

How ImROC can help you take a strategic approach to Recovery

We are proud to have:

- Facilitated the development of 800+ **Peer Support workers**. Peer Support Workers are people with lived experience recruited, trained, placed, and supported, employed in local mental health services
- Helped establish 40+ **Recovery Colleges** in England, Ireland, Italy, Australia and Hong Kong. Recovery colleges are places where people with lived experience, professionals, carers and others can learn together to construct new meaning from their experiences
- Introduced new ways of thinking about the assessment and management of risk. **Moving from the perspective of 'risk' to one of 'safety'**.
- **Reduced the use of physical restraint and forcible medication** on acute wards ('No Force First') improving quality of care and decreasing staff stress.
- Supported hundreds of clinical teams to critically assess current practice and develop a more **recovery focused culture** using TRIPs.
- Inspired organisations to think carefully about **workforce issues** – how to recruit, who to recruit, how to support staff and how to enable all staff to use lived and life experience in their work.
- Developing new understandings and practices in **coproduction** – facilitating constructive conversations across traditional boundaries.

Introduction

We strive to achieve our vision to support *Recovery for All* by working with services, systems and cultures. Over the lifetime of ImROC we have developed a national and international network of recovery change agents, champions and visionaries. We feel privileged to support and facilitate outstanding practice across the world. Through our network we can drive forward our thinking, develop and share positive practice and most importantly continually meet and raise our own and other expectations of what is possible.

The offer; Come and see for yourself!

By visiting members of the network, you can see first-hand what good looks like, learn from the experiences of others and dedicate time to exploring what this means for your service, system or culture locally.

We develop bespoke visit programmes that help delegations think about the specific goals and challenges unique to them by listening to and discussing with others who have encountered and overcome similar challenges.

Hosted visits are for both international and UK visitors. Whether one day or two weeks we can shape a learning experience for you that showcases position practice from UK sites incorporating dedicated time on the ImROC methodology from the ImROC specialist

consultants. Your visit may entail a 'deep-dive' in to recovery education such as recovery and wellbeing colleges, peer workforce across community and in-patient settings, least restrictive practice, staff wellbeing and valuing lived experience, coproduction with family, friends and carers or a strategic approach to recovery partnerships across services, systems and communities.

Delegations can be up to 25 visitors from a specific organisation or smaller groups may be combined to one larger delegation.

Learning outcomes may include:

- To gain ideas, inspiration and learning about enablers of Recovery
- To identify challenges and barriers and limitations
- To consider the role of the Recovery College and peer support in driving forwards Recovery
- To develop understanding of potential governance structures
- To understand specific elements of recovery colleges:
 - developing course structure and designing curriculum
 - Individual Learning Plan: System development? group or individual coaching?
 - Quality assurance: assuring fidelity on co-production and course delivery
 - Peer development in RC: various roles induction (peer volunteer, peer trainer, peer learning advisor, peer coach (coaching peer trainer and peer learning advisor) and training, coaching and supervision for peer trainers and peer learning advisors.
 - how to conduct evidence based research/evaluation
 - training/support to professional trainers and co-production team coordinator
- To meet statutory and non-statutory providers championing recovery-orientated practice
- To 'see peers in action'.
- To understand the roles that Peer Support Workers (PSWs) can perform.
- To learn from the mentors/ supervisors/ staff who have been working with PSWs on the ground.
- To visit an in-patient ward employing peer workers
- To explore employment of peers in civic mental health services
- To appreciate the wider organisational context to enhance and support the value of a peer workforce

Our way of working:

- Values based
- Coproduced
- Practice based evidence.
- PDSA cycle
- Locally, regionally, nationally, internationally

How to find out more – contact imroc@nottshc.nhs.uk or call 07392 318188.