

## **Recovery Matters 2014 - North West Recovery Addictions and North West Recovery Communities: Our reflections Tuesday 11 March 2014**

### **Introduction**

The Recovery Matters workshop has undergone updates and key learning points since it was first rolled out as a workforce development tool. “Recovery Matters 2014” is a baseline intervention for staff, paid or not, at any level of addiction treatment and related services. This workforce development opportunity comes free to ADPs and treatment providers and our experience shows it has greater impact when senior managers and commissioners take part. We use current recovery research, ongoing examples of practice in Scotland and the local lived experience of long term recovery as standard in any of our workshops.

### **Our aim**

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 use shared learning and dialogue based tools that respect the wisdom and experience of the participants.
4. To connect local recovery assets with national recovery actions.

### **Agenda**

The ‘brain food’ learning in four sections that each last for ten 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 facilitate meaningful conversations between treatment providers and recovery activists in the North West of Glasgow from a diverse range of disciplines. 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.

### **Event planning**

#### **The event**

I had a brief conversation with Jackie Smith, Community Addiction Manager in the North West at the Glasgow recovery sub group meeting where we discussed facilitating a workshop for the North West. Following further discussion it was decided that this workshop may be useful and Jackie handed the organisation of this to Mark Healy who is the Recovery Co-ordinator in the North West. Originally this workshop was to be held in the Whiteinch Centre, however the venue was changed to the GTG Conference Centre as the registered numbers grew. This was a beautiful venue, well organised and a huge thank you to their IT Team who were incredibly helpful with the Technical Support.

### **Were we successful in achieving our aim?**

We are not sure if we were on this occasion. Formal feedback received from Jackie by email would suggest that staff felt there was no new learning for them from this workshop. Jackie noted that she wasn't present at the workshop herself.

### **Practical matters and learning**

We know that the following practical matters could be improved upon:

- Clear communication around responsibility for tasks at all levels.
- Check that the requirements I have communicated are clear and ask if any questions could be answered at each stage of the planning process.
- Registrations will held by the SRC in all future workshops.
- Provide written confirmation of requirements for future workshops.
- Test technical and IT equipment tested prior to workshop where possible.
- Carry out a site visit prior to each workshop where possible.

### **Attendance**

The following attendance figures were taken from the sign in registration sheet on the day.

Registered 28

Signed in 25

### **Status**

The following shows a representation of the status of attendees from the sign in sheet from the day.

Recovery Volunteer	4
Social Care Addiction Worker (Family Support)	4
Social Care Addiction Worker (Arrest Referral)	1
Social Care Addiction Worker (Young People)	2
Senior Addiction Worker	7
Senior Addiction Nurse (Alcohol)	1
Medical Officer	1
Addiction Nurse	1
Nurse Team Leader	1
Community Addiction Manager	1
NW Recovery Co-ordinator	1
Social Care Addictions Worker	1

### **Feedback**

Informal feedback on the day to both facilitators was positive.

### **Feedback from surveymonkey questionnaire:-**

None although survey link was sent to our partners to distribute.

### **Visibility: Initial impact**

The 2 guests from the North East Recovery expressed an interest in running a Recovery Matters in North East of Glasgow.

### **Visibility: Developing impact (the recovery bounce)**

None.

### **International impact**

None.

**What was our Learning?**

We welcomed the feedback received from Jackie and remain mindful that she had not taken part in the workshop herself. We have agreed to meet Wednesday 21 May to discuss some of the points raised and to further our understanding of how we could have improved this experience for the North West, if at all.

We have looked closely at our workshop in this fast emerging recovery world and have agreed that for areas with little or no exposure to Recovery Communities, we will still run Recovery Matters in the full day workshop format. We truly feel there is still much value in the key learning experience.

We have now developed a 2 hour seminar which will be rolled out in due course in response to the feedback, which will be for senior managers, commissioners, leadership, interested parties, areas with a large exposure to Scotland's recovery communities.

**Anne-Marie Quigg**  
**May 2014**