



## **Recovery Through Treatment**

### **A dialogue based event for GPs, clinicians and frontline addiction staff**

#### **Introduction**

The 'Recovery Through Treatment' event was hosted in partnership between Glasgow Addiction Services (GAS) and the Scottish Recovery Consortium (SRC) on Tuesday 24 September 2013. This was the second annual recovery event for GPs, clinicians and frontline addictions staff which focused upon the recovery contributions that can be made by treatment providers and explore the recovery orientated system of care (ROSC).

#### **Our aims:**

- To build shared understanding
- To encourage conversation between those working in treatment and the recovery community
- To increase the practioners' awareness of recovery services and networks in their area
- To increase the practioners' confidence in practicing with increasing recovery orientation
- To co-create the next steps in building a recovery orientated treatment system in the NHS Greater Glasgow and Clyde area.

#### **Were we successful in achieving our aim?**

Yes – you said:

- "I felt that the Recovery Through Treatment event was very interesting, and felt that due to the event having people in recovery in attendance made it even more interesting. A great event overall."
- "I thought it was well organised and all the people who gave presentations were really interesting."

#### **Agenda**

6.00pm – 7.00pm	Registration
7.00pm – 7.10pm	Welcome from Dr Saket Priyadarshi, Lead Clinician/Senior Medical Officer, NHS Greater Glasgow and Clyde.
7.10pm – 7.30pm	"Treatment's contributions to Building Recovery" Dr David McCartney, Clinical Lead LEAP (Lothians & Edinburgh Abstinence Programme).
7.30pm – 7.35pm	The lived experience of recovery through treatment.
7.35pm – 8.05pm	Conversation Cafe
8.05pm – 8.20pm	"Building a recovery orientated treatment system" Kuladharini, Director, Scottish Recovery Consortium.
8.20pm – 8.25pm	Contribution from a treatment provider who is implementing recovery practices
8.25pm – 8.50pm	Conversation Cafe
8.50pm – 9.00pm	Recovery Commitments
9.00pm	Event close.

A recovery market place with stalls from providers of community recovery programmes, independent recovery support groups and mutual aid fellowships in the West of Scotland was open during registration.

## Event planning

Two event planning meetings were held with further organisation undertaken by email and telephone. The event took place at Hampden Conference Centre, a venue known by both the organisers and participants. The event registration process was held by GAS who directly emailed their own networks to generate interest in the event. A final review meeting was held after the event to explore feedback and learning in detail.

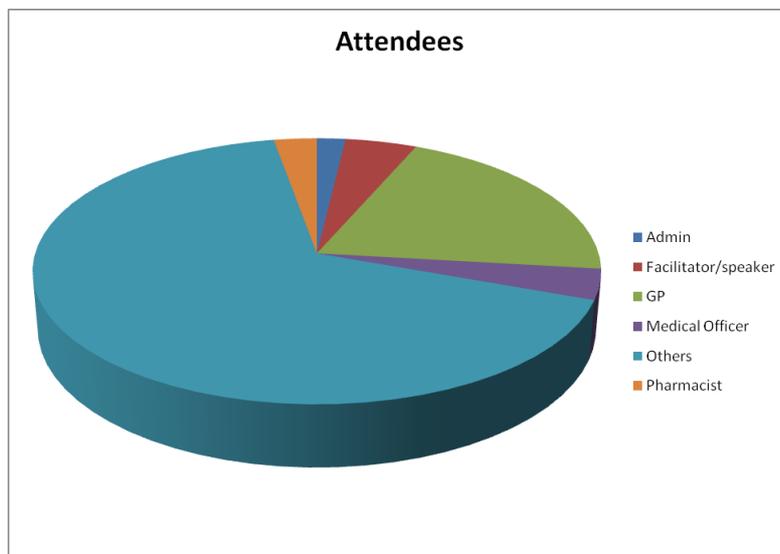
## Practical matters

The recovery market place was held to provide delegates with a place to source information during event registration. In reality delegates registered on arrival, had a light meal and then moved straight into the main hall which meant that the information stalls were overlooked by some of those in attendance.

We are also aware that the agenda over ran which resulted in time being lost from prospective conversations.

## Who came to the event?

There were 158 registrations from GPs, clinicians, treatment providers and people in recovery / recovery communities. A total of 108 people attended on the night. The breakdown of the data is:



FACILITATORS/SPEAKERS	5
ADMIN	2
GP	22
PHARMACIST	3
MEDICAL OFFICER	4
OTHERS	72
<b>TOTAL</b>	<b>108</b>

## Feedback from SurveyMonkey

Feedback was gathered by a SurveyMonkey questionnaire which received 17 responses which represents approximately 16% of those in attendance. Of the 17 responses, 2 identified as 'people in recovery', 13 as an 'ADP/Treatment Provider' and the final 2 as 'neither of those categories'. Some examples of feedback are:

What if anything did you learn from the day?

- “The importance of engaging clients with community based projects was highlighted very well. Gave me an interesting new avenue to explore for people who feel frustrated with lack of progress on opiate maintenance treatment.”
- “That GPs need more information so that they are aware of the needs of family members and the service available for them.”
- “Really enjoyed the lived experience share, felt that this is something that is needed within services and for service and treatment provider to hear.”

Where could we improve?

- “The graphs for all the presentations were impossible to read and could be sized correctly in future.”
- “Someone at table to help keep the flow of discussion moving.”

Thank you to everyone who took the time to provide feedback via our SurveyMonkey questionnaire.

### **Visibility of recovery: Initial impact**

Anecdotal feedback was hugely positive, particularly in relation to the power of mutuality. People in early recovery gained a great deal from the opportunity to dialogue with professional healthcare providers in this event setting. We also learned that those attending the event in a professional capacity were appreciative of the lived experience of recovery shares that were given at the event.

### **Visibility of recovery: Developing impact (the recovery bounce)**

Recovery Through Treatment is the second annual CPD (continuing professional development) recovery focused event to have taken place in Scotland. This particular mix of demographic groups; professional clinicians from a formal structure and the recovery community which by its nature can have an informal structure are rarely invited to meet together at the same event. We believe that this new way of working within official systems is effective and we know that there is interest in this model from outside the West of Scotland.

### **What did we learn?**

Our learning from this event is as follows:

- Healthcare and social care practitioners and the recovery community can find shared understanding through dialogue.
- Information stalls could be used more effectively by moving them into the main hall, or incorporating them into the main arena programme.
- We heard feedback in relation to table hosts being helpful to facilitate conversation at larger conversation café tables. We will take this into account for future events of this particular type.
- The SRC has learned that a modified conversation café model could be a useful addition to our interventions when working with groups of more formal professionals out with the recovery community.
- We may receive a higher return on our feedback survey by asking people to complete it at the end of the event.
- Collectively we learned that the SRC and GAS work well in partnership to host this event.

**October 2013**