



CHO 5 & 6 and the National Forensic Mental Health Services Learning Set

'Recovery- Are We There Yet'

Below is a list of the workshops being co facilitated at the Learning Set on the 21st June.

The workshops will run in the morning and the afternoon allowing people the opportunity to maximise their learning on the day.

Please number in order of preference the workshops you would like to attend. You may not get your first preference as places are limited to **20 / 25 people** per workshop. It is very important that you do register your interest in your preferred workshop to avoid disappointment on the day.

Places will be assigned on a first come first served basis so return your completed form below as soon as possible but no later than the **Wednesday June 13th**

Please number preference	Morning Workshop	Title of Workshop	Facilitators
	12pm – 1pm	The Personal Narrative	Dr. Michael Watts & Amanda Quigley
	12pm – 1pm	Recovery Principles and Practice Workshops the benefits for you and your service	Margaret Sweeney, Fiona McKernan & Dr Vidis Corro
	12pm – 1pm	The role of the Peer Support Worker	Martha Clarke, Michael Norton & Paddy Sharkey O'Leary
	12pm – 1pm	The importance the Family in Recovery Education	Jen Kane & Sean O'Neill
	12pm – 1pm	Recovery for all: Supporting yourself while you support others	Breffni Coffey, Orla O'Connor
	12pm – 1pm	Recovery in a forensic setting	Peter Byrne & Dr. Anthony Kearns

Name: _____

Mental Health Service Area: _____



Recovery Fair 'Collaboration, Partnership and Co-Production Workshops

Please number preference	Afternoon Workshop	Title of Workshop	Facilitators
	2.30pm – 3.30pm	The Personal Narrative	Dr. Michael Watts & Amanda Quigley
	2.30pm – 3.30pm	Recovery Principles and Practice Workshops the benefits for you and your service	Margaret Sweeney, Fiona McKernan & Dr Vidis Corro
	2.30pm – 3.30pm	The role of the Peer Support Worker	Martha Clarke, Michael Norton & Paddy Sharkey O'Leary
	2.30pm – 3.30pm	The importance the Family in Recovery Education	Jen Kane & Sean O'Neill
	2.30pm – 3.30pm	Recovery for all: Supporting yourself while you support others	Breffni Coffey
	2.30pm – 3.30pm	Recovery in a forensic setting	Peter Byrne & Dr. Anthony Kearns

Name : _____

Mental Health Service Area: _____



Brief Outline of Recovery Fair ‘Collaboration, Partnership and Co-Production Workshops

Workshop Title	Outline
<p>The Personal Narrative</p>	<p>Personal narrative has been widely acknowledged as a powerful tool and resource in placing the service user at the heart of the recovery process. When used at an organisational level it can influence the design delivery and evaluation of services. In recent years with Advancing recovery in Ireland, with the focus on services to become more recovery focused, personal narratives are used to support service development , foster hope and inspire recovery. The emergence of peer led involvement centres, recovery colleges, the employment of peer support workers, peer educators and service user engagement leads in all nine CHO areas, has brought the use of the personal narrative into focus. This workshop intends to examine the conditions that support personal narratives as part of the recovery process; explore, the use of the personal narrative from the 3 perspectives, the person with the lived experience, the service provider, the family member.</p> <p>We will also look at how the personal narrative is used, where will it be used, which story do I use and how do I use the personal narrative in an empowering way to promote recovery.</p> <p>We will also discuss a range of issues and potential dilemmas for those people whose stories have been used in the public arena for the purpose of recovery education and health promotion.</p>
<p>Recovery Principles and Practice Workshops the benefits for you and your service</p>	<p>Recovery Principles and Practice is a co-produced training, and is identified by the National Framework for Recovery in Mental health in Principle 4 “Supporting Recovery Orientated Learning and Recovery Orientated Practice across all stakeholder groups”. Since 2015 this training has been co - delivered to Staff within mental health services.</p> <p>In this workshop we will explore some of the opportunities and challenges of delivering and coordinating this training, under the umbrella of the Recovery College South East.</p> <p>These include coordinating the delivery of training on many different sites, supporting the training of new facilitators and the establishment of teams representing all stakeholder groups. This workshop will also explore how a strong organizational commitment is required to facilitate this process.</p> <p>Finally, we will also discuss the influence this training has had on recovery orientated practice, if any?</p>

The role of the Peer Support Worker	This workshop will discuss the role of peer support workers and explore how they can support the implementation of the national framework for recovery in mental health. The employment of peer support workers shows organisational commitment to recovery principles, contributes to recovery learning and practice, supports co production and emphasises the centrality of lived experience. This workshop will be co-produced and co-facilitated by peer support workers employed in CHO5 and a service provider who has been involved in the development and support of their role within local mental health services.
The importance the Family in Recovery Education	<p>The family and friends of people who have lived experience of mental health challenges can be an invaluable resource for recovery. As with the people they support, carers understanding and experiences of recovery are unique and individual, and what helps one person won't necessarily help another.</p> <p>This workshop will look at the role of the family in the recovery process, from the perspective of the family member, the person with the lived experience and the service provider.</p> <p>It will include discussions on the role of the mental health services in supporting families and the challenges around understanding confidentiality and the impact this has on families. We will also explore the role of families in the co-production process, what helps and what hinders?</p>
Recovery for all: Supporting yourself while you support others	<p><i>"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."</i> – Mandy Hale</p> <p>Sometimes when supporting people through difficult times we can ignore our own needs and feelings. While this may be fine for a short time, it's important to take care of yourself especially as time goes on.</p>
Recovery in a forensic setting	We will be reviewing our experiences as a service user and a professional who have participated in the implementation of a full recovery programme for forensic mental health services. We will discuss the operation of the multidisciplinary planning group, the achievements to date and the dynamics of working in such a group, incorporating the views both of professionals from all backgrounds and service users. We will reflect on the particular issues which apply to forensic services (such as specific confidentiality issues and relationships with the criminal justice system).