a full day.

Anne-Marie Quigg
Scottish Recovery Consortium
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