



Recovery
from **Within**

Recovery from Within Learning Opportunities 2022

Facilitated by Lisa Millar



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I am Lisa Millar, the Prison & Healthcare Recovery Officer (PHRO) Officer on the SRC team and I work closely with my colleagues in the SRC Recovery Development team. Our focus is supporting recovery development initiatives within the criminal justice system, bringing lived experience, Scottish Prison Service (SPS) and prison healthcare closer together to achieve the vision of recovery from within for every resident within the Scottish prisons estate and involved with criminal justice in the wider community.

In partnership with stakeholders, we are realising and implementing a cultural and operational change across the national Scottish Prison Service estate towards recovery from alcohol and drug dependency. This is being achieved by building understanding and implementing a "Recovery from Within" focused approach towards establishing sustainable Recovery Communities within prisons which will benefit residents and staff whilst building coordinated and connected recovery pathways throughout SPS and Scottish Recovery communities and Lived Experience Recovery Organisations.

To support this vision we have developed a prospectus of "Recovery from Within" learning opportunities which consists of the following and is rolled out over a 3 to 5 year period to allow time for learning reflection and consolidation between each offering. Throughout this learning our focus is empowering residents and staff and equipping them with the knowledge and resources to drive forward a flourishing and sustainable Recovery Community supported by residents and staff within their establishment and connecting in with those with lived experience from Scottish Recovery Communities.

- **Recovery Essentials Part 1** gives an overview of Recovery Capital and assets, the development of self-efficacy and mastery and the evidence base for recovery linking to the Better than Well model, this leads to
- **Recovery Essentials Part 2** which develops an understanding of contemporary recovery approaches including CHIME and PANEL, an understanding of being trauma informed and the value of lived experience.

Throughout this learning attendees are encouraged to fully participate and take the lead in later learning sessions working towards full facilitation of the learning to peers and staff. This then leads to:

- **Peer Support** - introduces the principles of peer support and the types of peer support available and facilitates the development of skills to become a peer supporter and a Recovery Essentials learning facilitator.
- **Stigma & Discrimination Part 1** - looks at the definitions and origins of stigma and details an understanding of the impact of stigma on the individual and the role of the media. This leads into:
- **Stigma and Discrimination Part 2** - which identifies effective responses to stigma and the relationship between stigma and discrimination.
- **ROSC** - details the concept of Recovery Oriented Systems of Care, how ROSC principles can promote Recovery and how to map assets and resources.
- **Rights in Recovery** - provides an introduction to human rights with a focus on the Scottish landscape and details an overview of rights in the context of Recovery from alcohol and/or drug use
- **Lived Experience** - provides an overview of the origins of Lived Experience, identifies Lived Experience in the Scottish context and highlights opportunities for people with Lived Experience (this can be followed by a Masterclass)
- **Train the Trainer** - gives knowledge and skills to facilitate recovery focused training



Recovery *from* Within

Our goal is that every resident within every Scottish prison has access to a “Recovery from Within” Community and is supported in accessing and influencing a robust and meaningful recovery pathway that continues seamlessly throughout their custody, and on liberation carries on into their resettlement back into their home community in line with the rights-based approach and criminal justice measures set out by Scottish Government’s ‘Rights, Respect and Recovery’ strategy and action.

If you would like more information, please contact me at:
lisa@scottishrecoveryconsortium.org

Scottish **Recovery** Consortium, 2/1, 30 Bell Street, Glasgow G1 1LG

Registered Office: 7 West George Street, Glasgow, G2 1BA, Charity No SC041181 (Scotland)SC041181 (Scotland)