

FRIENDS National Development Training Invitation

*Family recovery is intrinsically about all members of the family being able to live a life of their own choosing regardless of the challenges of mental health issues. “Family recovery is respecting and accepting that while we all see things differently there are key skills we can draw on to live a life with hope, empathy, equality and autonomy. Learning to care **about** our relatives and feel supported is what family recovery is all about.”* FRIENDS, Family Recovery Booklet (2016) and HSE, Family Recovery Guidance Document 2018 – 2020 Supporting ‘A National Framework for Recovery in Mental Health 2018-2020’,

Shine is facilitating training and planning for key stakeholders to explore the development of sustainable collaborations to advance family recovery.

We want to advance practical applications to national recovery policies to support families of people who experience mental health issues’.

FRIENDS (a partnership between Shine, CHO3 and family members) Family Recovery Peer Support Service is an evidenced based service (University of Limerick). As a partner of FRIENDS, Shine wants to facilitate the learning and exploration of practical solutions for all stakeholders to respond the recovery support needs of all the family affected by mental ill health.

We are inviting you to attend this exciting and innovative training to explore development of family recovery supports as identified in the four Recovery Principles (RP) in the Framework and the *Family Recovery Guidance Document 2018 – 2020 Supporting ‘A National Framework for Recovery in Mental Health 2018-2020’*, HSE

1. *“The centrality of the service user lived experience.*
2. *The co-production of recovery promoting services, between all stakeholders.*
3. *An organisational commitment to the development of recovery-orientated Mental Health Services.*
4. *Supporting recovery-orientated learning and recovery-orientated practice across all stakeholder groups”*

AIM of the 3 Day Training

To provide shared learning and knowledge of sustainable processes rooted in Family Recovery and Family Recovery Peer Support

When: 20th, 27th November, 15th January 10:00AM – 4:00PM

Venue: Maldron Hotel, Portlaoise, Co. Laois

Who: Mental Health Professionals, Family members supporting people with self-experience of mental health and Shine regional staff

Objectives:

- a) Understanding Family Recovery and how it can service the whole family and mental health services (RP1)
- b) Working within the family recovery model (RP3)
- c) Developing equitable, sustainable partnership between stakeholders (RP3)
- d) Reviewing the Peer Support Training Programme (RP2)
- e) Requirements in developing the foundations of a sustainable model i.e. FRIENDS (RP3)
- f) Share the learning from the Family Recovery Peer Support pilot and evaluation (RP4)
- g) Planning for the future (RP3)

To book a place, please contact Ann Marie Flanagan on 087 787 8222 by Friday 15th of November 2019