

Recovery Matters 2013 Preview: Our reflections **18th July 2013**

Introduction: Recovery Matters 2013

The Recovery Matters workshop has been further developed based on our learning from 2012 when we introduced Recovery Matters as a workforce development tool. Recovery Matters 2013 is a baseline intervention for recovery intervention for staff, paid or voluntary, at any level of addiction treatment and related services. This workforce development opportunity is offered free to ADP's and treatment providers and our experience shows it has greater impact when senior managers and commissioners take part. We use current recovery research, current examples of practice in Scotland and the local lived experience of long term recovery as standard in any of our workshops.

Our aims for the Recovery Matters 2013 Preview

1. To contribute to a practice based recovery 'paradigm shift' in the workforce;
2. To Build local learning from the lived experience of recovery;
3. To encourage ADP'S and key assets attending the preview to book workshops in their area;
4. To look at feedback from the preview to further "fine tune" this workshop.

Were we successful in achieving our aim for this workshop?

Yes

- A Recovery Matters 2013 Workshop delivered in North Ayrshire;
- Negotiations for Recovery Matters 2013 to be held in Fife targeting different participants (this will be their second "Recovery Matters" Workshop);
- Negotiations in Argyle & Bute;
- Negotiations in the Highlands;
- Negotiations in Dumfries and Galloway;
- Negotiations in NHS Ayrshire and Arran.

Agenda

The 'brain food' learning in four sections which each lasted for 10 minutes introduced the participants to

1. The lived experience of sustained recovery;
2. The Road to Recovery – A radical shift in drug policy;
3. The Acute Model/ Recovery Model;
4. The power of recovery and 'better than well' effect;
5. The next recovery right step – the culture of transformation and individual commitment.

The workshop included dialogue and round table exercises, a film show and a question and answer section.

We facilitated meaningful conversations between Treatment Providers and Recovery Activists. We chose to give small bites of learning we call "brain food" alongside space for participants to dialogue in order to digest their collective thoughts/ learning and ideas.

Practical Matters

This workshop was the first workshop to run in the new updated format, and facilitators were looking for feedback on how the workshop was received, timings etc.. and what was the participant's experience of the day.

Event planning

We are always looking for different and interesting venues that will be conducive to the participants learning. The environmental experience for us is as important as the workshop.

The Scottish Recovery Consortium (SRC) provided this free workshop, supplied all materials and invited some local recovery assets to contribute their lived experience of recovery to the dialogues. Registration for this workshop was carried out online by the SRC.

The venue, Robertson House, was a wonderful. The conference room was presented well with helpful staff and healthy catering options at a competitive price. The SRC chose the venue, catering and sent out the invites. Participants were chosen because we knew they were either interested in a workshop, or were curious to know what the workshop content was and if it would be suitable for their area and workforce.

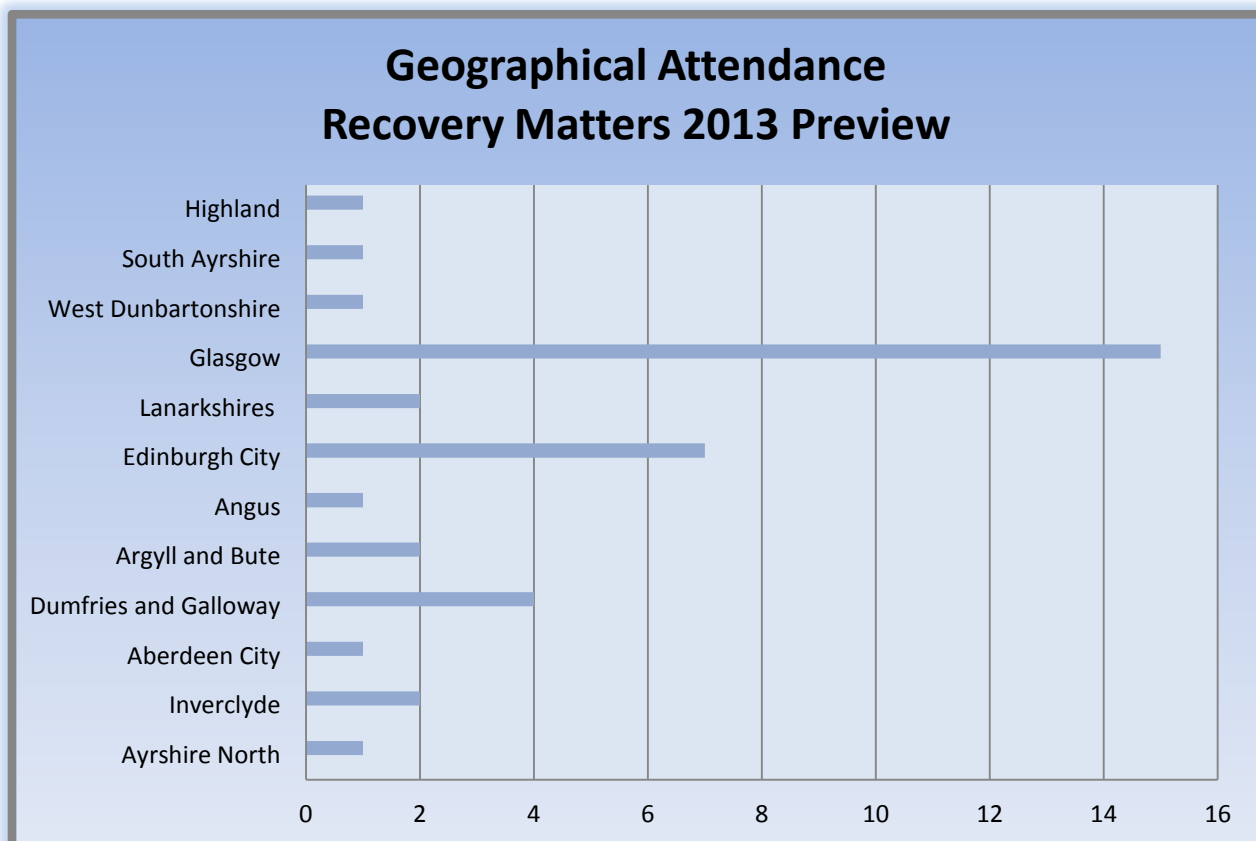
As with all of our events, the workshop was followed up with a short survey monkey evaluation that was sent to all participants for completion and this summary report which is available on our website as a downloadable document.

Who came to the event?

A total of 48 people registered for the Recovery Matters 2013 Review workshop and 38 people attended on the day. Participants represented a diverse range of geographical areas throughout Scotland. The status Graph shows the core status of participant's as a percentage of the whole from our online registration form.

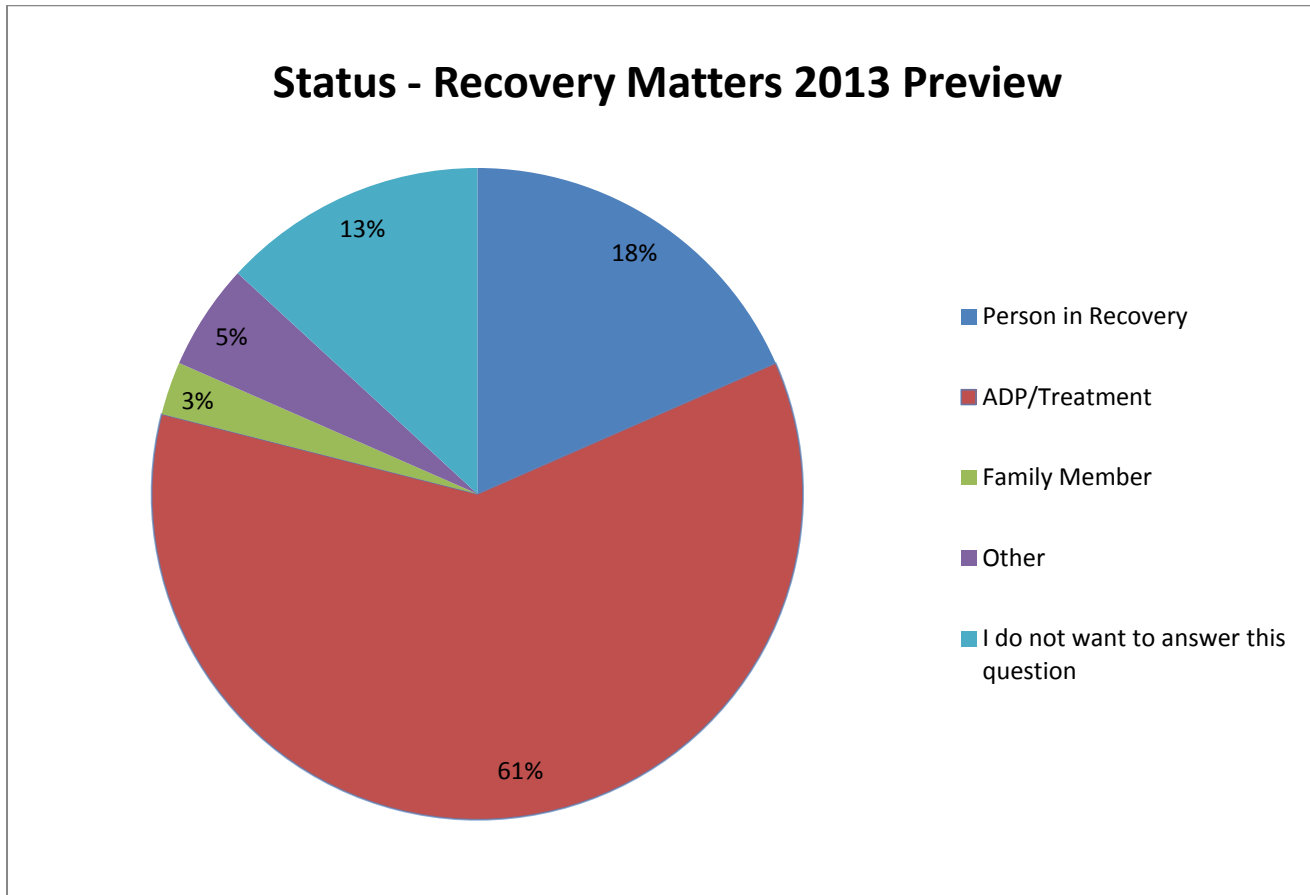
Attendance

The following attendance figures are taken from the Recovery Matters Online Registration form and attendance sheet on the day. It shows all the areas in Scotland that were represented.



Status

The status chart shows the different areas of interest in recovery of those who attended the workshop.



Feedback

Feedback was gathered from a survey monkey evaluation which was returned by 50% of participants.

Some examples of feedback:

You said!

- A round robin was suggested after the film show and replace whole group conversation split into smaller groups.
- It was suggested that the questions asked at the dialogue sessions were also given in writing.

We Heard!

- Changes suggested were taken on board and implemented at North Ayrshire Recovery Matters and worked really well – thank you.

Extract from survey monkey questionnaire

What if anything did you learn from the day?

- “A steep learning curve, listening and learning from all the various groups on their approach to the whole issue of recovery. Understanding how other groups deal with their complexities and picking up useful points along the way. I need more of this kind of thing and hope that there will be more.”

- “That opinion’s and views of the ADP’s are changing and their minds are opening to a new vision that I believe will take Recovery in Scotland to a new level.”
- “What I valued most about the day was the opportunity to learn about people’s experiences of being in treatment and recovery.”

Visibility of Recovery: Initial impact

“Good to see that recovery is becoming integral to service provision rather than additional or extra.”

Visibility of Recovery: Developing impact (the recovery bounce)

We have already booked 2 Recovery Matters Workshops as a direct result of the preview. We have also met with another 2 x ADP Lead Officers to negotiate the possibility of an intervention in their area.

Commitments

33 Commitments to Recovery were made.

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 decision to promote events on our website to allow individuals to request a place has worked really well. We have received a good response to this to date.

July 2013