



Better Than Well Event Enhancing Recovery in Community Treatment

Saturday 27th April 2013, APEX Hotel, Dundee

Introduction

'Better than Well' was designed to aid the work of community treatment providers in developing their own recovery pathways. The Scottish Recovery Consortium (SRC) invited key stakeholders in community treatment to participate in a shared learning event.

Our aim

- To build learning from the lived experience of long term recovery
- To connect participants to interesting recovery practice developments in treatment provision
- To introduce participants to the world of independent recovery groups and communities as they emerge in Scotland.

Were we successful in achieving our aim?

Yes

Agenda

The 'brain food' introduced the whole event community to three key applications of recovery research that will impact on their work;

1. The power of recovery and 'better than well' effect
2. The Acute Model/ Recovery Model goals and differences; treatment's contribution to recovery
3. The levels of recovery; different interventions at different stages of recovery

The first session of the day was a whole community listening exercise. We heard four ten minute recovery experiences from voices of long term recovery across Scotland; Aberdeen, Borders, Glasgow, and Ayrshire. The community then had an hour in dialogue groups to pull out any applications of the brain food and lived experience to their local area work.

The afternoon sessions focused on two stages of recovery work that treatment can do and one that needs to be largely done in the community.

1. Initiation of recovery- exploring the experience of the methadone cessation pilot in Ayrshire and the peer support recovery project in Lanarkshire
2. Establishing recovery- some examples of three-six months recovery work contributions being made in Addaction SW and Second Chance in Glasgow
3. Sustaining long term recovery in the community - looking at the three stages of recovery community development; dream, spiritual activism, moving on and letting go. With shares from Mark Bitel on Italian therapeutic Community and IF social enterprise in Scotland, SERAG on action and the experience of the ending of WITR.

Practical matters

- "Good if more people from Dundee could have attended"
- "Need to develop SRC's website to show pockets of Recovery on going across Scotland"

Event planning

The venue was chosen to allow easier access for many of the Northern ADP areas. The content of the day emerged from our work on the Recovery Summit held in Perth and from our many conversations with Treatment Providers and Recovery Activists. We chose to give small bites of learning alongside space for participants to dialogue in order to digest the learning.

This was an invitation only event under the Chatham House Rule. The SRC has fostered deliberate policy of introducing key individuals with an interest in recovery to each other. We invited ADP Lead Officers to fill a delegation of places for their ADP areas in any way they thought would benefit recovery.

The delivery team of nine for “Better than Well” was made up of experienced recovery activists and treatment providers sharing their lived experience of enhancing recovery in a community treatment setting.

Who came to the event?

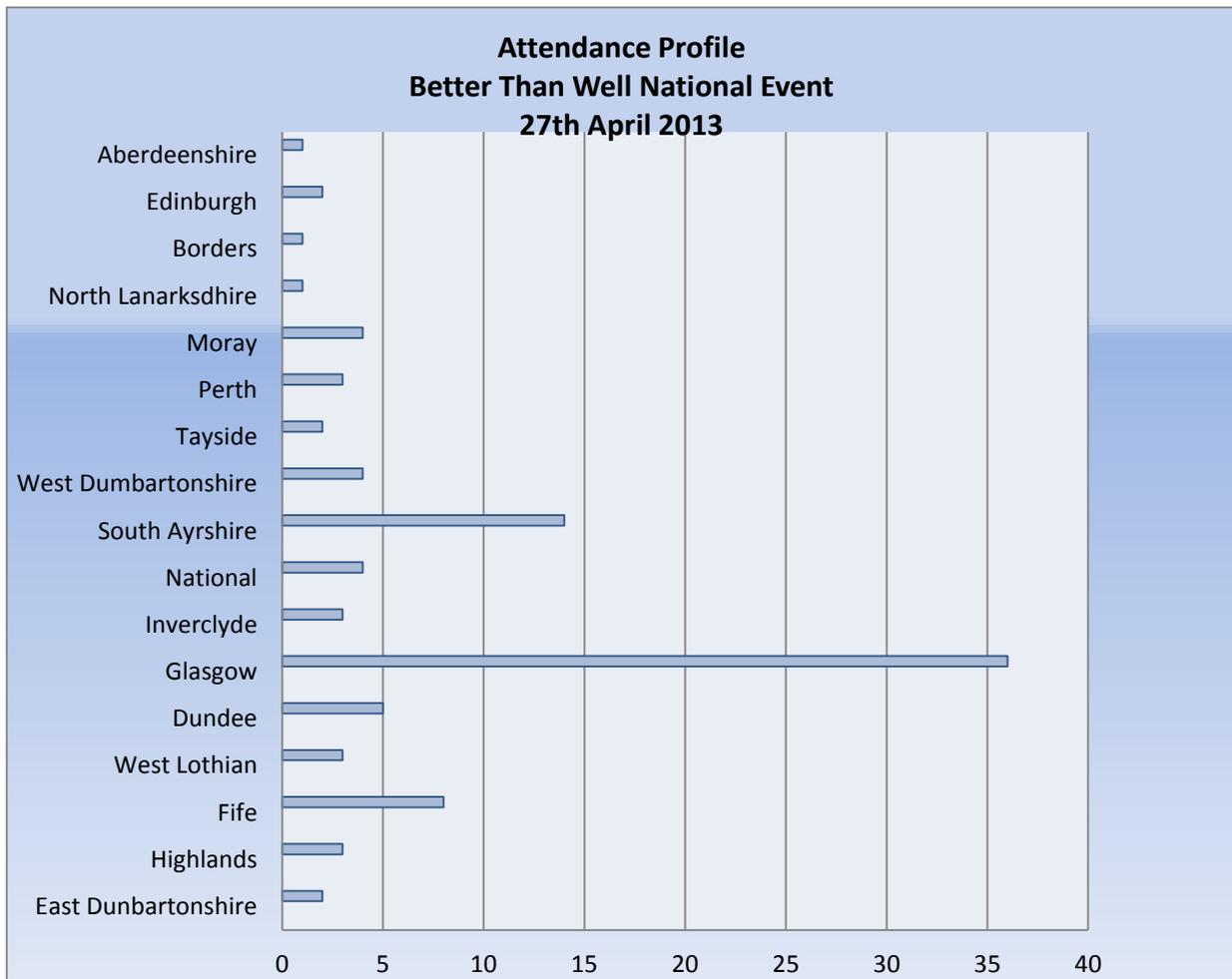
A total of 108 people registered to attend the event from all over Scotland and 90 people attended on the day. Two thirds of those present identified as being in recovery, whether present in role of recovery group member or treatment provider. More than half of Scotland's 30 ADP's were represented at the event, either by Lead Officer/ ADP staff, Treatment provider/ Recovery Support Group. 7 ADP Lead officers were personally present at the event. The event also contained the largest representation from members of new independent recovery support groups and communities ever gathered in one place (at that point in time).

Attendance

The following attendance figures are taken from the Better than Well registration forms, and online registration.

Glasgow	36
Inverclyde	3
National	4
South Ayrshire	14
West Dumbartonshire	4
Tayside	2
Perth	3
Moray	4
North Lanarkshire	1
Borders	1
Edinburgh	2
Aberdeenshire	1





Feedback

Feedback was gathered from a survey monkey questionnaire, by emails, verbal on the day and Teams de-brief. Some Examples of feedback are:

- *“I see people doing amazing things that I wasn’t aware of and the opportunities far wider reaching than I previously imagined”*
- *“I think as staff we need to be mindful that the journey to and through recovery is individual and will be different for each client, however, I feel we need to be more encouraging and be offering a greater challenge to those who appear to “be stuck “ in a negative”*
- *“Have another event covering the same topics....1 year on, like the road to recovery would be interesting”*
- *“love it, love it, love it, totally different way of thinking”*
- *“I was inspired by the whole event, such a different experience from the many, many conferences I have attended over the years. Great to be surrounded by people in recovery telling their stories and sharing their ideas”*
- *“Listen, listen and listen more to the lived experience of the journey from addiction to recovery”*
- *“That you can stay in continued recovery despite real life difficulties, and beyond belief challenges, contribute to society in a really powerful way.”*

Extract from survey monkey questionnaire (18 Responses)

Which workshop did you attend?

- *Initiating Recovery* 31.3%
- *Establishing Recovery* 25.0%
- *Sustaining long term recovery* 43.8%

Visibility of Recovery: Initial impact

“No matter how “severe” and longstanding an addiction is, no matter how hopeless the social and economic situation of individuals: recovery is possible and people can move from isolation and self-loathing to become connected and experts in self-care. And have the confidence to stand up and share their experiences at a “conference”

Visibility of Recovery: Developing impact (the recovery bounce)

Independent Recovery support groups in Fife and Glasgow are now using this “better than well” language and SRC key recovery messages about recovery models. They appear to understand more fully the pivotal role they play in implementing the Road to Recovery. They also make positive asset based statements about the Road to Recovery Policy at events not organised by the SRC.

International impact

The SRC Acute/Recovery Model development of the Phil Valentine Slide is now being taken up by our English counterparts.

What did we learn?

The SRC has learned that ‘Events of Intention’ can be an intense experience for participants and therefore the design of the afternoon sessions will be changed to reflect this; people who have dialogued all morning need something lighter and a variation in place in the afternoon. Holding an event on a Saturday had no impact on attendance.

That there is room for repeating an event like this, as many people wanted to attend more than one workshop.

In order to increase the geographical and organisation reach of SRC events we need to address some basic communication blockages. We recognise that asking ADP Lead Officers to build delegations from their areas has many positive aspects. However, sometimes these officers are not able to take up any places for their ADP area. We have decided to announce every SRC event on both facebook and our website to allow individuals to request a place where they have not received it via other routes.

June 2013