

Delivering Excellence in Recovery Oriented Services in Mental Health

10% card payments discount*
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Friday 28 September 2018 De Vere West One Conference Centre, London



Chair and Speakers Include:

Dr Sridevi Kalidindi

Consultant Psychiatrist in Rehabilitation & Trust Clinical Liaison Lead for Local Contracts, South London & Maudsley NHS Foundation Trust Chair, Rehabilitation & Social Psychiatry Faculty & Co-Chair Joint Commissioning Panel for Mental Health, RCPsych

Fiona Venner

*Chief Executive
Leeds Survivor Led Crisis Service*

Supporting Organisations

Camden and Islington 
NHS Foundation Trust

disorder is a shared mental illness  *for recovery from serious mental illness*

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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 #MHRRecovery

10.00 Chairman's Introduction Recovery orientated services for mental health in practice

Dr Sridevi Kalidindi

*Consultant Psychiatrist in Rehabilitation & Trust Clinical Liaison Lead for Local Contracts South London & Maudsley NHS Foundation Trust
Chair Rehabilitation & Social Psychiatry Faculty
& Co-Chair Joint Commissioning Panel for Mental Health, RCPsych*

- 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

10.40 What service users want from recovery oriented services

Paul Scates

*Senior Peer Specialist
Campaigner and Ambassador*

- 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

Alun Thomas

*Chief Executive
Hafal*

- changing the culture
- refocusing mental health services around the principles of recovery for people with SMI
- what does excellence look like in SMI recovery services
- practical examples and advice

12.20 Taking a coproduction approach to integrating recovery orientated care in Mental Health Services

Iris Dearne

*Recovery College Manager
Camden and Islington NHS Foundation Trust*

- 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

National Development & Training Manager Mental Health Ireland

with Michael Ryan

National Service Improvement Lead HSE

- 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

Sally Smith

*Expert by Experience coordinator
Tees, Esk and Wear Valleys NHS Trust*

- 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 *Project Manager*

with Mark Rayner *CEO*
EASE

- 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

*Chief Executive
Leeds Survivor Led Crisis Service*

- 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

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

with Peer Trainer colleague

- 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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Conference Registration

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Conference Documentation

☐ I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

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

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date Friday 28 September 2018

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

*Credit card Discount

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**Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

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Accommodation

On confirmation of your booking you will receive information for booking accommodation should you require it.

Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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