

Our Recovery Strategy 2017 to 2022

Monday 12th March 2018
Strategic County VASP
Claydon, Suffolk

Context

- More people experiencing MH problems
- Increasing prescriptions for mental health issues
- Referrals increasing year on year
- More A&E attendances of people in crises
- Caseloads over capacity
- Rising Mental Health issues in young generation

Conclusion:

The way we're working isn't working anymore!

Context

Recovery – a new approach that requires...

- Mental health services to be designed and operated differently with different objectives from those of a traditional, 'treat-and-cure' health service
- A different relationship between service users and professionals – from staff in a position of expertise and authority, to more like a personal coach or trainer.

“This will involve the incorporation of emerging knowledge from recovery and from positive psychology into education and training for all mental health professionals, and changes to some long-established working practices.”

– Mike Slade Professor of Mental Health Recovery and Social Inclusion, Faculty of Medicine & Health Sciences

About Recovery...

Recovery has been defined as..

***“a way of living a satisfying, hopeful
and contributing life, even with the
limitations caused by illness”***

About Recovery...

Key themes

- ✓ **Hope, Agency (or Control) and Opportunity**
- ✓ **Giving priority to the achievement of social goals**
- ✓ **Co-production**

Our Recovery Strategy

Developed in co-production and refined into
Four Priority Goals:

- 1. Recovery at the core of every conversation**
- 2. Co-production in decision making at all levels**
- 3. Sharing responsibility for keeping safe**
- 4. Develop partnerships to promote meaningful living**

Priority Goal 1

Recovery at the core of every conversation

- Recovery College
- Education, service users, carers, stakeholders, staff
- Personal stories of recovery – service users *and* staff
- Compassion and understanding (from us and them to just us)

About the Recovery College?

- Started in October 2013 to empower people with mental health problems to become experts in their own recovery
- Adult education model of co-produced education and training
- Provides range of courses and workshops to service users, carers and members of staff to develop their skills, understand mental health, identify goals and increase opportunities

About the Recovery College?

- All courses co-produced and co-delivered by those with lived experience of mental illness along with a mental health practitioners
- Creates a joint learning environment where people with lived experience, those who provide their support and Trust staff can learn together and from each other
- This helps to break down barriers between 'us' and 'them' that increase stigma and exclusion



About the Recovery College?

- For current service users who are 16 or over who have used secondary mental health services in the past twelve months
- NHS members of staff
- Supporters. For example, friends, family carers and support workers
- Those working as part of organisations that support people across health and social care

About the Recovery College?

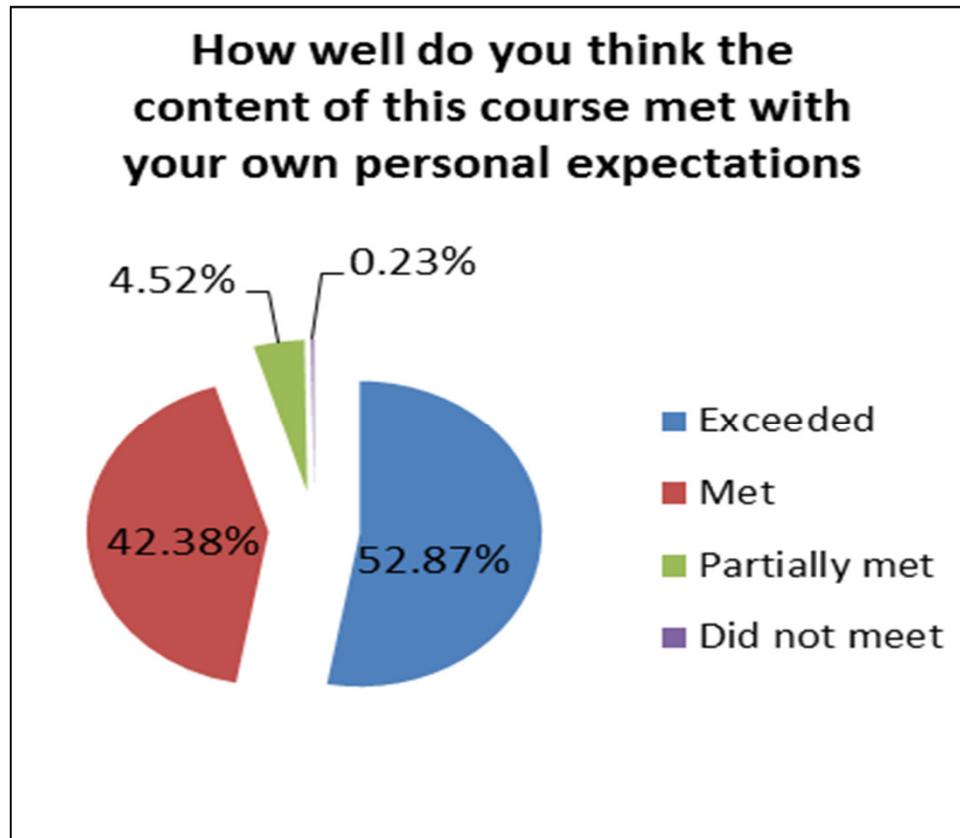
- Currently offers 36 different courses across Norfolk and Suffolk.
- All courses designed to contribute towards wellbeing and recovery.
- Courses and workshops are offered in the following areas:
 - Recovery and mental health
 - Wellbeing and resilience
 - Life beyond illness
 - Peer working



- No cost to the student
- Courses held at various venues throughout Norfolk and Suffolk.
- Students can attend any of the courses in any area.
- There are lots of opportunities to participate during courses. You can do as much or as little as you want.
- It is not like school – there are no tests or exams.
- Everyone will get a certificate at the end of the course.
- Class sizes are small with no more than 15 people.

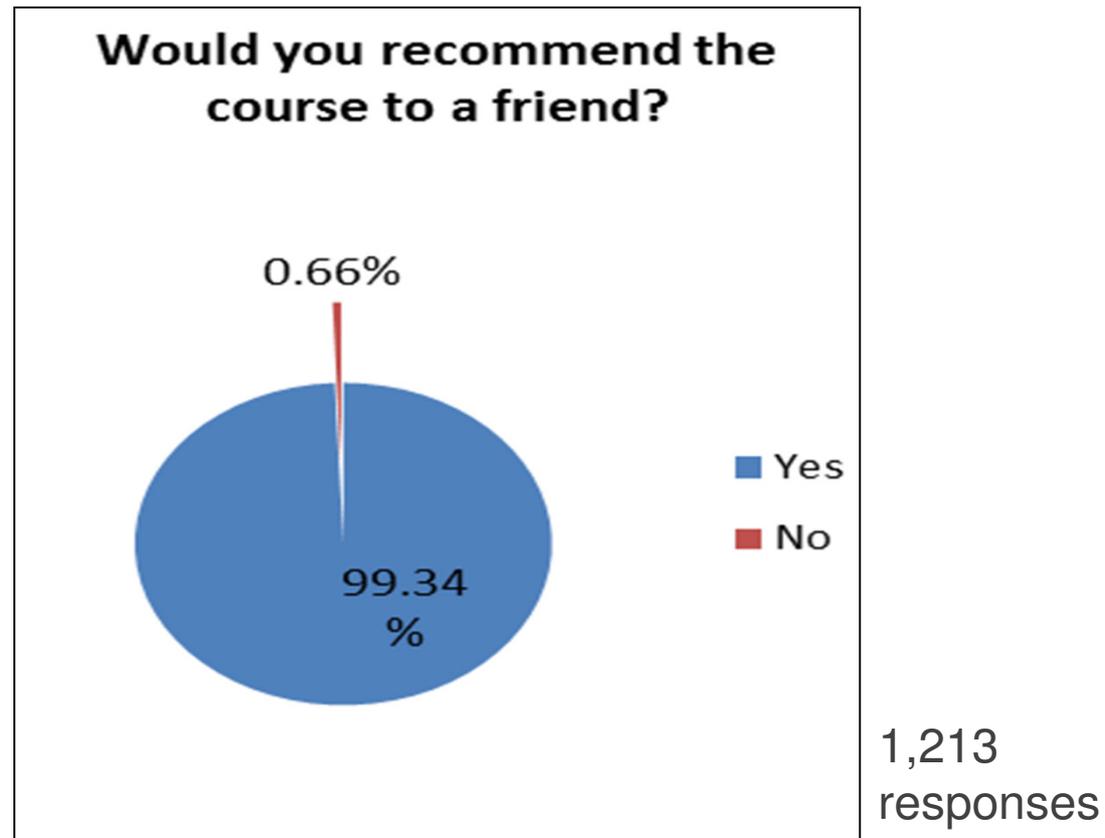


Recovery College: Student Feedback



1,305
responses

Recovery College: Friends and Family Test



What our students have said...

“Excellent course, thoroughly enjoyed it, would recommend to anybody”

“It’s a powerful tool. And if it helps you stay well, well wow, what more could you ask for? So I think it’s brilliant”

“Very welcoming, very equal very positive”

“I am just so grateful. I have gained so much from it”

“I’ve had mental health problems for a long time and I think it gave me a purpose again”

“I think that’s what truly makes it work. It makes you feel more valid about the course if you’ve got somebody with lived experience tutoring”

“I just think the Recovery College is absolutely excellent in so many different ways”

Priority Goal 1:
Recovery at the core of every conversation

Some developments...

- Review criteria for access and piloting more open access (including self referral) and using outcomes to inform business case
- Provide a point of contact for stakeholder organizations wanting to know about mental health, wellbeing and recovery

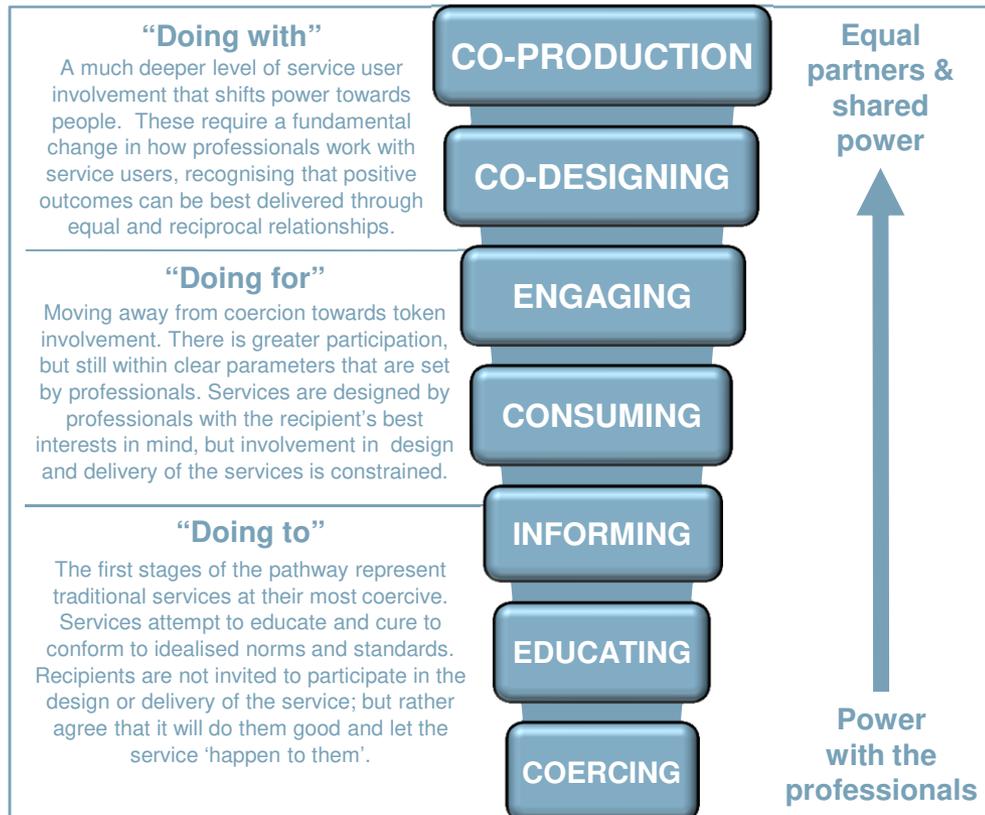
Priority Goal 2

Co-production in decision making at all levels

- Improving Services Together
- Promoting, encouraging involvement with opportunities
In strategic development and service changes
- Co-production approval system

Priority Goal 2: Co-production in decision making at all levels

The Ladder of Co-Production



Priority Goal 2:

Co-production in decision making at all levels

Planned developments...

- Mailing list for Participation and Involvement Newsletter:
www.surveymonkey.co.uk/r/ParticipationMailingList
- Increasing opportunities for Peer Support Workers and establishing posts for people with lived experience
- Introduce validated methodologies for using service user and carer experience of services to drive quality improvement – e.g. Always Events, Experienced Based Co-Design

Priority Goal 3

Sharing responsibility for keeping safe

- Formulation approach
- From risk assessment to safety planning
- Co-delivered mandatory training

Priority Goal 3:
Sharing responsibility for keeping safe

Formulation:

Narrative and recovery approaches in practice

- A problem is only part of the story
- Focus on strengths and resources
- Hope
- Relationships
- The client is the expert

Priority Goal 3: Sharing responsibility for keeping safe

Planned developments...

- Trust is signed up member of Triangle of Care, now at stage 2 focusing on ToC standards in community service
- Steering group underway to introduce Formulation in assessment, risk assessment, care planning and CPA
- Close involvement with STP plans for community wellbeing hubs – ensuring focus on the principles of recovery.

Priority Goal 4

Developing partnerships for meaningful living

- Maintain existing and develop new partnerships with community groups, social enterprises, 3rd sector, etc.
- ABCD and social prescribing
- Five Year Forward View for Mental Health

Five Year Forward View for Mental Health:

“Prevention matters - it’s the only way that lasting change can be achieved. Helping people lead fulfilled, productive lives is not the remit of the NHS alone. It involves good parenting and school support during the early years, decent housing, good work, supportive communities and the opportunity to forge satisfying relationships.”

“This requires services able to provide early support at key moments in life, preventing problems becoming worse, building resilience and contributing to mentally healthy communities.”

Planned developments...

We will look beyond NSFT to develop existing or build new partnerships to help people in recovery have:

- Somewhere secure to live (links with housing association)
- Something to do (links with voluntary agencies and organisations that provide activities and employment support, including IPS)
- Some disposable income (links with benefits and financial advice)
- Community connections (links with local community groups and promoting understanding / reducing stigma)

Further information

NSFT's Our Recovery Strategy document: <http://www.nsft.nhs.uk/About-us/PublishingImages/Pages/What-are-our-priorities-and-how-are-we-doing/NSFT%20Recovery%20Strategy%202017%20-%202022.pdf>

About the Recovery College: <http://www.nsft.nhs.uk/Get-involved/Pages/Recovery-College.aspx>

Some other sources of information

Recovery resource: <https://imroc.org/>

Mental Health Foundation – focus on social inclusion: <https://www.mentalhealth.org.uk/a-to-z/r/recovery>

Centre for Mental Health – Agency, Opportunity, Hope: <https://www.centreformentalhealth.org.uk/recovery>

Mind – an introduction: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/recovery/#.WbKsBLfruii>

Rethink Mental Illness –Tools for Recovery: <https://www.rethink.org/living-with-mental-illness/recovery/tools-for-recovery>



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