



ARCHES provide programmes of Recovery Education in
Community Healthcare East Mental Health Services

RECOVERY WEEK 2022

We are again welcoming a range of co-produced, recovery focussed projects and services to join us for our online **'Recovery Week'** from March 28th - April 1st, when we will have a variety of presentations and workshops for you to take part in.



These sessions share ideas and information on helpful supports and trainings, and are a great opportunity to learn about how recovery is supported in our community and perhaps explore recovery education workshops.

We have put together a programme of presentations, workshops and discussions which are outlined on the following pages. These sessions are all free to join and we welcome all service users, service providers and families & supporters to join us - anyone with an interest in mental health and recovery.

How to take part:

All of the presentations and workshops in the following pages are being hosted over ZOOM. These sessions will be informal, friendly discussions and you are welcome to participate in one or any number that interest you. You can join in and out as you please. Most presentations will allow time for questions and answers and we hope that this is helpful for you to learn about the projects you are interested in.

If you would like to participate in any of the presentations or workshops outlined in this programme, please contact us by phone or email. We will share the links to join on ZOOM, and we can also answer any enquiries you may have.

We look forward to meeting you during the week!

Phone: 087 342 99 22 (8:30am - 17:30pm)
Email: info@archesrecovery.ie



"Working together as a community, with respect & compassion at the heart of our Recovery journey"

ARCHES Recovery Week 2022 - Overview of presentations

Monday March 28th	
10:00 - 10:10	Mindfulness
10:10 - 10:20	Welcome
10:20 - 10:50	Shine and See Change Ambassador Programme
10:50 - 11:20	Co-producing Recovery Education Workshops
11:20 - 11:40	Coffee and Chat
11:40 - 12:10	5 Ways to Wellbeing
12:10 - 12:40	EVOLVE Recovery college
12:40 - 13:00	A selection of original poetry, inspired by Recovery
13:00 - 13:50	Lunch
13:50 - 14:00	What Recovery means to me – <i>'The 10 principles of Recovery'</i>
14:00 - 14:45	Wellness Recovery Action Planning (WRAP) & WRAP Cafés
14:45 - 15:15	University College Dublin - Co-production of recovery trainings for MH Nursing
15:15 - 15:45	Burton Hall
15:45 - 16:15	Men's Sheds
16:15 - 16:25	Creativity for Recovery
16:25 - 16:35	Mindfulness
Tuesday, March 29th	
10:00 - 10:10	Mindfulness
10:15 - 14:30	Recovery Principles and Practice Workshop (Registration required for this workshop)
10:10 - 10:40	Individual Placement and Support (IPS)
10:40 - 11:10	Recovery for Older Adults
11:10 - 11:30	Coffee and Chat
11:30 - 12:00	TROY Mental Health Association
12:00 - 13:00	Introduction to Recovery Workshop
13:00 - 13:50	Lunch
13:50 - 14:00	What Recovery means to me – <i>'CHIME'</i>
14:00 - 15:00	Social Prescribing
15:00 - 15:30	Positive Advanced Recovery Connections (PARC)
15:30 - 16:00	The Gateway Project
16:00 - 16:30	GROW
16:30 - 16:40	Mindfulness
Wednesday, March 30th	
10:00 - 10:10	Mindfulness
10:10 - 10:40	AWARE
10:40 - 11:10	Co-production in Action
11:10 - 11:30	Coffee and Chat
11:30 - 12:00	Case study: Co-production of Recovery in colour
12:00 - 12:30	Peer support Workers
12:30 - 13:00	Personal Recovery Narratives
13:00 - 13:50	LUNCH
13:50 - 14:00	What Recovery means to me – <i>'The value of Gardening'</i>
14:00 - 16:00	Introduction to Co-production
16:00 - 16:30	Fishing project / Recovery in Traveller MH
16:30 - 16:40	Mindfulness
Thursday, March 31	
10:00 - 10:10	Mindfulness
10:10 - 10:40	HSE Community Residences: Experiences in Recovery Education
10:40 - 11:10	Burton Hall – Workshed
11:10 - 11:30	Coffee and Chat
11:30 - 12:30	Recovery & CHIME
12:30 - 13:00	Sharing the vision
13:00 - 13:50	LUNCH
13:50 - 14:00	What Recovery means to me - <i>'My wellness toolbox'</i>
14:00 - 14:30	Mental Health Ireland (MHI) Development Officer
14:30 - 15:00	Cairdeas Clubhouse
15:00 - 15:30	Burton Hall POPEE Project
15:30 - 15:40	Creativity for Recovery
15:40 - 16:40	The Wellbeing Programme Taster

16:40 - 16:50	Mindfulness
Friday, April 1st	
10:00 - 10:10	Mindfulness
10:10 - 10:30	ARCHES Recovery Education Service
10:30 - 11:00	Mental Health Engagement in Community Healthcare East
11:00 - 11:20	Coffee and Chat
11:20 - 11:30	Creativity for Recovery
11:30 - 12:00	Suicide or Survive
12:00 - 13:00	Recovery in Colour Taster Session
13:00 - 13:50	Lunch
13:50 - 14:00	What Recovery means to me – <i>'Sea swimming'</i>
14:00 - 14:30	HOPS
14:30 - 15:00	Family Resource Centres
15:00 - 15:30	Recovery for Families & Supporters
15:30 - 16:30	Creative Writing Exercise
16:30 - 16:40	Mindfulness
16:40 - 16:50	Close

Programme information

Monday March 28th

10:00 - 10:10	Mindfulness A short mindfulness exercise to start your day.
10:10 - 10:20	Welcome A brief welcome and opening of the week's activities by the Head of HSE Mental Health Services and the Regional Director of the Cluain Mhuire Community MH Service.
10:20 - 10:50	Shine and See Change Ambassador Programme Shine is a national organisation providing information and support for people affected by mental health challenges and specifically founded to help all family members. Shine offer one to one recovery focused support and information and they have peer supports groups nationwide and online. One of Shine's programmes, <i>See Change</i> is Ireland's stigma reduction partnership which works positively through the work of their ambassadors, who share their lived experience to challenge discrimination and reduce the stigma associated with mental health problems.
10:50 - 11:20	Co-producing Recovery Education Workshops Recovery education courses and workshops are designed by small teams of service users, staff members and families & supporters, who work together (co-production) to produce good quality learning activities that support recovery and wellbeing. This presentation provides an overview of that process and the necessary information for anyone looking to become involved.
11:20 - 11:40	Coffee and Chat Enjoy a tea/coffee over an informal chat during a break between presentations.
11:40 - 12:10	5 Ways to Wellbeing The <i>'Five ways to Wellbeing model'</i> is a set of actions which are easy to try out and have been evidenced to improve our wellbeing. During this session we will discuss these five actions and suggest ways to include them in your own routines.
12:10 - 12:40	EVOLVE Recovery college Based at the National Forensics Mental Health Service, EVOLVE Recovery college have been providing recovery education programmes since 2018. Peer Educators from EVOLVE join us to share their work and discuss how <i>Recovery Education</i> is different from <i>Psychoeducation</i> .

12:40 - 13:00	A selection of original poetry, inspired by Recovery
13:00 - 13:50	Lunch
13:50 - 14:00	What Recovery means to me – ‘The 10 principles of Recovery’
14:00 - 14:45	<p>Wellness Recovery Action Planning (WRAP) & WRAP Cafés</p> <p>Wellness Recovery Action Planning is an evidence based, globally recognised, wellness training programme which is available through Community Healthcare East’s Services. A panel of WRAP facilitators discuss the key concepts of the programme, how it works and how it can help everyone to plan for and maintain wellness.</p> <p>Included in this discussion is the value of ‘WRAP Cafés’, where following attendance at WRAP programmes, participants are supported to keep the key concepts of the programme active through peer led initiatives.</p>
14:45 - 15:15	<p>University College Dublin - Co-production of recovery trainings for Mental Health Nursing</p> <p>Since 2020, ARCHES have been working with the faculty and students at the School of Nursing, Midwifery and Health Systems in UCD to co-produce recovery education sessions for students training as Mental Health Nurses. This presentation by staff and students shares the value of this way of working together, and the importance of including the perspective of ‘Lived experience’ in preparing students for working in Mental Health Services.</p>
15:15 - 15:45	<p>Burton Hall</p> <p>One of the centres of the Cluain Mhuire Community Mental Health Service, Burton Hall provides a range of peer supported and co-produced programmes based on Recovery Principles. A co-presentation by a service user and a member of staff, shares information on the service and how it is developing to meet the emerging needs of their participants.</p>
15:45 - 16:15	<p>Men’s Sheds</p> <p>‘Men’s sheds’ are community-based projects, where men can come together to learn, share practical skills, and make long-lasting friendships together. We welcome members of Men’s sheds groups from Wicklow and SE Dublin, to share their experiences of taking part and information on how you can participate in your locality.</p>
16:15 - 16:25	<p>Creativity for Recovery</p> <p>A selection of artwork and creative pieces, inspired by Recovery.</p>
16:25 - 16:35	<p>Mindfulness</p> <p>A short mindfulness exercise to end the day.</p>
Tuesday, March 29th	
10:00 - 10:10	<p>Mindfulness</p> <p>A short mindfulness exercise to start the day.</p>
10:15 - 14:30	<p>Recovery Principles and Practice Workshop</p> <p>This event is delivered by a team of 3 people (a service user, a service provider, and a family carer/ supporter) and provides an opportunity to think about what Recovery means from a variety of perspectives. This is an interactive workshop, promoting information sharing and discussion about the principles of Recovery and how they can be put into practice within our service. These workshops have been nationally co-produced for delivery in all Mental Health Services across Ireland. (CPD credits can be claimed following participation)</p> <ul style="list-style-type: none"> • Please note: <u>Prior registration is needed to take part in this workshop and places are limited.</u> This workshop will be hosted on a different zoom link to other presentations this week. To register a place on this workshop, please email info@archesrecovery.ie or call us on 087 342 9922.

<p>10:10 - 10:40</p>	<p>Individual Placement and Support (IPS) Individual Placement and Support (IPS) supports people with mental health difficulties to find work. Available through many MDT's in Community Healthcare East, this programme helps service users to make a CV, search for a job, prepare for interviews and communicate with employers. Two of our areas' IPS <i>Employment Specialists</i> join us to explain how the initiative works and how meaningful employment is important to personal recovery journeys.</p>
<p>10:40 - 11:10</p>	<p>Recovery for Older Adults ARCHES is facilitating a multidisciplinary Working Group which explores issues of healthy ageing and minding your mental health while getting older. We are inviting people who use services to get involved. In this session we are sharing our progress so far.</p>
<p>11:10 - 11:30</p>	<p>Coffee and Chat Enjoy a tea/coffee over a relaxed and informal chat during a break between presentations.</p>
<p>11:30 - 12:00</p>	<p>TROY Mental Health Association Managed and run by members who are service users, the TROY Mental health Association have been supporting their peers in the Dalkey area since 1999. Here, members share the story of the club and demonstrate the facilitation of an valuable peer led resource.</p>
<p>12:00 - 13:00</p>	<p>Introduction to Recovery Workshop Recovery in mental health is a personal and individual journey which may mean different things for each of us. This workshop explores what Recovery means from a variety of perspectives and how learning can support us in managing our lives and personal recovery.</p>
<p>13:00 - 13:50</p>	<p>Lunch</p>
<p>13:50 - 14:00</p>	<p>What Recovery means to me – 'CHIME'</p>
<p>14:00 - 15:00</p>	<p>Social Prescribing Social Prescribing is about supporting the health and wellbeing of people by helping them to connect with local, community-based activities as well as national and online supports. The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed. There are three social prescribing services in Community Healthcare East: in Dun Laoghaire Rathdown, Bray North Wicklow, and South Wicklow. In this presentation we are joined by staff from these services to learn more about this fantastic support and how you can participate.</p>
<p>15:00 - 15:30</p>	<p>Positive Advanced Recovery Connections (PARC) This innovative project allows service users to access a range of mental health supports through their primary care GP and an Advanced Nurse Practice Candidate. Developed at Bray Community Mental Health Services, PARC is recovery focussed which recognises the service user as the expert in their own care. The project allows immediate access to supports such as group and one to one CBT, coping skills etc. and the service user receives appropriate support at the right time. A co-presentation between a service user and a staff member involved in its development shares information on how it works and how the service can be accessed.</p>
<p>15:30 - 16:00</p>	<p>The Gateway Project Based in Rathmines, Dublin 6, the Gateway Project is a community-based, member-led social support group for people with experience of mental health issues. Since 2004, they provide a safe, friendly and inclusive space where people can come together, make friends and get support as well as learning about positive mental health, wellbeing and recovery. Members of the project join us to share information on what they offer and how to get involved.</p>

16:00 - 16:30	<p>GROW</p> <p>GROW Mental Health is a charity that provides free, friendly, community based, peer support groups for anyone who is experiencing a mental health issue. A co-presentation by a GROW facilitator and group member shares information on how the initiative provides support and what opportunities there are for involvement in groups within Community Healthcare East.</p>
16:30 - 16:40	<p>Mindfulness</p> <p>A short mindfulness exercise to wind down and close the day.</p>
Wednesday, March 30th	
10:00 - 10:10	<p>Mindfulness</p> <p>A short mindfulness exercise to start the day.</p>
10:10 - 10:40	<p>AWARE</p> <p>Aware is a national organisation providing free support, education and information services to those impacted by depression, bipolar disorder, anxiety and related mood conditions. In this session we will learn about the work of Aware and how to access their services.</p>
10:40 - 11:10	<p>Co-production in Action</p> <p>This short discussion-based session explores a few examples of where staff and service users are working together on co-produced projects. We explore some of the challenges of co-production and hope to learn about some of the ways that we can make co-production successful.</p>
11:10 - 11:30	<p>Coffee and Chat</p> <p>Enjoy a tea/coffee over a relaxed and informal chat during a break between presentations.</p>
11:30 - 12:00	<p>Case study: Co-production of Recovery in colour</p> <p>One of ARCHES' courses, <i>Recovery in Colour</i>, has been developed to include 18 sessions which explore recovery ideas through creative journaling. In this session we hear from service users and staff members who have been finalising their work on the third course in this series. Participants discuss the value of taking part in the process and what they have learned about recovery and working together.</p>
12:00 - 12:30	<p>Peer support Workers</p> <p>Peer Support Workers have been employed on HSE Mental Health Team's since 2017. Service users can access a different type of support in the form of sharing lived experiences to support recovery. This role is new to three teams in Community Healthcare East and in this presentation we learn about the work of the Peer support worker, the training required for this role, and how this support can be valuable for service users and staff teams.</p>
12:30 - 13:00	<p>Personal Recovery Narratives</p> <p>Talking about recovery and sharing our stories of recovery is empowering and inspiring and helps to change attitudes. Recovery education facilitators often talk to student and staff groups about recovery. In this session, we will offer some simple guidance to help people begin to develop their own recovery narrative and feel comfortable to take part in these conversations.</p>
13:00 - 13:50	<p>LUNCH</p>
13:50 - 14:00	<p>What Recovery means to me – 'The value of Gardening'</p>
14:00 - 16:00	<p>Introduction to Co-production</p> <p>Co-production is about people who use services, their carers & supporters, and people who run services working together (as equals) to make things better for everyone. In Ireland, Co-production is a key ingredient in a recovery focussed service.</p> <p>This workshop introduces the key principles of co-production, levels of engaging lived experience, and how to make it work, through a fun and interactive approach.</p>

16:00 - 16:30	Fishing project / Recovery in Traveller MH The Traveller Mental Health Co-ordinator will showcase the fishing futures project describing how it promotes wellbeing in mental health. He will also highlight the benefits of access to mainstream sports for travellers. The initiatives he relates have all been co-produced and have made a real difference to traveller lives.
16:30 - 16:40	Mindfulness A short mindfulness exercise to wind down and close the day.
Thursday, March 31st	
10:00 - 10:10	Mindfulness A short mindfulness exercise to start the day.
10:10 - 10:40	HSE Community Residences: Experiences in Recovery Education Over the course of the pandemic, the staff and residents at HSE Community Residences in South Dublin, have been working together with ARCHES to learn about recovery and explore how we can improve our lives through recovery education and co-production. This short presentation shares some of the activities we have been involved with and provides some valuable information on how to work together to make these programmes successful.
10:40 - 11:10	Burton Hall – Workshed Based at HORT Centre in Burton Hall, <i>The Workshed</i> is a new initiative, encouraging service user engagement in a variety of practical projects such as maintenance and upcycling projects. Staff and service users discuss the value of these projects and how they support positive recovery outcomes.
11:10 - 11:30	Coffee and Chat Enjoy a tea/coffee over a relaxed and informal chat during a break between presentations.
11:30 - 12:30	Recovery & CHIME The <i>C.H.I.M.E framework for Recovery</i> can be a helpful tool to plan and guide your recovery journey. In this workshop, we look at where this model came from and introduce the processes which can help us all overcome challenges to our mental health and wellbeing.
12:30 - 13:00	Sharing the vision <i>Sharing the Vision</i> is a policy document to guide the future direction of Mental Health Services. The policy is focused on better outcomes for people experiencing mental health difficulties and focusses on the principles of Recovery, Trauma Informed Care, Human Rights and Valuing & Learning. In this session, our region’s Area Engagement Lead presents information on what this policy means for service users and supporters over the coming years.
13:00 - 13:50	LUNCH
13:50 - 14:00	What Recovery means to me - ‘My wellness toolbox’
14:00 - 14:30	Mental Health Ireland (MHI) Development Officer Mental Health Ireland aim to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery. MHI are community partners with the HSE to develop Recovery Education projects such as ARCHES. In this workshop we are joined by our region’s Development Officer to discuss Mental Health Ireland’s work in our area and their upcoming “HELLO, How R U?” campaign, which aims to tackle the lack of connection that people experience by inspiring individuals to ask how others are feeling.
14:30 - 15:00	Cairdeas Clubhouse Based in Bray, Co.Wicklow, the <i>Cairdeas Clubhouse</i> provides an environment of support, acceptance, and a commitment to enhancing the potential of each member to live full and productive lives in their community. Club members and staff work side by side as colleagues, to carry out all the work that is important to the Clubhouse.

	In this session, members and staff present information on what activities happen there and how the clubhouse have adapted to a blended model of service following the pandemic, while staying true to recovery values.
15:00 - 15:30	Burton Hall POPEE Project The POPEE (Playing our Part for the Ecological Environment) is a co-produced gardening and sustainability programme based in the Horticultural Unit of Burton Hall (Cluain Mhuire MH Service). Participants planned and carried out the renovation and replanting of two run-down allotment beds and are engaged in growing a range of horticultural produce. Here, participants share examples of their excellent work.
15:30 - 15:40	Creativity for Recovery A selection of artwork and creative pieces, inspired by Recovery.
15:40 - 16:40	The Wellbeing Programme Taster ARCHES offer 'The Wellbeing Programme', a 12-session programme which covers a range of wellness topics such as mindfulness practice, self-care, developing good habits, and overcoming dark days. This session provides an overview of the course, materials used, learning activity example and how to enrol on upcoming courses.
16:40 - 16:50	Mindfulness A short mindfulness exercise to wind down and close the day.
Friday, April 1st	
10:00 - 10:10	Mindfulness A short mindfulness exercise to start the day.
10:10 - 10:30	ARCHES Recovery Education Service This presentation provides an overview of the ARCHES Recovery education service for Community Healthcare East. Information is provided on upcoming recovery education workshops and courses and how learning supports recovery for those experiencing mental health challenges.
10:30 - 11:00	Mental Health Engagement in Community Healthcare East The purpose of Mental Health Engagement is to identify and develop ways to improve the service for everyone's benefit. Recently this was pursued through monthly <i>Local Engagement forums</i> which are an important resource for service users and family members & supporters to voice their experiences, raise issues, and be consulted and involved in mental health service developments in their area. The structure of these forums is currently being reviewed and, pending the establishment of the new engagement structures, our region's <i>Area Engagement Lead</i> shares details of new directions and how you can become involved.
11:00 - 11:20	Coffee and Chat Enjoy a tea/coffee over a relaxed and informal chat during a break between presentations.
11:20 - 11:30	Creativity for Recovery A selection of poetry, artwork and creative pieces, inspired by Recovery
11:30 - 12:00	Suicide or Survive Suicide or Survive (SOS) is a nationwide Irish charity focussed on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual. SOS offer a wide range of educational programmes supporting personal recovery, WRAP, Families and supporters, and workplace wellness. A staff member of SOS joins us to provide information on their work and how to get in contact.

12:00 - 13:00	Recovery in Colour Taster Session <i>Recovery in colour</i> is a very popular course with ARCHES, where participants explore a variety of recovery themes through creative artwork and journaling. This taster workshop explores a creative activity and provides information on how you can participate in upcoming courses. (Paper & pencils are required)
13:00 - 13:50	Lunch
13:50 - 14:00	What Recovery means to me – ‘Sea swimming’
14:00 - 14:30	HOPS Based in South Dublin city, HOPS is a RehabCare resource centre that provides supports for people who experience mental health difficulties. It is a centre of wellness and recovery where people can build new relationships. HOPS provide a variety of activities and wellness programmes. Through the recovery model we endeavour to meet individual needs - physical, mental, emotional and spiritual. Members of HOPS join us to share what happens there and how personal recovery is supported.
14:30 - 15:00	Family Resource Centres Family Resource Centres are community-led organisations that provide opportunities for meaningful and supportive social involvement for all. We are joined by a member of staff from <i>Rosemount Family Resource Centre</i> , to share information on what supports are provided to families in the Rosemount and surrounding areas of Columbanus, Farrenboley, Mulvey & Goatstown Close and Dundrum, and how to get in contact.
15:00 - 15:30	Families & Supporters Recovery in mental health is often assisted by Families & Supporters. Recovery learning can be a benefit to you in your own life and in the life of those you support. ARCHES have recently established a <i>Family & Supporters Recovery Group</i> . This group is made up of family members, members of social work teams and recovery educators, and our community-based partner SHINE. We provide information, trainings and peer supports to families and supporters of those experiencing mental health difficulties. This session provides information on this group and how to participate.
15:30 - 16:30	Creative Writing Exercise Creative writing is a fantastic medium for expressing emotions and thoughts and a good way to protect mental wellbeing. This taster workshop explores Recovery theme through a simple exercise in writing and discusses options to engage in future creative writing workshops with ARCHES.
16:30 - 16:40	Mindfulness A short mindfulness exercise to wind down and close the day.
16:40 - 16:50	Close

