

The experience of developing inclusive local networks to support developments in recovery and cultural change (in Devon)

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Consultant Psychiatrist DPT 1990 – 2014

Lead on Recovery RCPsych 2005- 2011

Co-founder Recovery Devon 2003 –

Consultant with ImROC 2007 -

Recovery and mental health networks in Devon

- Recovery Devon 2003 -
- Devon Recovery Research and Innovations Group (DRRIG) 2010 -
- Recovery Steering Group (post ImROC) 2011-
- Recovery Learning Community Partnership 2013 –
- Mental Health and Wellbeing Network 2013



Recovery Devon

A community of people of goodwill, supporting mental health recovery and well being

Need to Talk?

- Home
- News and Events
- About Recovery Devon
- Recovery In Action
- Resource Section
- Donations

Tea & Talk Devon

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Dear Colleagues and Friends,

The Government paper 'No Health without Mental Health' (2011) states that, 'Doing more to tackle stigma and improve attitudes to mental health' is necessary. It focuses on recovery and a better experience of care, citing the term "no decision about me, without me"; and an aim for 'people with mental health problems to have a better experience of employment'.

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Recovery Devon

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Recovery Devon

Dear Recovery Devon,

I am writing to offer you an opportunity to become involved with an exciting new project in Devon. We need facilitators to help run Tea & Talk sessions throughout Devon. This

Recovery Devon

- Recovery Devon... 10th Anniversary in 2013
- 'A community of people of goodwill supporting of mental health recovery and wellbeing'
- 50:50 ethos
- Conferences 2003 / 6 / 9 / 11 / (13)
- Bimonthly meetings
- Newsletters
- Website
- Lobbying and membership / presence
- Peer reporter – stories of personal recovery
- Self funding 2003-11 and by DPT 2012-14
- CIC 2012
- Anti stigma – T&T
- Possibly becoming a provider ...



Recovery Devon is celebrating 10 years of Recovery and well-being.

Celebrate with us on December 10th 2013

10am – 4pm

organicARTS of West Town Farm, Ide, Exeter, EX2 9TG will be hosting the day and have put together a range of activities around the theme of 5 ways to well-being.



organicARTS
Learning with the land

We have a limited number of places available and if demand exceeds supply we may have to choose those who have been regular supporters of Recovery Devon but please don't let that put you off applying.



Connect



Be active



Take notice



Keep learning



Give

organicARTS has ample parking and is offering a minibus service from Exeter CVS if needed.

Please apply via recoverydevon@gmail.com and indicate whether you will need the minibus.

Devon Recovery Research and Innovations Group (DRRIG)

- Created 2010 to promote RR&I (but also build an hospitable culture of interest and activism)
- Broad inclusive and open membership
- Trust project funding £25k pa
- Projects (53 ideas explored to date)
- Support for Recovery Education College
- E-group (n=130 inc reps from many groups)
- Quarterly theme based meetings
- Papers and products: guidance and innovation

- **Recovery Steering Group (post ImROC)**

Trust ownership and leads, broad representation from personal experience, RD and DRRIG

- **Recovery Learning Community**

hosted by Trust, open inclusive partnership of providers, personal and professional experience, non-stat providers, local colleges, RAMM, D&C Constabulary and fire service etc

- **Mental Health and Wellbeing Network**

hosted by MIND, supported by new commissioners open to mainly non-stat providers, inc RD, DRRIG, RLC representation

Devon Recovery Research and Innovations Group (DPT)	Recovery Devon CIC (DPT)	Recovery Learning Community (DPT)	Recovery strategy Implementation Group (DPT)
<p>Recovery Strategy facilitator DPT People in recovery Chaplains Team leaders DPT Managers DPT MIND Rethink Be Involved Devon Cool Recovery BID Recovery Devon Various other independent providers, charities, CIC's and social firms,</p>	<p>All of the others</p>	<p>Recovery Strategy facilitator DPT Head OT DPT Peer Trainer x5 Health Promotion Vocational Rehab Psychiatrist DPT x 2 DCC Exeter College x2 Rethink MIND Recovery Devon RAMM D&C Police service D&C Fire service Peninsula Medical School</p>	<p>Recovery Strategy facilitator DPT Equality and diversity advisor Vocational Rehab Be Involved Devon Rethink Lived experience advisors x3 Recovery Devon Director Ops DPT Director HR DPT Director of contracts Associate Med Dir Training leads DPT Psychiatrists x 3 DCC Head of Nursing Head of R&D</p>
<p>An overlapping and inclusive community of interest</p>			

advantages

- Shared interest, commitment, learning, growth and fellow travelling
- Make things we'll use together
- Working with the community: bridge building
- Combine strengths and compensate weakness
- Test and rest misunderstandings and prejudices
- Get to know one another as people
- Co-design, Co-production, Co-evaluation

Outcomes

- Projects
- Website and information
- Groups and gatherings
- A 'community of goodwill'
- Representation and leadership
- Publications – stories, guides, guidance
- Surprising influence and respect
e.g. Diagnosis and Recovery Guides

Reference number: 161/09/08

and effectively responding to issues of
prejudice, stigma and discrimination.

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*The whole of this guide is endorsed by the Devon and Torbay Local Implementation Team,
Devon Partnership NHS Trust and the joint commissioners for Devon and Torbay 2008*

How
can we *use* diagnosis
to *support*
people in their
recovery?



Guidance from the Devon Recovery Research and Innovation Group (D-RRIG)

How
can we *learn to*
live well?

A guide to core courses and key principles
for a Recovery Learning Community



Guidance from the Devon Recovery Research and Innovations Group (D-RRIG)

What has helped?

- Common values
- Common goals
- Common vision – and visibility
- Hospitable
- Tolerant and accepting of difference and diversity
- Mutual support and goodwill
- (Tribal) Gatherings

What has hindered

- Lack of organisational / admin support
- Lack of funds
- Lack of consensus
- Not thinking through support structures – where, when, how, payment, expenses
- Recurrent challenges to role, purpose, funding
- Lack of leverage to implement change
- Vulnerable to drift of focus in host organisations under challenge

Contributions to Cultural change?

- Story telling – developing a shared understanding
- Assertion – witness – testimony
- Campaigning
- Collaboration
- Co-production
- Celebration



03:30

||||| HD



Autumn Festival of Recovery and Wellbeing 2011

from Tobit Emmens PLUS 1 year ago / via Vimeo Desktop Uploader NOT YET RATED

<http://vimeo.com/35739103>