A Perfect Vision for Mental Health 2020

Empowering Families and Carers


Advancing Recovery in Ireland

Joan Higgins & Dominic Fannon

Clinical Recovery

- Medication alone does not guarantee good personal outcomes

- Remission of symptoms **&** Employment, Education, Relationships, Social Skills?

- Symptom Remission and Recovery are different things and require separate interventions

- Recovery requires reframing the treatment enterprise… what role treatment plays in recovery?

- Diagnosis, treatment and support considered in terms of the extent to which they help the patient to do the things they want/ live the life they choose

- Look beyond clinical recovery and to measure effectiveness of treatments and interventions in terms of the impact on the goals and outcomes that matter to the individual patient and their family.

Personal Recovery
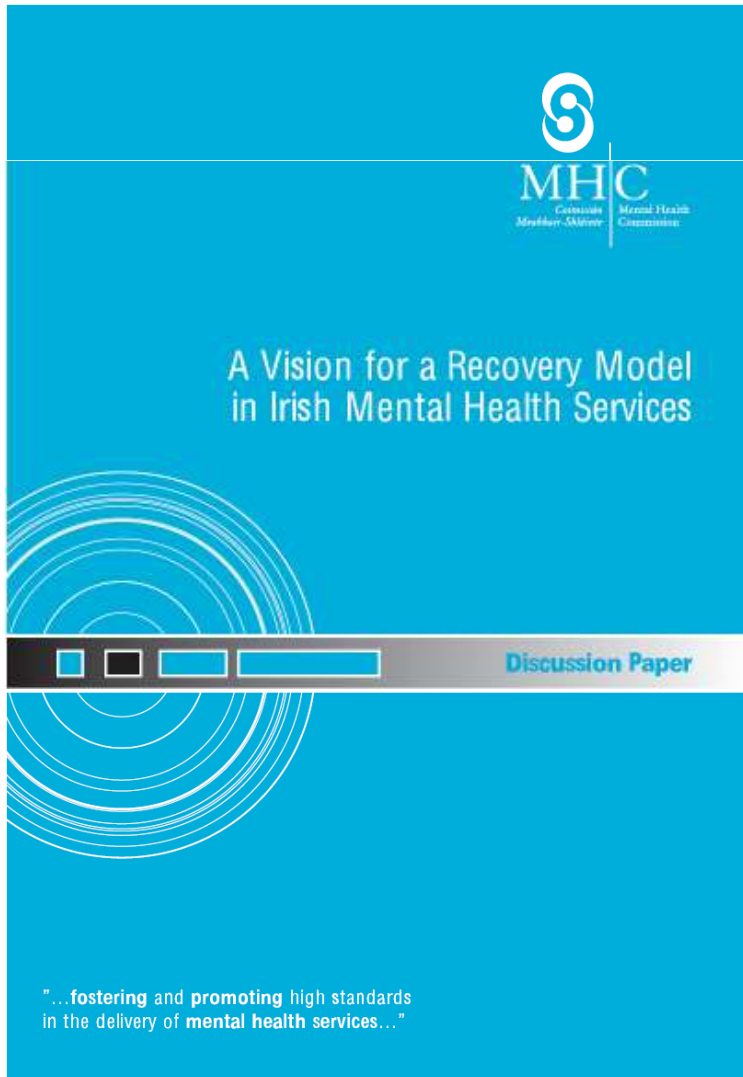
"a deeply personal, unique process….a way of assisting people to live satisfying, hopeful and productive lives even with the limitations caused by illness" (Anthony, 2003)

Within mental health care applies to personal - 'life' - goals and extends to the recovery of social functioning including employment.

Recovery is something worked towards and experienced by the person with mental illness.

It is not something services can do to the person.

The contribution of staff is to support the person in their journey towards recovery.

MHC
Coimisiún Mental Health
Meabhair-Shláinte Commission

A Vision for a Recovery Model in Irish Mental Health Services

Discussion Paper

"…**fostering** and **promoting** high standards in the delivery of **mental health services**…"

Recovery & Organisational Culture

- **Changing priorities** –move from prioritising treatment of symptoms to helping people live their lives, i.e. from 'symptomatic' to 'social'outcomes

- **Changing attitudes** –raising expectations (hope), shifting power (agency) promoting social goals (opportunities)

- **Changing processes** –reviewing policies and procedures (including risk assessment and management), care planning (eg WRAP), staff selection, appraisal and review. Requires leadership at all levels

- **Changing the workforce** –employ people with 'lived experience' in the workforce & address HR issues, appropriate training and supervision and establishing career paths

Box 1: 10 Key organisational challenges

1) Changing the nature of day-to-day interactions and the quality of experience

2) Delivering comprehensive, user-led education and training programmes

3) Establishing a 'Recovery Education Unit' to drive the programmes forward

4) Ensuring organisational commitment, creating the 'culture'. The importance of leadership

5) Increasing 'personalisation' and choice

6) Changing the way we approach risk assessment and management

7) Redefining user involvement

8) Transforming the workforce

9) Supporting staff in their recovery journey

10) Increasing opportunities for building a life 'beyond illness'

(from *Implementing Recovery: A new framework for organisational change*, Sainsbury Centre, 2009).

POLICY

SAINSBURY CENTRE
for MENTAL HEALTH
removing barriers achieving change

Implementing Recovery

A methodology for organisational change

Geoff Shepherd, Jed Boardman and Maurice Burns

Advancing Recovery in Ireland

- A Vision for Change recovery principles

- ImROC Methodology

- Recovery Context Inventory

- Stakeholder Partnership approach

- National network with 7 sites

- 4 national action learning events:

    stakeholders resolving real issues.

- On site consultancy

    Julie Repper & Geoff Shepherd
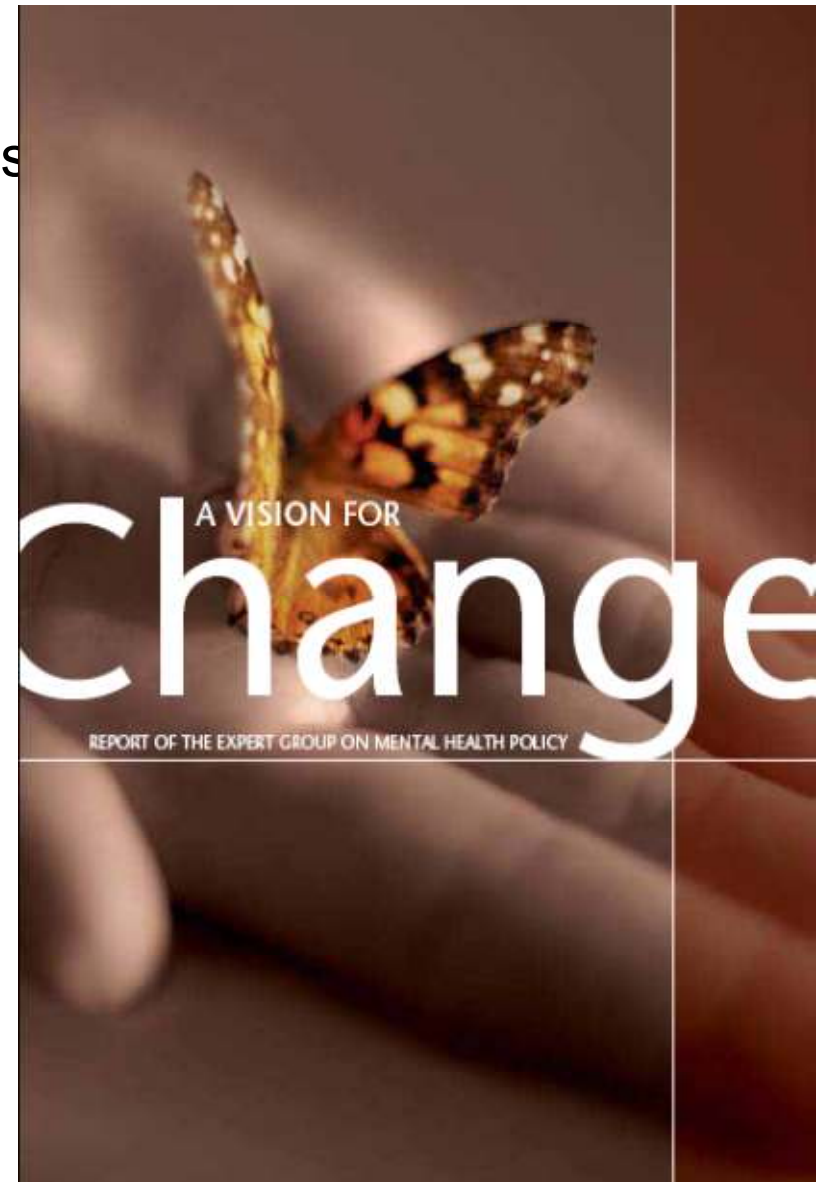
Advancing Recovery in Ireland

Recovery Context Inventory

- Online personal recovery proofing tool

- Assess 9 Areas related to mental well being

- 5 personal supports

    - Personal resources, personal growth, personal skills, my community, personal relationships.

- 4 service supports

    Help with my goals, help with jobs and money, help with my personal life, recovery values in practice

Family Members & Recovery

- Family member/carers & ImROC: Families need Recovery too!

- Family member representative on the national ARI group

- Family members are well represented from each site, with two family members ,two service users and four staff members as stakeholders in the project

- Training for staff in family awareness

- At each of the learning sets have a presentation specifically for families: Shine Family and Recovery Course and the CLASS project in Kilkenny the Genio funded peer support services for families

- Highlight the need for family assessment and care plan, even if their family member does not consent for the family to be seen

A Recovered Organisation

- ARI can help implement the Realising Family Friendly Mental Health Services campaign

- Services as facilitators of personal recovery

- Recognition of different types of expertise:

Peer experts – living with emotional distress in your life

Family experts – living with person in distress

… & *Professional experts*