

Introducing a Recovery College for SLaM

Peer Support Event

Thursday 18th July 2013

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SLaMrecoverycollege

Hope • Control • Opportunity

Defining features of a Recovery College

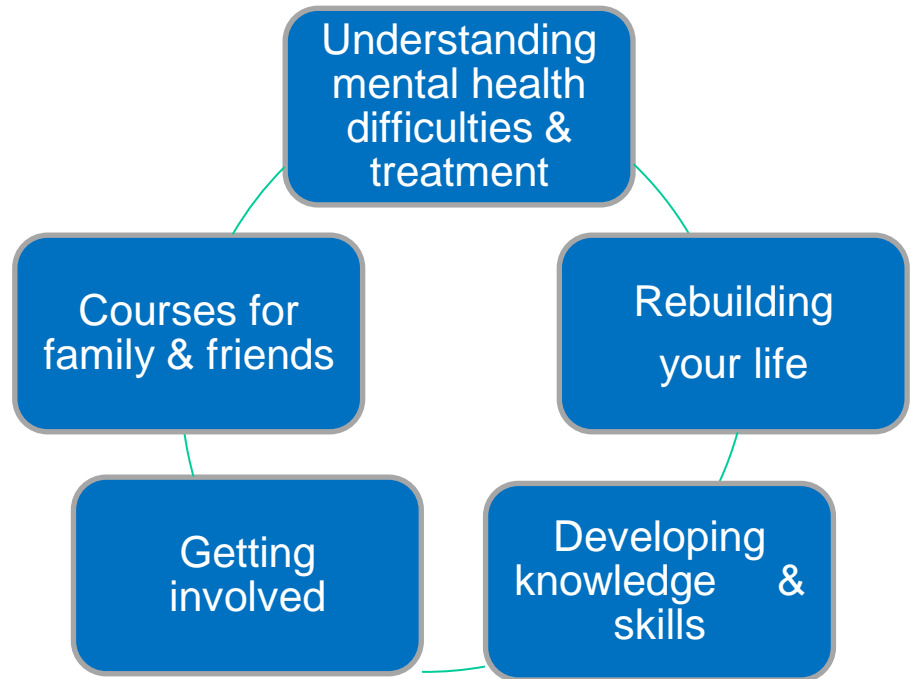
1. There is a **physical base**
2. Operates on **college principles**
3. It is **for everyone**: staff, service users and carers
4. It **reflects recovery principles** in all aspects of its culture and operation
5. **Co-production of courses** by people with personal and professional experience of mental health difficulties
6. There is a **Personal Tutor** (or equivalent) who offers information, advice and guidance
7. The College is **not a substitute for assessment and treatment**
8. The College is **not a substitute for mainstream colleges**

How is a Recovery College different to a Day Centre?

From Day Centre	To Recovery College
Patient or client: <i>"I am just a mental patient"</i>	Student: <i>"I am just the same as everyone else"</i>
Therapist	Tutor
Referral	Registration
Professional assessment, care planning, clinical notes and review process	Co-production of a personal learning plan, including learning support agreed by the student
Professionally facilitated groups	Education seminars, workshops and courses
Prescription: <i>"This is the treatment you need"</i>	Choice: <i>"Which of these courses interest you?"</i>
Referral to social groups	Making friends with fellow students
Discharge	Graduation
Segregation	Integration

What will the Recovery College do?

- Provide a range of co-produced short courses, ranging in duration from a one session to several weeks in the following areas:
- To support and be supported by an apprenticeship scheme for 5 people and an Apprenticeship Facilitator post



What courses will the college offer?

Examples of courses	
Understanding a diagnosis of depression	½ day workshop
Understanding medication	One day workshop
Introduction to recovery	One day workshop
Taking back control – staying well and recovery plans	Six week course
Telling your story	Eight week course
To tell or not to tell – issues around disclosure and dealing with stigma	½ day workshop
A good nights sleep	One day workshop
Spirituality and well-being	One day workshop
How to chair and organise meetings	½ day workshop

For more information

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