

## Recovery Matters 2013 - North Ayrshire: Our reflections 18<sup>th</sup> August 2013

### Introduction

#### Recovery Matters 2013

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 aims

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 for this workshop?

##### Yes – you said

- “I want to keep in touch with all the people I have met so far, keep attending events to promote the “Recovery Matters” theme and engage with all agencies to promote this.”
- “I want to discuss recovery with the team and explore ways of supporting individuals and their families who are on their recovery journey.”

#### 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 North Ayrshire 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.

#### Practical Matters

This workshop was the first workshop commissioned using our new format after the Preview with interested parties across Scotland.

#### Event planning

The ADP Lead Officer invited the SRC to a Workforce Development Sub Group established by the ADP to take forward the implementation of specific work streams within the ADP Strategy and key actions from

other ADP thematic subgroups. One of North Ayrshire's outcomes for their Workforce Development Plan was to: "Increase in the number of staff trained and service delivery in recovery based practices" our "Recovery Matters 2013" Workshop fitted nicely into this slot.

The Greenwood Centre in Dregghorn was truly a delight as a workshop venue with inspiring artwork and décor. Staff were attentive from early morning and all their technicians were on hand for the set up. Lunch was fantastic and there was a steady flow of tea and coffee throughout the day. This was definitely a 5\* venue.

SRC provided this free workshop, supplied all materials and invited some local recovery assets to contribute their lived experience of recovery to the dialogues. Registration for this workshop was carried out online by the SRC.

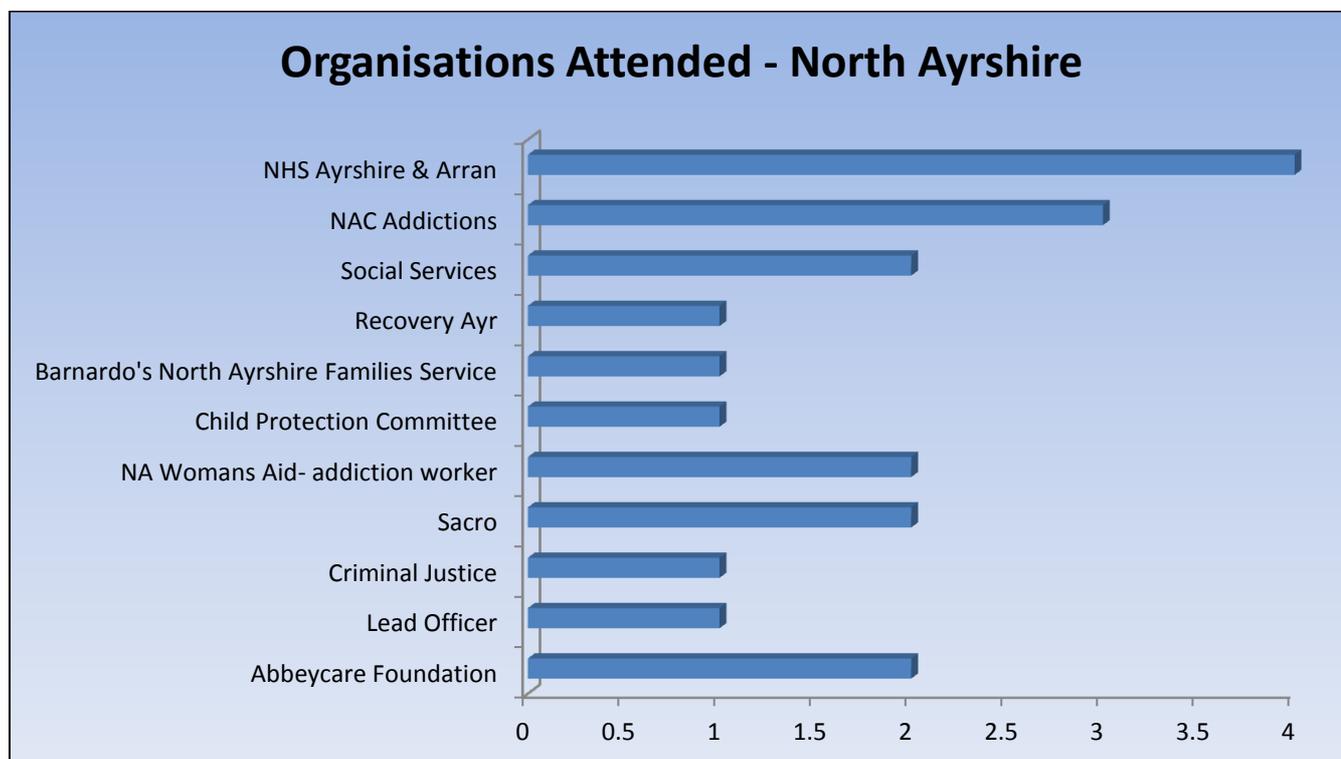
As with all of our events, the workshop is followed up with a survey monkey evaluation which contributes to this report.

### Who came to the event?

A total of 23 people registered for the Recovery Matters 2013 Review workshop and 20 people turned up on the day. The event participants represented a diverse range of organisations in North Ayrshire. The status Graph shows the core status of participant's as a percentage of the whole from our online registration form.

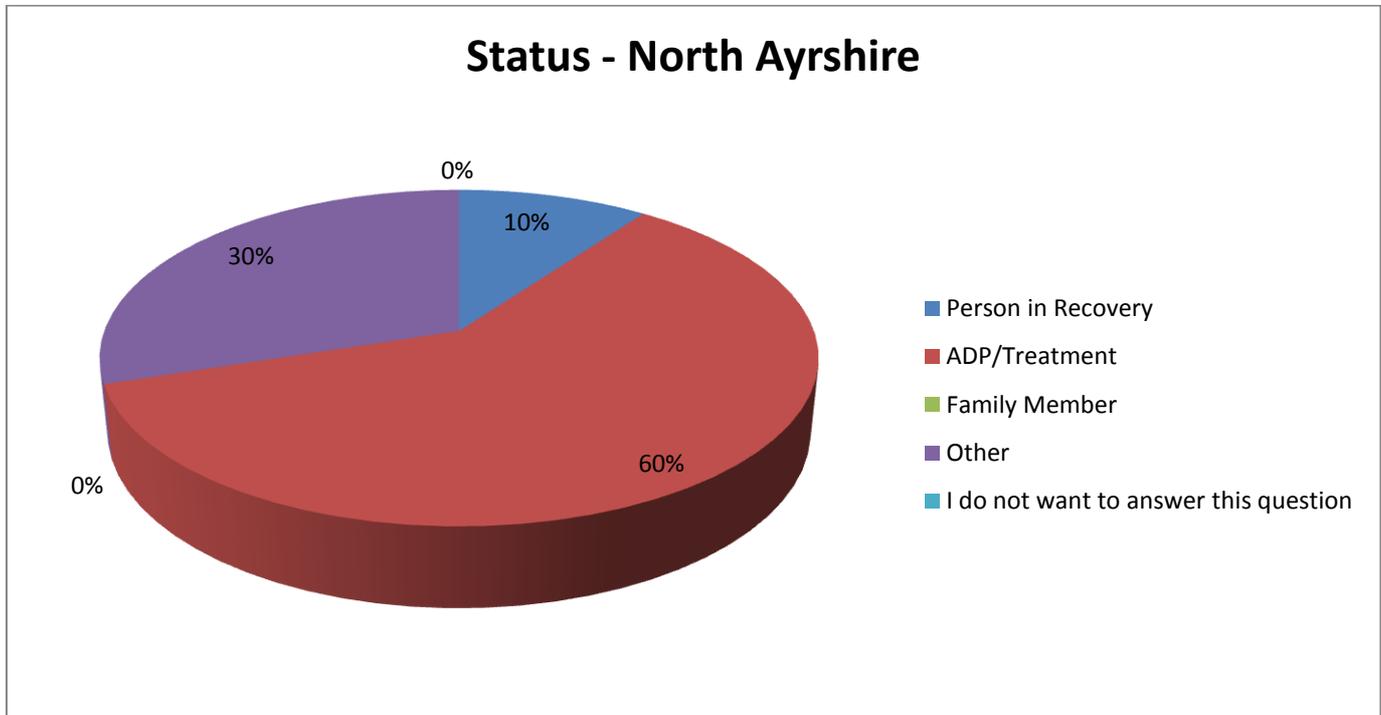
### Attendance

The following attendance figures are taken from the Recovery Matters 2013 Online Registration form and attendance sheet on the day. It shows all the organisations in North Ayrshire who were represent



## Status

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



## Feedback

Feedback was gathered from a survey monkey questionnaire and we were delighted to get feedback in this format from about a third of participants

### Some examples of feedback:

#### You said!

- To help me as a speaker a consortium member could be in eye line to keep my nerves down
- I felt the wider group would have welcomed feedback from the other tables to hear what had been discussed/If there was anything different. This would have enhanced the shared learning within the room. I know there are plans for more of these events in Ayrshire which I am very much in favour of to promote the wider recovery Agenda.

#### We Heard!

- Both changes suggested will take immediate effect from our next workshop – Thank you.

### Extract from survey monkey questionnaire

What if anything did you learn from the day?

- “I have a clearer understanding that recovery is not a programme, it’s a process.”
- “There are still competing agendas and services are not familiar with the recovery terminology.”
- “Of particular interest was the graph “The Power of Recovery” demonstrating the difficult period during the first five years of recovery and the need for more support.”

### **Visibility of Recovery: Initial impact**

"I know there are plans for more of these events in Ayrshire which I am very much in favor of to promote the wider recovery Agenda" *Participant*

We have been asked to run Recovery Matters in North Ayrshire for NHS Ayrshire and Arran covering 120 staff. This is the first time that NHS have been involved in core training on a large scale with the Scottish Recovery Consortium – Thank you

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

One of the activist's from North Ayrshire approached us several weeks later with the interest of 12 North Ayrshire Recovery Activists who want a Recovery College in North Ayrshire. We are looking into this – Thank You.

### **Commitments**

19 Commitments to recovery were made.

### **International impact**

We are not aware of an international impact from this workshop at this point.

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

We learned that there is an appetite for more of our workshops in the same area but to a wider audience, and that there is potential to revisit the West of Scotland with a Recovery College.

**September 2013**