

Delivering Excellence in Recovery Oriented Services in Mental Health

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Monday 14 December 2015 Hallam Conference Centre, London



Chair and Speakers Include:

Sean Duggan

Chief Executive

The Centre for Mental Health

Supporting Organisation



Delivering Excellence in Recovery Oriented Services in Mental Health

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Chaired by Sean Duggan Chief Executive of The Centre for Mental Health this conference focuses on delivering excellence in recovery oriented services in mental health.

“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

Through national updates, lived experience and practical case studies the conference will provide a step by step guide to improving recovery outcomes and delivering recovery oriented practice. The conference will include an extended session what excellence in recovery oriented services looks like including how to set up, develop and run recovery oriented services.

Expert sessions will focus on setting up and running a recovery college, delivering user involvement for recovery orientated practice, supporting recovery through crisis, changing the way we look at risk assessment and management, and measuring and monitoring progress against recovery through a co-production approach.

Follow the conference on Twitter #MHRecovery



10.00 Chairman's Introduction

Sean Duggan *Chief Executive* The Centre for Mental Health

10.10 What service users want from recovery oriented services

Speaker to be announced

- what does recovery mean to you? Ensuring people facing mental health challenges develop their own definition of recovery
- how can we recognize recovery oriented services?
- moving to an educational coaching model rather than a therapeutic model and to a recovery-oriented mental health service different from those of a traditional, 'treat-and-cure' health service

10.40 Moving the focus to recovery-orientated services

Dr Sridevi Kalidindi

Consultant Psychiatrist in Recovery and Rehabilitation & Honorary Clinical Lecturer
The Institute of Psychiatry South London & Maudsley
NHS Foundation Trust

- 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

11.10 Questions & answers, followed by coffee & exhibitions 11.20

11.50 EXTENDED SESSION: What does excellence in recovery orientated services look like? How to set up, run and develop recovery-orientated services

Speaker to be announced

- This extended session will provide a practical guide to setting up, running and developing recovery-orientated services including
- changing the culture
 - refocusing all mental health services around the principles of recovery
 - what does excellence look like in recovery services
 - measurement of recovery outcomes
 - practical examples and advice

12.35 An Integrated Approach to delivering a recovery focused service: Lessons from a Vanguard Site

Terry Dafter

Director of Adult Social Care

with Nick Dixon

Social worker & Lead Commissioner Locally Mental Health
Stockport Metropolitan Borough Council Together

Stockport Together is a partnership including: NHS Stockport Clinical Commissioning Group, Stockport Metropolitan Borough Council, NHS Stockport Foundation Trust and NHS Pennine Care Foundation Trust

- the importance of an integrated approach
- delivering a recovery focused service
- our experience and moving forward

12.50 Questions & answers, followed by lunch & exhibitions 13.00

14.00 Setting up and running a recovery college: supporting people

Syena Skinner

Recovery College Manager

with Person with Lived Experience

with Amanda Bailey

Recovery & Wellbeing College Deputy Manager
Central North West London NHS Foundation Trust

- 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
- lessons from the Recovery College at Central North West London NHS Foundation Trust

14.30 User involvement for recovery orientated practice

Dr Asad Sadiq

Consultant Psychiatrist and Lead Consultant

With Members of the Bury Involvement Group

NHS Bury

- changing the dynamic: developing a discussion/conversation approach
- developing independent service user feedback and involvement in clinical practice
- developing the role of recovery champions
- the experience of the Bury Involvement Group (BIG)

15.00 Supporting recovery during crisis

Miles Rinaldi

Head of Recovery and Social Inclusion

South West London and St Georges Mental Health Trust

- recovery focused crisis planning
- co-production of joint recovery focused crisis plans and personal recovery plan
- lessons learnt from implementation
- increasing opportunities for building a life beyond crisis

15.30 Questions & answers, followed by coffee & exhibitions 15.40

16.00 Changing the way we approach risk assessment and management

Fiona Venner

Director

Leeds Survivor Led Crisis Service

- what positive risk taking means in our service
- changing the way we approach risk assessment and management
- developing a joint approach to risk
- learning from a user led service

16.30 Measuring and monitoring progress against recovery outcomes: Measuring what matters: a co-production approach to the development and implementation of recovery focused PROM for mental health services

Lesley Herbert

Consumer Advisor

Southern Health NHS Foundation Trust

- how can we measure progress against recovery outcomes
- the role of PROMs in recovery orientated services
- co-production of PROMs: how we did it
- supporting effective clinical practice through use of the PROM
- how outcome monitoring in real time can support people in their recovery journeys
- our experience

17.00 Questions & answers, followed by close 17.10

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

Hallam Conference Centre, 44 Hallam Street London, W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date Monday 14 December 2015

Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
 £300 + VAT (£360.00) for voluntary sector / charities.
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