

Recovery Matters 2014 - Clydebank West Dunbartonshire: Our reflections

25th April 2014

Introduction

The Recovery Matters workshop has undergone updates and key learning points since it was first rolled out 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.

Agenda

The 'brain food' learning is 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 facilitate meaningful conversations between treatment providers and recovery activists in the North West of Glasgow from a diverse range of 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

The decision to have the workshop was made at final meeting of the Conversation Café Working Group for West Dunbartonshire. The ADP agreed to host this as a follow on and within a very short time the date was set and the invites sent out.

The event

The registrations were held by the SRC and the wonderfully efficient Hazel sent out all the invites to the workforce and recovery assets. On the day 24 participants attended and when you look at the status graph you can see that an equal number of 'person in recovery' and 'treatment staff' were represented, which was fantastic.

The venue was in "The Studio" Clydebank Town Hall. It was really beautiful venue that featured an interesting exhibition about War Uniforms throughout the ages and cultures and made for a cultural lunch break.

Were we successful in achieving our aim?

Yes. We were disappointed with the return on our SurveyMonkey evaluations but **20 Recovery Commitments** were made in West Dunbartonshire.

Practical matters and learning

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

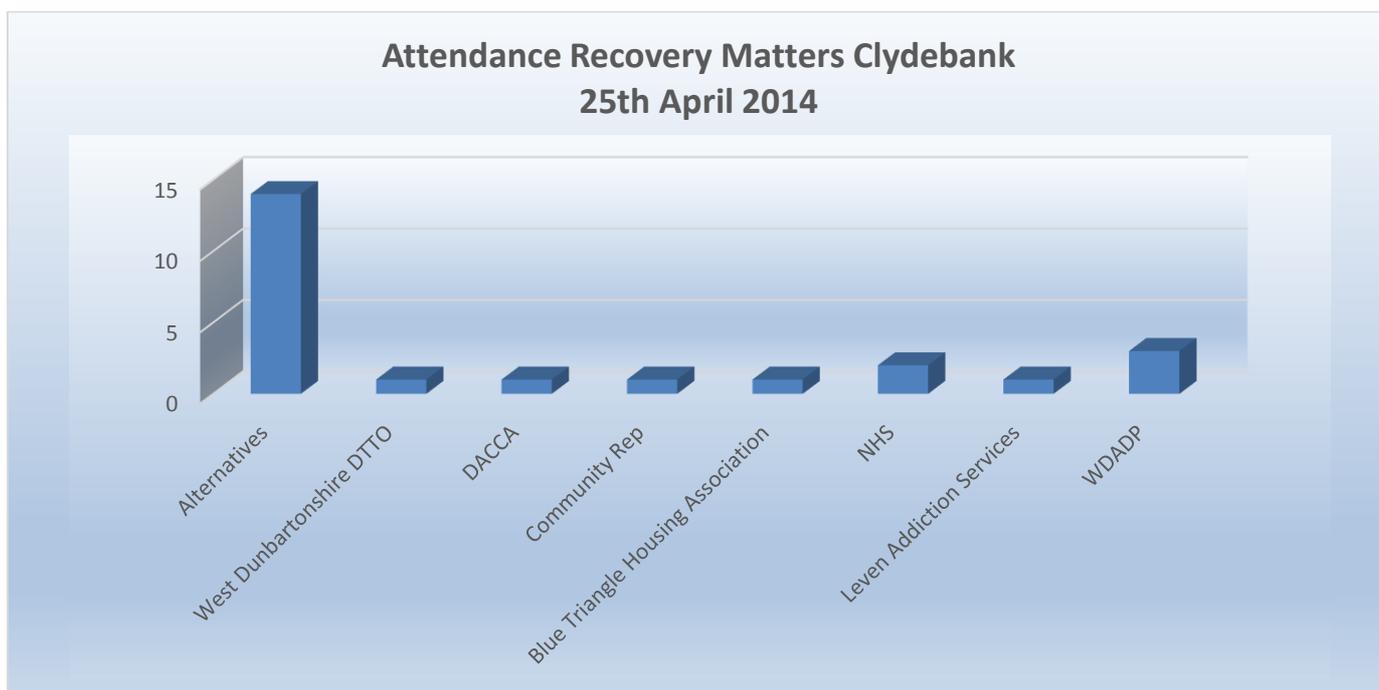
- Several people registered onto the workshop without an email, so were not included in the Survey Monkey request.
- The SurveyMonkey request was not sent out timeously (apologies for this oversight)

Attendance

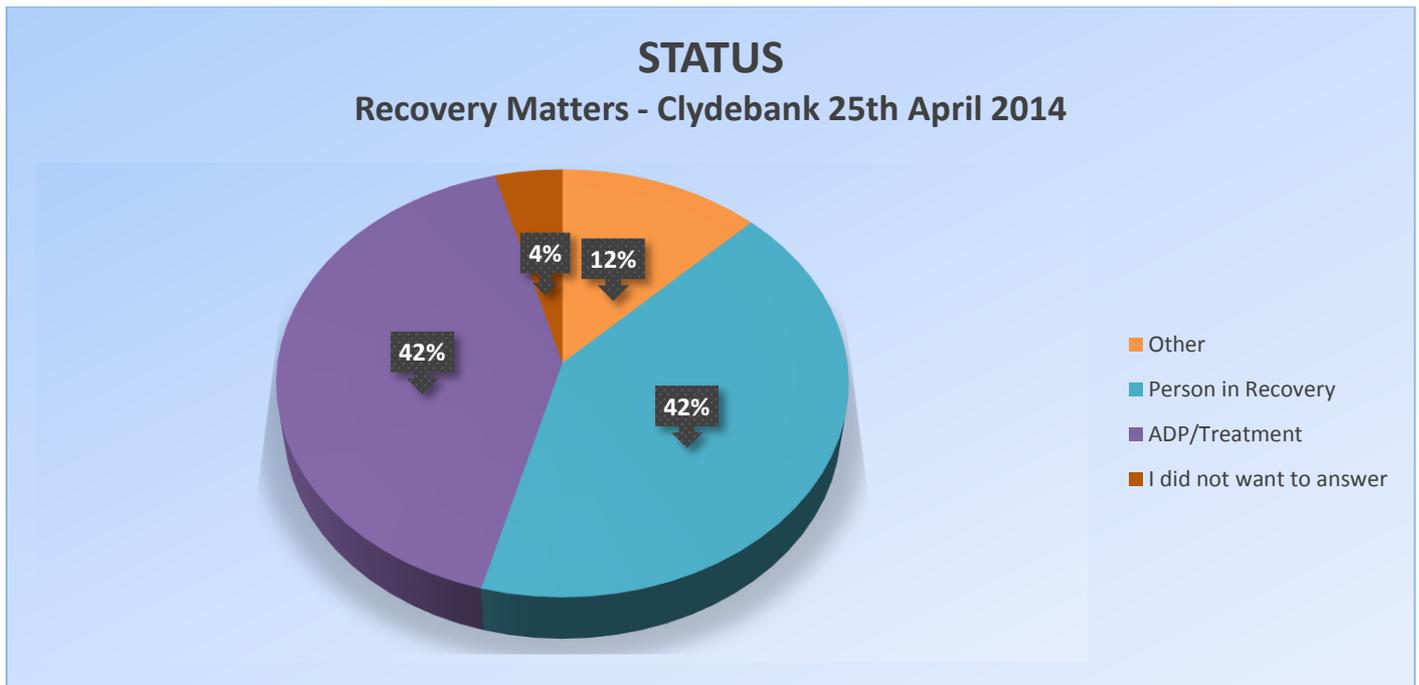
The following attendance figures are taken from the sign in registration on the day, and the apologies received.

Registered 27

Signed in 24



Status



Feedback

Informal feedback on the day to both facilitators was positive.

Feedback from survey monkey questionnaire:-

There were 2 responses to the survey monkey and thank you to the responders.

We asked - Can you tell us a little about your experience?

"I found it very informative" and "I enjoyed the whole experience."

We asked - What if anything did you learn from the day?

"I did find that it will help me in the future with partnership working... As it got me to put a name to faces" and "Spoke a lot about service user involvement and recovery cafes."

We asked – Did you see anything differently as a result of the Recovery Matters?

"People will listen" and "the importance of recovery interventions."

We asked – What is your next right step?

"To bring our partners together" and "to get involved in service user groups and recovery cafes."

Visibility: Initial impact

People were very inspired and motivated on the day. The recovery commitments made were positive and driven.

Visibility: Developing impact (the recovery bounce)

Good networking opportunities with likeminded people to support the Community Development Pilot Project "Westcliffe" the first Asset Mapping Day I am aware of in an area that I was invited to contribute to.

International impact

none

What was our Learning?

To look at more effective way including timings of sending out the SurveyMonkey link to participants of the workshop.

To ensure everyone registered has an email address and contact number.

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Recovery Implementation Officer

8 July 2014