Delivering Excellence in Recovery Oriented Services in Mental Health

Friday 28 September 2018  De Vere West One Conference Centre, London

Chair and Speakers Include:

Dr Sridevi Kalidindi  
*Consultant Psychiatrist in Rehabilitation & Recovery South London & Maudsley NHS Foundation Trust 
*National Clinical Lead, GIRFT Mental Health Rehabilitation NHSI; 
*Visiting Senior Clinical Lecturer IOPPN

Fiona Venner  
*Chief Executive 
*Leeds Survivor Led Crisis Service

Supporting Organisations
Delivering Excellence in
Recovery Oriented
Services in Mental Health

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“People with mental health problems face stigma and discrimination, as well as often being subject to restriction and with this comes the potential for coercive practice. It is essential that those who work with people with mental health conditions recognise this and work in a way which aims to put the person in control. Recovery can mean different things for different people but ultimately services should support individuals to gain and retain hope and understand individual's strengths. They should work to help people to engage in an active life, retain personal autonomy, social identity, meaning and purpose and achieve a positive sense of self. The NHS Five Year Forward View clearly sets out the need for services to work to improve patient experience and understand them in the context of a wider system.” CQC Brief guide: Recovery Orientated Practice, March 2018

“It is self-evident that having a voice is fundamental to recovery for people with mental health problems. Therefore, building capacity to self-advocate should be a focus for peer support and recovery-oriented mental health services. Families and carers also have a key role to play in promoting the role of advocacy and self-advocacy as do mental health professionals and commissioners (health and local authority). In order to ensure that everyone who needs an advocate is able to access one, advocacy organisations need to work effectively with a variety of local stakeholders.” Karen Machin and Karen Newbigging IMROC Advocacy Briefing Paper: A Stepping Stone for Recovery

This conference will enable you to:

• Network with colleagues who are working to improve the quality of recovery orientated practices for service users
• Improve the relationships and ways of working between service users, families/carers, mental health professionals and commissioners
• Learn from established practice in the delivering excellence in Recovery Oriented Services in Mental Health
• Understand and reflect on current challenges in recovery orientated services in mental health, and look at ways of over coming these challenges
• Update your knowledge on national and local developments
• Identify key strategies for improving recovery orientated practice for mental health and look at ways you can implement these changes in your organisation
• Examine your role in improving recovery orientated services
• Self assess and reflect on your own practice
• Gain CPD accreditation points contributing to professional development and revalidation evidence

100% of delegates at our previous conference on this subject would recommend it to a colleague

“Recovery is about building a meaningful and satisfying life, whether or not there are recurring or ongoing symptoms or mental health problems” The Centre for Mental Health

Follow the conference on Twitter #MHRecovery
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<th>Time</th>
<th>Session Title</th>
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<td>10.00</td>
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| 10.40 | What service users want from recovery oriented services                        | Paul Scates                                                                | • learning from the lived experience  
• what does recovery mean to you? Ensuring people facing mental health challenges develop their own definition of recovery  
• ensuring every person in services has an outcomes-focused recovery path  
• implementing the recommendations from the Mental Health Taskforce |
| 11.10 | Questions & answers, followed by tea & coffee at 11.20                          |                                                                             |                                                                                                                                  |
| 11.50 | How to set up, run and develop recovery-orientated services for Serious Mental Illness | Sridevi Kalidindi                                                          | • what outcomes does every clinical service need to measure to focus on recovery?  
• what do recovery outcomes mean?  
• how do we mainstream recovery orientated services for everyone  
• examples of excellence in practice |
| 12.20 | Taking a coproduction approach to integrating recovery orientated care in Mental Health Services | Iris Dearne                                                                 | • securing the organisational and cultural changes necessary to develop “Recovery-oriented” services  
• empowering service users to enable effective self-management in the level of ‘choice’, ‘influence’ and control they exercise in their own lives  
• successes and challenges, take home tips and advice for providers |
| 12.50 | Questions & answers, followed by lunch at 13.00                                |                                                                             |                                                                                                                                  |
| 14.00 | Creating a Recovery Strategy for mental health services                         | Catherine Brogan, Michael Ryan                                             | • the importance of a service wide Recovery Strategy  
• developing a Recovery Strategy  
• securing engagement from staff and patients  
• how to measure the success of your Recovery Strategy |
| 14.30 | Changing the Culture of an Organisation                                         | Jessica Lehane, Sharon Sutton                                              | • recovery orientated principles and recovery orientated practice initiatives  
• boosters and barriers that support/hinder recovery and social inclusion  
• case studies and examples of good practice |
| 15.00 | Involving service users in a recovery orientated practice                      | Lauren Sayers, Mark Rayner                                                 | • Collaborative not compliant care  
• Integrating physical and psychological health  
• Creating greater relationships with referrers especially GPs  
• Redefining recovery as a way to live more meaningfully rather than be cured |
| 15.30 | Questions & answers, followed by tea & coffee at 15.45                          |                                                                             |                                                                                                                                  |
| 16.00 | Risk Management and User Involvement in Partnership; embracing risk in a survivor led crisis service | Fiona Venner                                                                | • a third sector perspective on risk assessment and management  
• a person centred approach to risk  
• reducing risk in collaboration with visitors and callers  
• providing effective crisis support to people at high risk  
• learning from a survivor led service |
| 16.30 | Setting up and running a recovery college: supporting people                   | Syena Skinner                                                               | • ensuring people with mental health difficulties have access to the same opportunities in life as everyone else  
• the role of the recovery college and how we set up the service  
• supporting people to identify personal goals and ambitions, creating a fun, positive and safe environment for learning and exploring recovery and giving people the confidence and support to access opportunities and resources available to them  
• developing user led training and education programmes |
| 17.00 | Questions & answers, followed by close                                           |                                                                             |                                                                                                                                  |
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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

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