

Dorset Recovery Education Centre

Dorset Wellbeing and Recovery Partnership:



The Dorset
Wellbeing
and Recovery
Partnership



Learning from Change: Recovery in Action



Objectives:

- Discuss the role of change and opportunities for learning
- Explore how understanding principles Recovery can act as a parallel process can add value to the learning
- Explore how exploring these processes alongside co-production principles can enable service development



Defining Recovery ...

“Probably the most useful way of understanding recovery is linking it to our own experience because it is something that is common to all of us; it is not specific to mental health problems.

Any of us, who have been through a divorce, being made unemployed, a major illness or bereavement, know that that changes us; there is no way to going back to how we were before that event.

We have to incorporate that into our way of living and we learn from that and move on with that, which is exactly what we are talking about in terms of recovery from mental health problems.....



Defining Recovery ...

.....Recovery is about taking back control over your own life and your own problems, about not seeing your problems as being uncontrollable, or that their control is just the province of experts. It is about understanding yourself what is possible and what you can do to help yourself.”

By Dr Repper from ***An independent investigation into the care and treatment of Daniel Gonzales (January 2009)*** p. 124.



Recovery as a Parallel Process:

- Individuals and families
- Teams and communities
- Organisations and societies



Change acceptance



Co-Production

“Co-production means delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours. Where activities are co-produced in this way, both services and neighbourhoods become far more effective agents of change.”

(Boyle and Harris, 2010)



Features of Co-Production

- Recognising people as assets
- Building on people's existing capabilities
- Mutuality and reciprocity
- Peer support networks
- Breaking down barriers
- Facilitating rather than delivering

NEF (2012); NEF and MIND (2013)



Examples in Practice: My Wellbeing Plan

- On going problems with care planning and collaboration
- Work with managers around wellbeing, collaboration and organisational challenges (TRIP)
- Co-production work with crisis team on care planning
- Anxieties of staff around change and auditing

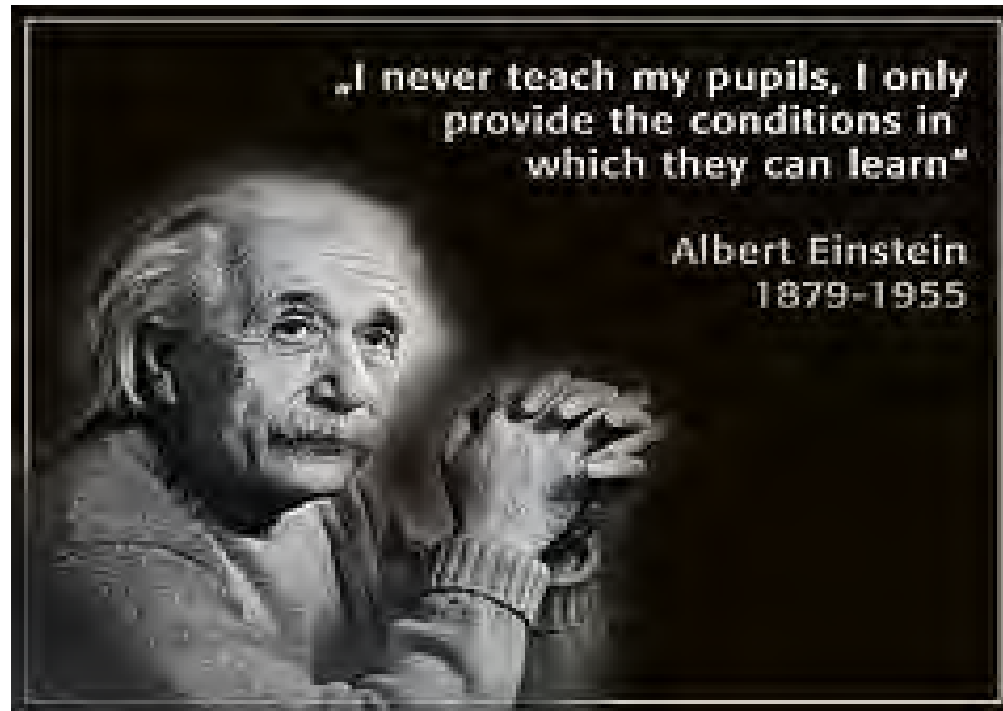


My Wellbeing Plan – Impact

- A clear sense of the person from the start
- Collaboration between
 - the person and the clinician
 - the person and their families/supporters
 - the clinician and the wider team
- A culture change



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