

Recovery from addiction Orientation Opportunities for Staff

The Scottish Recovery Consortium is interested in building basic recovery awareness among staff directly and indirectly involved in addiction treatment and the delivery of services to the public.

Understanding Mutual Aid

These key and thriving independent recovery resources have not cost the government a penny and yet are available everyday all around Scotland. There are hundreds of AA, NA, CA and SMART recovery meetings every week for you to choose from.

Key Recovery Orientation Task 1

- Attend an **open meeting** of one of the big four mutual aid meetings - you can find a handy one in the fellowship website meeting listings.

Key Recovery Orientation Task 2

- Watch the 29 minute film of Professor Keith Humphries presentation to Scotland Futures Forum in may 2009. www.fead.org.uk He is the author of 'Circles of Recovery' key research on mutual aid effectiveness.

Building Recovery Approaches in Addiction Treatment Systems

The Scottish Recovery Consortium is trying to help treatment providers and ADP's orientate themselves towards recovery more. This year we have one day-long and six 2 hour seminars on aspects of treatment recovery practice. The SRC have been using asset based, co-production approaches in our workforce development for the last three years. We find this helps create the conditions for the organisational paradigm shift that is necessary for recovery to gain ground within treatment settings.

Key Recovery Orientation Task 3

- Undertake the day long SRC 'Recovery Matters' workshop. Book yourself into a convenient one for you from those you see listed on our site www.scottishrecoveryconsortium.org in the upcoming workshops section.

Key Recovery Orientation Task 4

- Visit treatment services that are offering services at different stages of the recovery journey from the chaos of addiction through to recovery maintenance stage. The SRC can suggest some if you don't already have some in mind.

Grassroots Recovery Support Groups and Communities in Scotland

Scotland has a vibrant range of recovery support groups and communities that are identifying themselves as part of a larger 'recovery movement'. These groups are independent of treatment agencies and are concerned with activities not generally undertaken by traditional mutual aid fellowships. They are led by people in recovery, their friends and allies and are aimed at building and sustaining long-term recovery from addiction in the community.

Key Recovery Orientation Task 5

- Have lunch or coffee in the Serenity Café in Edinburgh. It's a recovery orientated social enterprise that gives work to people in recovery. It can be found just off the royal mile 10 minutes away from St Andrews House.

Key Recovery Orientation Task 6

- Watch the RIF Talks films which are available on the SRC website – you can find them in the resources sections. There are 5 very short films each with a different group sharing what they contribute to community recovery.

Key Recovery Orientation Task 7

- Attend a national, regional or local recovery event; this could be a recovery walk, a recovery festival, world style recovery conversation café event, a community sponsored recovery conference, or a recovery community group celebration.

Shared Learning the SRC in Action

The SRC brings together key commissioning and treatment stakeholders in local areas and helps ADP's connect with and learn more directly from the lived experience of long term recovery from addiction. We use the World style conversation café model to get whole systems talking to each other, sharing insights and generating new ways forward.

Key Recovery Orientation Task 8

- Attend an ADP recovery conversation café lead hosted by the SRC. You can also undertake our free lead host training for your own skill set building.

Key Recovery Orientation Task 9

- Read the SRC Publications 'The Story So Far' and 'The Next chapter' both available on the SRC site under the SRC publications part of resources.

Happy exploring and of course the SRC team are happy to meet with you individually to follow up any questions you may have or explore particular policy/practice areas in more detail.