



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

A College for Recovery? Co-Production in Action

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*Respect
Enjoyment
Collaboration*

*Hope
Inclusion
Opportunity*

What is Recovery?

- **Clinical Recovery**
 - Illness management through symptom control
 - Reliance on the advice of ‘experts’
 - ‘Getting back to normal’
 - Risk management
- **Personal Recovery**
 - Consumer-led movement based on lived experience of mental illness
 - Set own life goals
 - Assume responsibility for own life
 - Take risks



Recovery College

- Transforms traditional treatment approaches into educational opportunities aimed at developing personal resourcefulness to help people become **experts** in their self care, make informed choices and achieve their goals and aspirations
- Develops capacity of consumers to take on volunteer and paid consumer roles
- Provides high quality education for mental health staff in recovery based approaches



Winter Term Prospectus July - October 2014

*"Learning and Growth
for Mental Health"*

Principal Supporters



The South Eastern Sydney
Recovery College is a
program of South Eastern
Sydney Local Health District



Health
South Eastern Sydney
Local Health District

Contents

Welcome

What is the South Eastern Sydney Recovery College?

Who can attend the Recovery College?

Where will the courses be held?

How do I enrol?

Information in languages other than English

Course Index

Stream 1: Understanding Mental Health Conditions & Treatment Options

Mental Health Act

Introduction to the Voice Hearing Approach

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

Introduction to Recovery

The Road to Recovery

Mindfulness Meditation

Recovering Creatively

Physical Health & Wellbeing

Self-Care for Carer's

Understanding & Working with Voices

Stream 3: Getting Involved In Mental Health Services & Making A Difference

Introduction to Consumer & Peer Worker Roles

Frequently Asked Questions

Enrolment Form

Principles & Values



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

- Recovery Oriented Framework
- Co-production: Co-development, co-delivery and co-learning
- Educational model, transformative
- Community based & Inclusiveness – Courses are freely selected by the students. Students are not referred to the Recovery College and are not considered patients or service users.

Co-production/Collaboration

- Co-production emphasises reciprocal relationships where users of services are recognised as active agents with positive capabilities rather than passive beneficiaries.
- Co-production is embedded into all aspects of the Recovery College from initiation, planning, course development, course facilitation, course attendance, the day-to-day operation of the college, the governance structures through to the outcomes evaluation research.

Course Streams

- *Understanding Mental Health Conditions and Treatment Options* e.g. “Understanding the Mental Health Act” , “Understanding Depression”
- *Rebuilding Your Life – Developing Knowledge and Skills* e.g. “Introduction to Recovery”, “Introduction to Mindfulness”, “Getting Back to Work”
- *Getting Involved in Mental Health and Making a Difference* e.g. “Introduction to Consumer and Peer Worker Roles”, “Systemic Advocacy in Mental Health”.

Recovery College Outcomes

Outcome evaluation addresses:

1. Benefit to the Student
2. Benefits to Peer Educators
3. Benefits to the Clinical Educators
4. Benefits to the Recovery Paradigm,
breaking down barriers and stigma in
society.



Student Outcomes

Outcome measures

1. **Feedback Course Evaluations + Focus Groups**
2. **Achievement of personal goals**
3. **Resilience**
4. **Social connectedness**
5. **General Perception of Health**



The Student Experience

**Students = Consumers; Carers; Clinicians;
Clinical Students; Corporate Staff**

- [Course Evaluation Feedback](#)
- Expectations – 100% met or exceeded
- 100% would recommend course/college – *“so different to anything experienced before” ... “took them to another level in their understanding of recovery” ... “learned from other people’s experiences” “inspirational”; “empowering”*
- Gained – *“valuable knowledge”; “greater awareness and understanding of recovery”*
- Appreciated – *“safe environment”; “authentic consumer voice”; “lived experience recounts”; “practical examples and experiences of people who have successfully recovered”*



Interviews with the Recovery College Team

- Addressed the **strengths, benefits** and **challenges** of co-production.
- Interviewed Peer Educators; Clinical Educators and the Recovery College management team.
- **BREAKING DOWN BARRIERS and STIGMA**
- **TRANSFORMATIONAL**
- **LIFE CHANGING**
- **POWERFUL**



The Challenges of Co-Production

- In the early stages the *structures and processes* were not developed prior to employment of the educators – loss of “great talent and wisdom”
- Time and Budget *constraints*
- *Separate meetings* for clinicians and peer educators created a divide.
- Some clinicians found the experience *challenging and daunting*, they had to adapt their thinking and language use.
- Some clinicians began to *doubt their expertise*, and what they had done before.

Clinicians

- *“It opens up new possibilities...it is a real challenge for the system....to be comfortable with not knowing all the answers, to be doing ‘with’ instead of doing ‘to’.*
- *“I had to be open minded and take a step back”*
- The sharing of experiences was important – *“I learned things I could never get from a text book”.*

Peer Educators/Consumer Workers

- **Benefits included:**

- ✓ Improved Self esteem
- ✓ Personal and Professional Growth
- ✓ Sense of purpose
- ✓ Hope
- ✓ Feeling valued
- ✓ Improved networks
- ✓ Connections and skills for future employability

Peer Educators

- The experience of co-development depended on the clinician:

“Sometimes the process was positive and empowering. I felt respected and there were no power dynamics, we shared equally and both felt comfortable saying what we needed to say. But at other times it wasn’t an equal experience, I felt my opinion was over ridden and I wasn’t able to vocalise”

Learning Experiences + Future Directions

- The co-production process was found to be revolutionary and so different – training and support was required for both peer + clinicians.
- **Combined** meetings and training with both clinical and peer educators needed – to avoid a “*divide*”; **promote equality** and develop a safe and collaborative relationship.
- Need **guidelines and training** - co-production; recovery orientated practice; adult education and purposeful story-telling.

Summary

- Recovery Colleges = **transformational, innovative and ground breaking** in the delivery of recovery orientated services.
- Co-production **challenges the traditional** way service users and the mental health profession view recovery.
- The recovery colleges are “***changing lives***”, giving back to the consumer “*the choice, control, empowerment, strategies and connections to live the life they want.*”
- “**The consumer is the expert in their recovery**”
- Recovery colleges – “*Really doing recovery, and benefitting from the **richness and synergism** of participating together*”