



The Yorkshire and Humber Involvement Network Present a conference Celebrating a decade of involvement

**Yorkshire and Humber Involvement Network
Present a Conference
Celebrating a Decade of Involvement**

<p>Where and When?</p> <p>Date: Tuesday 24th May 2016 Venue: National Coal Mining Museum, Caphouse Colliery, New Road, Overton, West Yorkshire WF4 4RH www.ncm.org.uk</p> <p>This unusual and exciting venue, one of the few remaining accessible coal mines in England, along with the presentations and workshops that will fill the day, will ensure that the conference stands out in the memory of the delegates. This venue is central for all of the secure services in Yorkshire and Humber and is accessible for people around the country by rail and road, with ample parking.</p>	<p>Map to NCM</p>
<p>Why?</p> <p>This conference is to celebrate a decade of regional involvement in secure services. The Yorkshire and Humber Network brings together service users and staff from 16 services that includes both NHS and private organisations providing low and medium secure care. The Network is about sharing best practice and collaborative working to improve the experience and quality of support that people receive.</p>	<p>Key Points of the Day</p> <p>Keynote speaker - Dr Amanda Bertram</p> <p>Benchmarking Research Tool</p> <p>Music</p> <p>Workshops</p> <p>Ian Callaghan, Rethink Mental Illness</p> <p>Celebrations and fun!</p>
<p>Contributions Welcome</p> <p>There will be no market stall due to limited space - however all services in the Yorkshire and Humber Network are invited to contribute in the following ways;</p> <ul style="list-style-type: none"> • Information about initiatives from your service you would like to share; this will be added to goody bags for attendees. • Contributions towards a music CD to be played over lunch. • Any artwork that people would like to be shown over lunch (on a screen). <p>Deadline for submission of any contributions -18th March 2016 via email to: events@cygnethealth.co.uk</p>	

Sponsored by

Agenda

9.00	Arrival/Registration and Refreshments
Morning Session	
10.00	Laughter Yoga
10.10	Conference Introduction and Opening Holly Alix and Jo Harris Yorkshire & Humber Involvement Leads
10.30	Key Note Speaker Dr Amanda Bertram Psychological Skills Mentor, Chimp Management
11.15	Refreshment Break
11.30	Update on Benchmarking Research Tool Anne Holvey University of Manchester
12.15	Choir Performance Moorlands View
12.30	Lunch Break
Afternoon Session	
13.30	Workshop 1 - delegates to choose from; 1. Laughology, Humber Centre 2. Music Improvisation, The Trash Bang Man 3. Mindfulness – York Mind 4. Underground Coalmining Tour, National Coal Mining Museum
14.30	Workshop 2 - delegates to choose from; 1. Laughology, Humber Centre 2. Music Improvisation, The Trash Bang Man 3. Mindfulness – York Mind 4. Underground Coalmining Tour, National Coal Mining Museum
15.30	Ian Callaghan Recovery and Outcomes Manager, Rethink Mental Illness
16.00	Balloon Activity
16.30	Closing Remarks and Conference Close

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Key Note Speaker—Chimp Management	8 & 9	Moorlands View Choir	20
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A little bit about us

Holly

- Music, reading, shopping, pink
- Mushrooms
- Playing guitar, cooking for friends

Likes

Dislikes

Interests

Jo

- Shopping, Birthdays, sparkle, kittens
- Coffee
- Afternoon tea or a cuppa with friends

Role

Meeting with people and hearing about all the work that they are doing

Inspiring people and hearing about new ways to get motivated

Developing ways of improving experience of patients and staff

Involving people in this and the bigger picture – strategy

Finding ways to do this which makes sense in the real world—not just doing things that are supposed to be right

Having fun and a laugh along the way - the process is more important than the outcome.

So that's us; Holly and Jo—sometimes known as Jolly—which is definitely better than Ho!

Jo Harris

I have worked as Yorkshire and Humber Involvement Lead for the last 10 years and I have really enjoyed seeing the changes and supporting service users and staff to be a part of them.

My background is as a mental health nurse. I have been qualified since 1996, and I have worked in various mental health settings and also in a research department. I have used mental health services since I was a teenager and so I have lots of perspectives which I try to use to do my job. I have a lot of fun at work and have newly qualified as a laughter yoga therapist.

Holly Alix

I have worked as Yorkshire and Humber Involvement Lead since the beginning of 2014 and I really enjoy working with you all on different projects – at Sandal Rugby club and within your services. It is a pleasure to be a part of this work and it never ceases to surprise and inspire me.

Before that I worked as a Project manager and Trainer for the York Mind charity and as Involvement Coordinator in a step down service for 4 years; as well as working in other mental health and learning disability services. I have an MA in Psychotherapy and I am a Mental Health First Aid trainer.

We hope you enjoy the conference celebrating a decade of Involvement today.



Ian Callaghan Biography – Y&H Involvement Conference May 2016

Ian Callaghan is the Recovery and Outcomes Manager at the national mental health charity Rethink Mental Illness where he co-ordinates and facilitates the nine regional Recovery and Outcomes Groups for secure mental health services throughout England.

Ian was himself in a medium secure unit from 2007-2012 and there became involved in the development of My Shared Pathway, which aimed to improve the recovery focus of secure services and which also included setting up the Recovery and Outcomes Groups.

The Recovery and Outcomes Groups aim to further embed a recovery focus with clearer outcomes in secure services and provide a place for service users, staff and commissioners to come together to share best practice. The outputs from this work contribute to the commissioning work of NHS England and the work of other national organisations.

Ian has presented this work at several conferences, including the Westminster Health Forum and the International Association of Forensic Mental Health Services in Toronto 2014 and Manchester 2015.

Ian was the Rethink Mental Illness Member of the Year in 2012 and in February 2015 won the Deputy Prime Minister's Mental Health Hero Award in recognition of his role with Recovery and Outcomes. He was listed as one of the top fifty HSJ Patient Leaders in July 2015.

Twitter: @ianmcallaghan @RecoveryOutcome



Dr Amanda Bertram

Psychological Skills Mentor

MBBS BSc MRCP MRCGP DRCOG

Mandy is an experienced clinician having graduated from University College London in 1992 with degrees in medicine and psychology.

She spent five years in hospital medicine before specialising in general practice, and has worked as a committed GP partner in an outstanding Chester practice for the last 15 years.

Mandy establishes trust and rapport quickly with her warm, honest and open communication style, and sense of humour. She understands the stresses of working in a pressured environment and is passionate about using the chimp model to support individuals, teams and organisations to find greater sense of wellbeing and purpose.

Mandy is married to a busy surgeon and mother of two. She loves family life but has a spirit of adventure and embraces change and challenge.



Conference Proposal

CELEBRATING INVOLVEMENT IN YORKSHIRE AND HUMBER SECURE SERVICES

Proposal

We propose the need for a conference that is held in Yorkshire and Humber to celebrate all of the great work that happens in this region. Some CQUIN's that are now national originated in Yorkshire and Humber; such as the CPA standards and My Shared Pathway. The conference would aim to focus on the involvement work of service users and staff in this region. The Benchmarking Tool would act as a focus for the conference in celebrating the work that has gone into this up to now and focusing on how this will be consolidated and built on in the future to continue to work collaboratively with service users and improve quality in secure services.

Many conferences are held in the midlands or in the South of the country and this prevents many users of secure services in Yorkshire and Humber from attending and being part of these events.



Costings (for 150 delegates)

Venue: National Coalmining Museum

<https://www.ncm.org.uk/>

This unusual and exciting venue, one of the few remaining accessible coal mines in England, along with the presentations and workshops that will fill the day; will ensure that the conference stands out in the memory of the delegates.

This venue is central for all of the secure services in Yorkshire and Humber and is accessible for people around the country by rail and road, with ample parking.

- Venue hire, refreshments and access to museum and underground tours
- Admin and back office support - branding, e-shot mailing
- Staffing support on the day
- Delegate packs
- Market place stalls Workshops
- Key note speakers and presentations

Total estimated costings
£7500

1. Involvement Standards

Standards	Score	As
1. There is easy-to-read information available on the website about what involvement groups are seeking professional from the industry and its standards.		
2. There are clear signposting opportunities provided to people to get involved in service provision, development and review at individual, ward and service levels.		
3. There is a clear signposting opportunity or what involvement means to people in the service which is updated and updated annually.		
4. Empowered individuals are able to have a personal time to personally plan and prepare for meetings with service users.		
5. Communication meetings are relevant, accessible, meaningful and opportunities to act on issues raised.		
6. There is a clear route of feedback to and from meetings and works on that progress in change requests and developments are can easily be shared.		



Benchmarking Tool for Reviewing Involvement Structures

The Benchmarking Tool for Reviewing Involvement Structures has developed from a project group in Yorkshire and Humber. This was identified as a priority area for development by service users and staff across secure services in Yorkshire and Humber.

The tool has been developed in close consultation with service users and staff and while many of the standards have come from the CQUIN's, the wording and the majority of the standards themselves are service user defined. They have all been consulted on with service users and staff. The benchmarking tool is to be owned and used by service users and staff for service improvement, and as a measure of quality



Planning Group

A big huge massive thanks to the Humber Centre, Moorlands View and Cygnet for helping us with the planning of the conference. We had a few planning meetings in the months running up to the conference and these were really helpful to share ideas and to share some of the work involved! The Humber Centre made all of the table decorations for the day, with lolly pops for everyone and also the table names. The Humber Centre also were in charge of delivering one of the workshops on the day—Laughology. Cygnet recorded and organised all of the music for the day and everyone loved listening to everyone singing over the course of the lunch break. Moorlands View brought their choir to the conference and sang wonderful music as well as some instruments and got everyone up dancing and singing along to the music, a real highlight of the day! The final planning meeting took place at the National Coal Mining Museum where we met with the events organisers and Cygnet and took a look around and met the horses as you can see from the photo below.

Thank you again to everyone involved in supporting the day.



Celebrating a Decade of Involvement in secure services in Yorkshire and Humber



2007

- The Strategy – Reaching Joint Solutions, a 5 year strategy was published.
- Main points:
 - literature review
 - project groups
 - strategy group
- Aim – to continue to improve involvement in commissioning processes



2006

- Where it all began – the vision
- First Involvement Leads employed in Yorkshire and Humber
- Development of an involvement strategy
- Aim: to introduce involvement into commissioning processes



2010 - 2013



- Whole Dining Experience CQUIN
- Recovery and My Shared Pathway CQUIN
- Choice and Responsibility CQUIN
- 25 hours of Meaningful Activity CQUIN
- Involvement Strategy meetings quarterly at Sandal Rugby Club
- i4i meetings to support CQUIN's
- 2013 - Redundancy of involvement lead posts with the introduction of NHS England



2009

- Introduction of CQUIN's
- Service user defined
- Supported by regional Involvement for Improvement (i4i) groups
- Involvement Strategy CQUIN
- CPA Standards CQUIN
- My Future Plan CQUIN



CPA Standards

My Future Plan



Evaluation continued...

The Evaluation of the strategy

- UCLAN – 2012-13
- Mick and Fiona interviewed service users and staff in services and at involvement meetings
- Looked at 4 main case studies:
 - CPA Standards
 - Involvement Strategy Group
 - Filming Project
 - Women



An Evaluation of the Implementation, Management and Impact of service user involvement initiatives in secure care, Yorkshire & Humber.

September 2012

- Findings and recommendations
- It's the talk!
- "Bringing it all back home"
- Priorities for future strategy - invest in thorough uptake of involvement initiatives at all levels
- Specific priority issues identified
- Training and induction



Yorkshire and Humber Network



- Sharing best practice
- Themed around an area of the Benchmarking Tool
- Presentations
- Group work
- Round Robin
- Commissioning Update and involvement



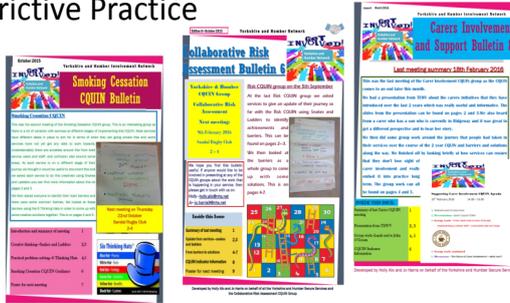
Newsletters, Bulletins and Annual Reports

- Making information more accessible to all
- Involving everyone
- A snapshot of meetings instead of minutes
- Art work and poetry



CQUIN 2014-17

- Collaborative Risk Assessment
- Supporting Carer Involvement
- Smoking Cessation
- Recovery College
- Reducing Restrictive Practice
- CTR CQUIN
- CQUIN groups at Sandal



Benchmarking Tool

- Started off as a project group around measuring involvement 2014
- We had an idea to make it more accessible and comprehensive – to include all the CQUIN's and project groups.
- Consultation phase regionally and within services to set standards
- Redefined standards from feedback
- Need to pilot and "test" it – could it be a future CQUIN?



2014

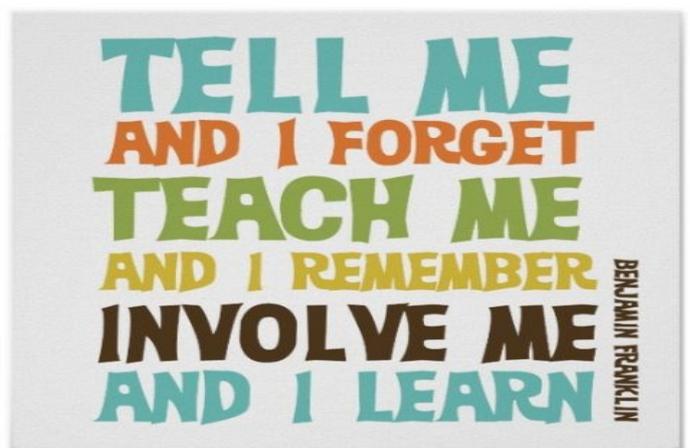


- Reintroduction of the Involvement Lead posts – new emphasis!
- Yorkshire and Humber Network
- Took on recommendations from the Evaluation to input more into services by attending involvement meetings and supporting individual service projects.
- Supporting Recovery and Outcomes Groups in Yorkshire and Humber – Ian Callaghan
- Afternoon tea – project groups
 - MDT Standards
 - Involvement in Recruitment and Selection
 - Benchmarking Tool



What next?

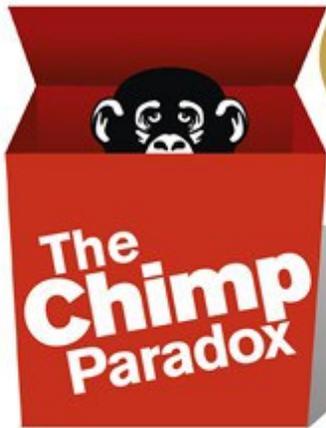
- Continue to link in to services – involvement meetings
- Support with CQUIN's – working with lead services to support and improve the process
- Yorkshire and Humber Network – Increased hours to maximise potential of the Network
- Benchmarking Tool – see where we can take it
- Increase involvement with specialised commissioning
- Strategy – develop a 5 year strategy
- Secure Funding for the future of the Involvement Lead roles



Presentation from Dr Amanda Bertram

Prof Steve Peters

CREATOR OF THE **GROUNDBREAKING** MIND MODEL



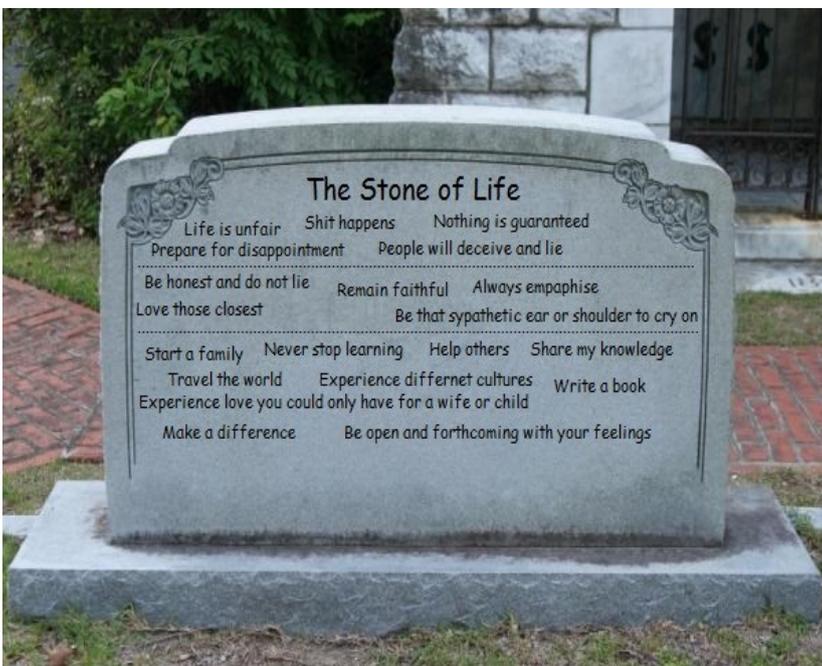
'The mind programme that helped me win my Olympic Golds'
Sir Chris Hoy

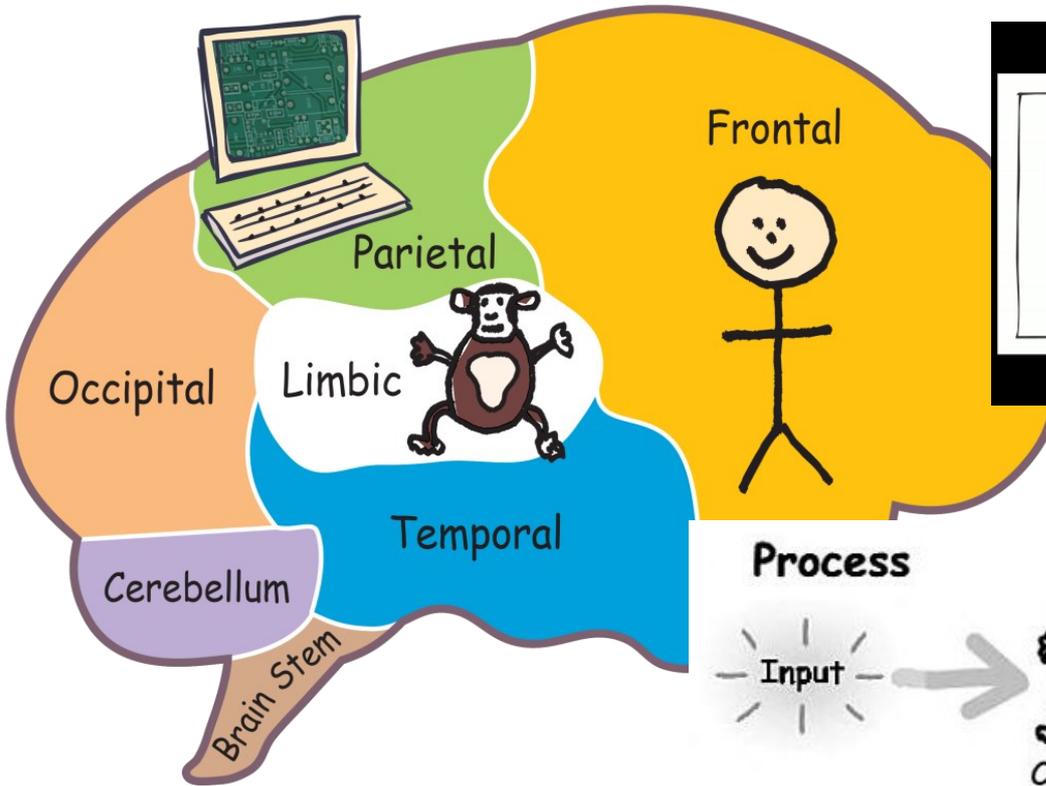
The
**MIND
MANAGEMENT**
Programme for
Confidence, Success and Happiness



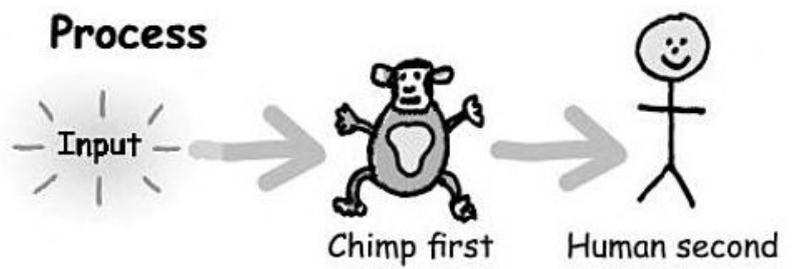
Chimp Management Ltd

Psychological skills mentoring

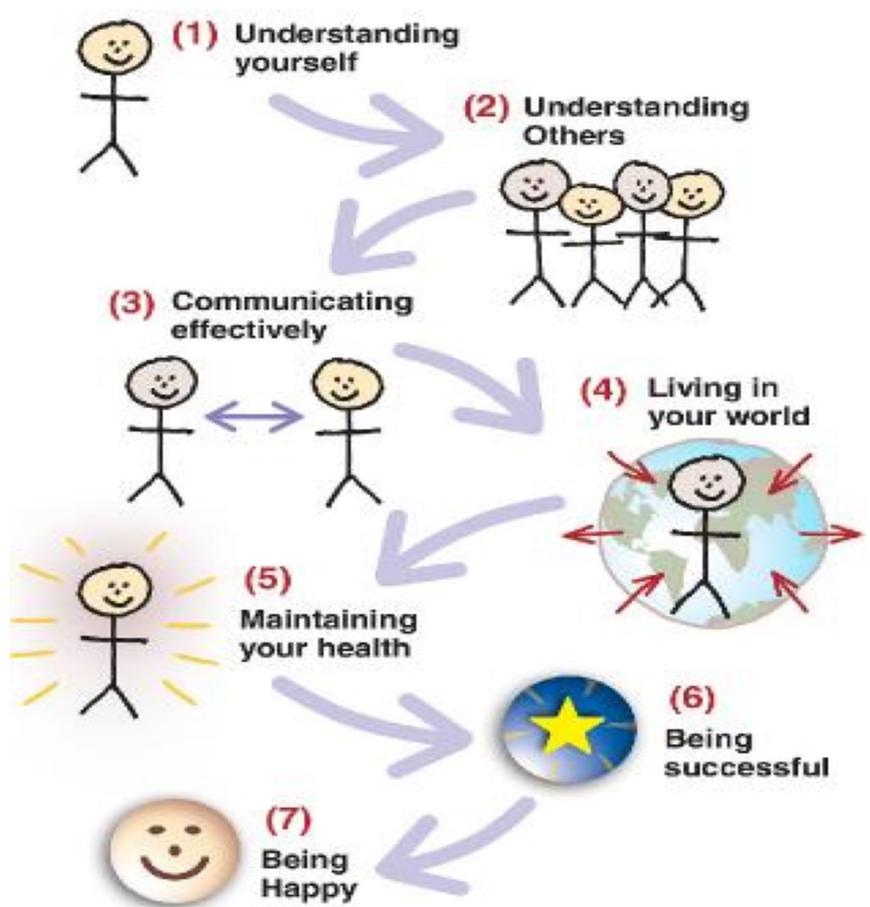




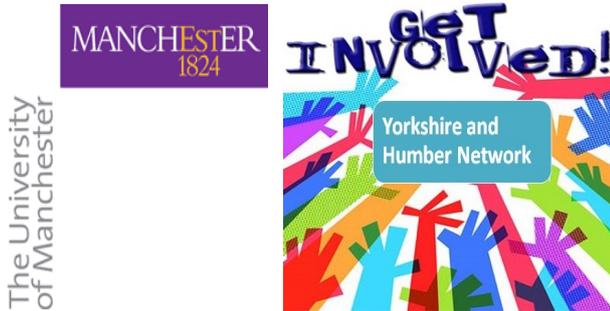
**MANAGE THE CHIMP
INSIDE YOU.**



**TRUE FRIENDS LIKE
US FOR OUR VALUES
AND
PERSONALITIES,
NOT OUR
ACHIEVEMENTS,
POSITION AND
POSSESSIONS**



Collaborative Working



Partnership between the Yorkshire and Humber Involvement Network and The University of Manchester

- We approached Manchester University to see how we could work together.
- Agreed to find a student on the Advanced Practice in Forensic Mental Health Masters Programme to use the tool as a basis for a dissertation.
- Meeting Anne and Naomi!



Partnership between the Yorkshire and Humber Involvement Network and The University of Manchester

- Anne Holvey: Masters Degree Student and Forensic Social Worker at Guild Lodge Hospital, Preston
- Naomi Humber: Lecturer and Clinical Psychologist at HMP Manchester



Why are we doing this?



- History tells us that people who use mental health services have been fighting for ownership of their own recovery since services began.
- Evidence tells us that recovery is supported and enhanced when service users play an active part in the process.
- Wider research tells us that services are on a journey toward working in an inclusive way.
- Early findings from this research suggest that services are making considerable efforts to work in this way and there are evident strengths. Inevitably, there are further changes to make, and a need to be vigilant to ensure services provided remain inclusive.



Title: A service evaluation project to examine a benchmarking tool developed to capture involvement and promote best practice across standards of care in low and medium secure mental health services



Background



This project has been commissioned by the Yorkshire and Humber Involvement Network.

The ultimate outcome in the longer-term would be for service user involvement standards to be included within CQUIN.

Before this can happen an innovative benchmarking tool has to be deemed acceptable and feasible by staff and service users.

A pilot version of the tool is being used to collect data from services across different standards of care to gain insight into applicability and best practice.



Aims & Objectives



1. Describe feedback from low and medium secure services on the Benchmarking tool's feasibility and acceptability to capture involvement and best practice.
2. Examine and describe practice across services in relation to specific standards of care which are:
 - Collaborative Risk Assessment;
 - Carer Involvement;
 - Multi-Disciplinary Team Meetings;
 - Care Planning Arrangements; and
 - Recovery.



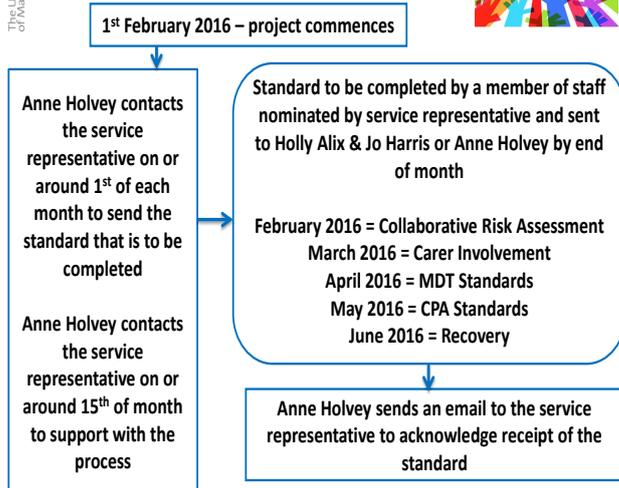
Participating Services



- Humber Centre
- Newton Lodge
- Wathwood
- Cheswold Park
- Stockton Hall
- Newsam Centre
- Waterloo Manor
- Clifton House
- Moorlands View
- Alpha
- Bretton Centre
- Newhaven
- Cygnet Bierley
- Bradley Woodlands



Project Process



Data Collected



- PART 1:** Benchmarking Tool completion
- PART 2:** Method used for collecting information on standard:
 - Community/Involvement Meeting with staff and service users
 - Staff and service user representatives working together
 - Staff led and face to face consultation with individual service users
 - Staff led and consulted with service users via questionnaire
 - Other
- PART 3:** Benchmark Tool acceptability and feasibility
 - Tool rating, i.e. satisfied or not satisfied and reasons
 - How they found the completing the standard, including anything that they think is important for us to know
 - Thoughts, comments and suggestions about how to improve it



How is it going?



Participation in the project has been great from different services and service representatives.

We have some really interesting findings about the different standards of care and also the benchmarking tool that we are looking forward to sharing with you later this year.

We could not get this type of information without the support of staff and service users and their collective efforts, so thank you very much!



What will be next?

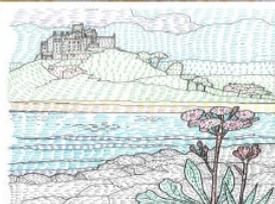
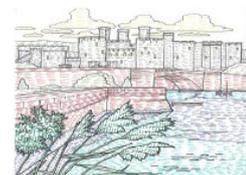


June 2016 will see the completion of data collection.

Data will be examined and analysed July-August 2016.

Findings and recommendations from the initial project will be provided circa August-September 2016.

Art work and poetry from
service users in the Yorkshire
and Humber Network
Thank you!



RELATIONSHIPS

What's your name?
 What's your job?
 What's your game?
 I hope we get on fine
 And don't fall out
 All of the time

Let's take it nice and slow
 You can't rush things you don't know
 Let's pace it out
 And have some fun
 It can take forever
 To know someone.



COORDINATION

You can wear nice tops and jeans
 Of cool design and colour schemes
 Made of cotton and soft leather
 But what matters is if they match together

Red and black will never fail
 Nor will blue and white
 And how you look affects how you feel
 So you need to get it right

Thank you to everyone for the wonderful art work and poetry, as well as to service users at Cygnet for the lovely music!

If you eat a lot of chips
 They go past your lips
 Straight to your hips
 Like a sea full of ships
 And your clothes get full of rips
 And end up on some tips
 Or thrown in skips
 And your pants give you nips
 So your need to get to grips
 And stop eating too many chips.



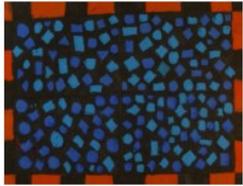
The Sea of Myself

A treacherous sea throws me
 This way and that
 Pitched and tossed on waves of anxiety
 Carried on currents of stress
 Awash with nervous tension
 Pounded onto the shore
 A personality broken and bruised
 Clawing my way slowly up the beach
 Tired, fatigued, exhausted
 Then still, then still
 Then my eyes open
 A nightmarish dream
 And as I look around
 Reality takes hold
 The day begins
 And I start to drown
 In the sea of myself



Autumn, autumnal,
 When you feel that first chill,
 And the wind is still.
 The leaves are falling.
 There's a robin calling
 Colours, burnt orange
 Red Russet, Green Gold
 To yellow.

The sun shines and all is
 Softly merging mellow.
 The mist and the murk.
 years growing yields it's work.
 The season comes in
 halantly, subtly, the atmosphere,
 the ambience, the air pervades
 A tangible difference,
 Without a care.
 The rich aroma,
 Sweet scent of decay.
 rooms in all shades and sizes and colour
 Is Autumn's way
 The creeping up of night.
 Berries ripened all beautiful
 To our sight.
 Horse chestnuts new
 Shiny rich brown
 Like polished wood.
 onder as the year turns to slumber.
 All is good All is good
 I thank God because we should!



Laughology workshop

How do we feel when we laugh?

Doris

Crying! Release tensions. Ribs ache. Tummy tightens. Feel good. Out of breath. Body movements. Aching jaw. Content. It's what I needed. Tena Lady. Enjoyed. Sweating. Joy. Happiness. Smiling. Endorphins. Heart goes faster.



Sweat. Tensed shoulders. Feel better about yourself. Belly pains. Wee ya pants. Heart beats faster. Red cheeks. Endorphins. Feel good factor. Eyes water.

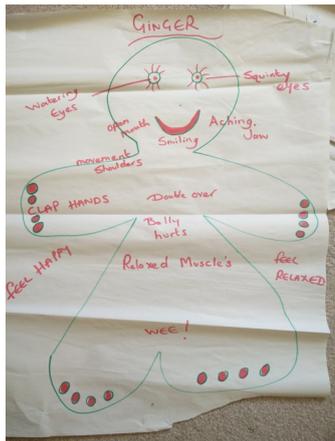


Gary the Giggler

Forget problems. Head ache. Wiggle. Collapse. Muscles hurt. Loss of bladder control

Lottie

Cheeks hurt. Snorting. Tears. Big smile. Snot. Shoulders move. Racing heart. Sweat. Fat wobbles. Dribble wee. Pass wind.



Mr Always Right

Good. Happy. Teary. Eyes water. Twitches. Belly wobbles. Jerky and tired. Being sick. Passing wind. Snorting. Snot comes out. Wee

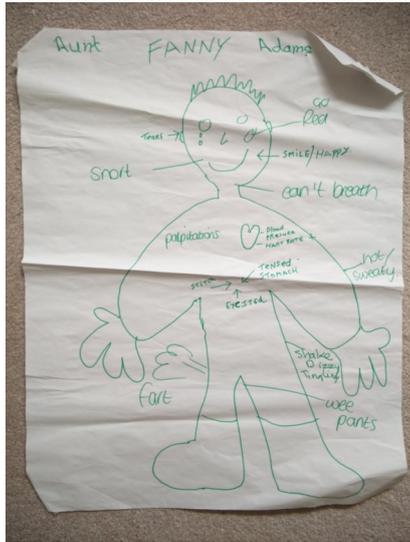
Ginger

Watering eyes. Open mouth. Smiling. Squinty eyes. Aching jaw. Movement shoulders. Clap hands. Double over. Belly hurts. Feel happy. Relaxed muscles. Wee! Feel relaxed. Think happy thoughts. Endorphins. Cheeks hurt. Shoulders ache. Muscles flex. Wee! Sides hurt. Fart



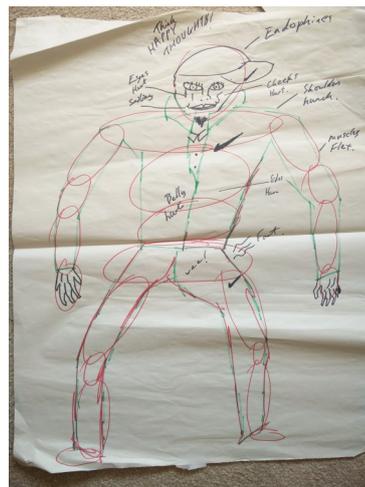
Mr Robin Reliant says so

Happy with laughter. Crying. Eyes water. Smiling. Shoulders lift. Laughing. Ribs ache. Butterflies. Farts loudly. Knees wobble. Pees himself



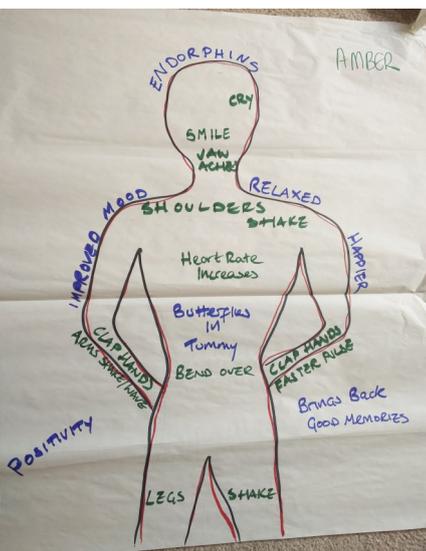
Aunt Fanny Adams

Snort. Go red. Smile and happy. Cant breathe. Blood pressure and heart rate increases. Palpitations. Tensed stomach. Stitch. Excited. Hot and sweaty. Shake. Dizzy. Tingling. Wee pants. Fart.



The Joker

Why so serious? Cant keep eyes open. Tired. Cry. Breathless. Laughter lines. Headache. Smile. Lose power of speech. Endorphin release. Stitch. Pain in the gut. Sweat. Get silly. Jiggle. Ouch! Feel good

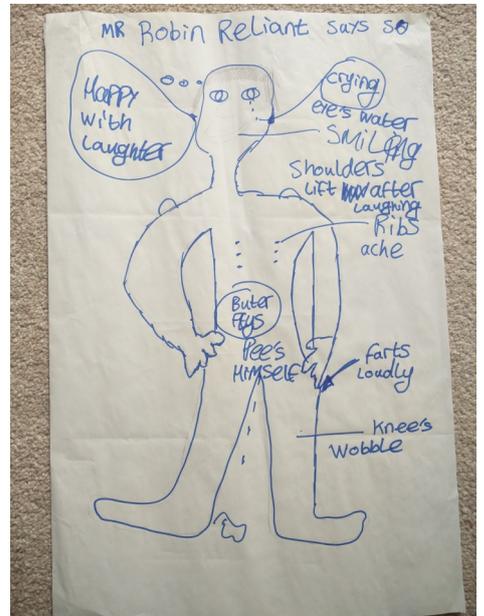


Amber

Endorphins. Improved mood. Relaxed. Happier. Clap hands. Arms shake and wave. Shoulders shake. Legs shake. Heart rate increases. Butterflies in tummy. Bend over. Faster pulse. Brings back good memories. Positivity.

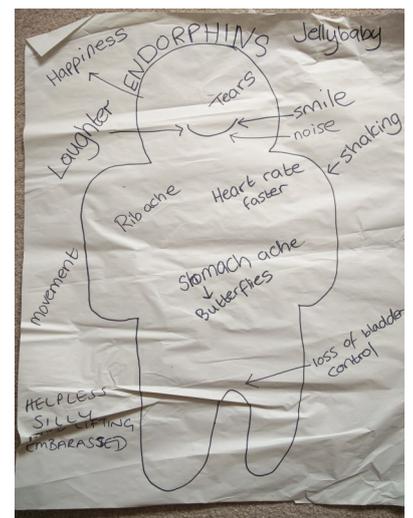
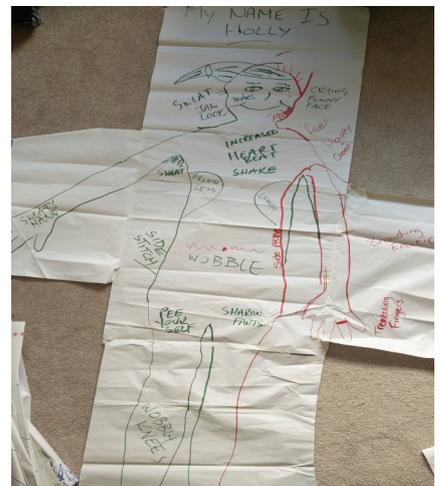
Jelly Baby

Happiness. Laughter. Endorphins. Tears. Smile. Noise. Shaking. Heart rate faster. Stomach ache. Butterflies. Loss of bladder control. Movement. Shaking. Silly. Helpless. Mood lifting. Embarrassed.



My Name is Holly

Sweat. Lock jaw. Tears. Crying. Funny face. Increased heart rate. Shake. Feel happy. Good. Side stitch. Pee yourself. Sharon farts. Breathing erratic. Trembling fingers. Wobbly knees.



Afternoon Session – Workshops

- 1. Laughology ●
- 2. Music Improvisation ●
- 3. Mindfulness ●
- 4. Underground Coalmining Tour ●

Laughology Workshop
www.laughology.co.uk

Humber **NHS**
 NHS Foundation Trust



LAUGHOLOGY
 HAPPINESS AWARDS
 2016



Music Improvisation Workshop
[@trashbangman](https://twitter.com/trashbangman)





Underground Tour
www.ncm.org.uk





NATIONAL COAL MINING MUSEUM
FOR ENGLAND

Mindfulness Workshop
[@theYorkmind](https://twitter.com/theYorkmind)
www.yorkmind.org.uk

A taste of Mindfulness

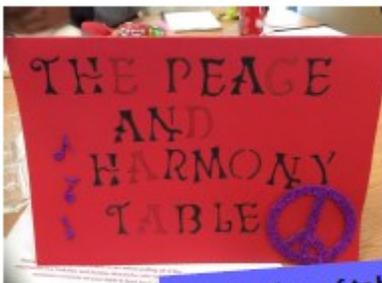
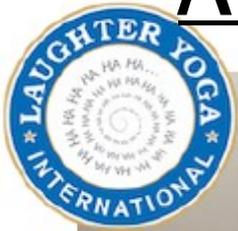



York mind

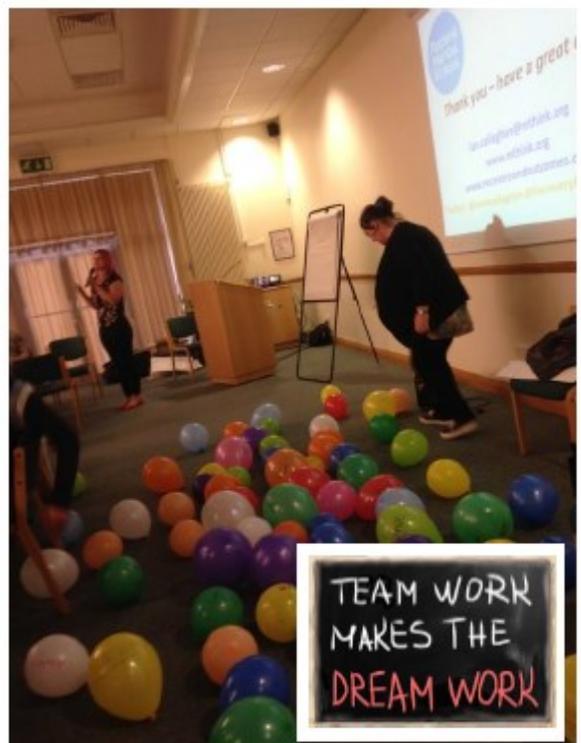



You can follow us on Twitter
@YumberNetwork
#Yumber16

A few pictures from the day



A selection of table signs made by service users at the Humber Centre





Me and My Recovery

Ian Callaghan

Recovery and Outcomes Manager

Rethink Mental Illness

- Recovery as a journey
- A bit about my journey
- My ongoing recovery
- Challenges along the way
- My top tips



Recovery

- Finding **hope**
- Redefining **identity**
- Finding **meaning** in life
- Taking **responsibility** for recovery

Andresen, Oades & Caputi (2003)

Recovery is...

...a process of healing, of adjusting one's attitudes, feelings, perceptions, beliefs, roles and goals in life. **It is a painful process**, yet often one of **self-discovery, self-renewal and transformation**. Recovery involves creating a **new personal vision** for one's self.

Spaniol L. et al (1997)

A bit about my journey...

- Growing up – or did I?
- Coming out – about lots of different things!
- So, for the first time ever...
- Telling my story now
- What you all mean to me
- What next?



Hope

“Hope is an orientation of the spirit, and orientation of the heart; it transcends the world that is immediately experienced, and is anchored somewhere beyond its horizons...**It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.**”

Vaclav Havel, 1986



My recovery

- A continuous journey, but not always straightforward
- A journey possibly with an uncertain destination
- Involves change – difficult!
- Not specific to mental health problems

Journeys

- Excitement, trepidation, nervous
- Start somewhere, involve planning
- Alone or with fellow travellers
- Can go wrong
- Something to write home about
- Good experiences, bad experiences

Hope

- Can be held by others
- Grows with opportunity
- Variable – comes and goes
- Realistic expectations



My challenges along the way

- In the beginning:
 - Developing and maintaining hope
 - Accepting responsibility
 - Grasping opportunities
- For my fellow travellers:
 - Personal resonance
 - Relational boundaries
 - Persistence



Keys to my recovery

- Fellow travellers who listened and supported
- Someone who ‘gets me’
- Relationships
 - Rebuilding
 - Honest
 - Meaningful



For the Journey...

- Companions
- A map, a route and a compass
- Sustenance – ‘doing’
- Rest and recuperation – ‘being’
- A good view
- An achievable destination



My Shared Pathway – Recovery and Outcomes

- My pathway out of secure care and beyond
- From developer to facilitator
- Recovery and Outcomes – go hand in hand
- Bringing about a culture change
- Journeying into my future



My Top Tips for Travellers

- Don't go it alone
- Companions don't set the pace
- Talk is good – silence is too
- Companions look after your own recovery
- Forwards is good, but **there's no shame in walking backwards**



My Top Tips for Travellers

...this multiplicity of perspectives in itself has an important lesson – **no one approach works for, or ‘fits’, everyone. There is no right way for a person to recover.**

Slade, M (2010)



And Finally...

“Yes, we can”

Barack Obama, 2008



Thank you – have a great day!

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Graphic on tour!!

If your service would like to take a turn and display the graphic somewhere for a little while then do let us know!

It is currently at Cheswold Park so if you are there then go and take a look.

It is fully laminated so it can be displayed easily without danger of damaging it, although it is fairly huge!



Feedback

Thank you for all your wonderful feedback and such lovely comments about the day :-)

If you were at the conference and didn't get a chance to feedback then it's not too late!

We would like to hear from you if you have suggestions for another conference, comments and feedback from this conference, or if you didn't get chance to attend this year then let us know your thoughts about the conference newsletter.

We look forward to hearing from you.

And as always—if anyone would like to make a contribution to any of our newsletters then please send any articles, poetry, art work etc. to holly.alix@nhs.net or ask a member of staff to send it in on your behalf.



Celebrating a Decade of Involvement
The Yorkshire and Humber Involvement Conference
Tuesday 24th May 2016

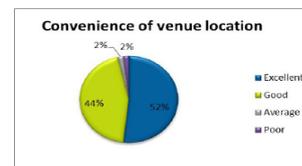
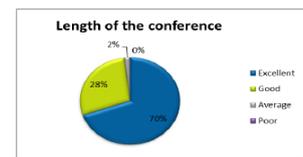
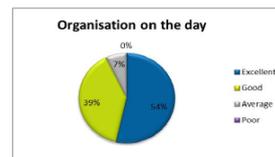
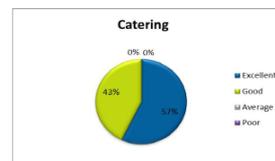
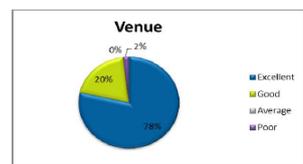
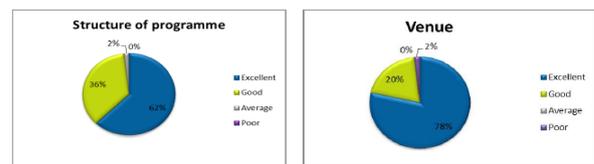
Conference Report

Cynet Health Care sponsored the Yorkshire and Humber Involvement network with their conference "Celebrating a Decade of Involvement" which was held at the National Coal Mining Museum on Tuesday 24th May 2016. The conference had a total of approximately 150 delegates.

Delegate feedback

In each delegate pack was an evaluation form which delegates were asked to complete and return before leaving. Evaluation forms were collected at the end of the day and 56 completed forms were collected on this occasion.

The results of this exercise can be found below.

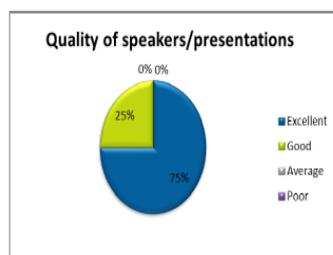
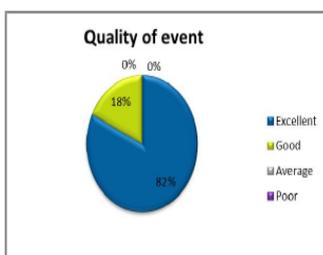


Event Overall

Delegates including service users and staff were asked to consider the following and rate from "Excellent" to "Poor", with the chance to add additional comments. The results were as follows:

	Excellent	Good	Average	Poor
1. Quality of event	46	10	0	0
2. Quality of speakers/presentations	42	14	0	0
3. Structure of programme	35	20	1	0
4. Quality of the venue	44	11	0	1
5. Convenience of location of the venue	32	24	0	0
6. Catering	34	19	2	0
7. Quality of information received in advance of event	30	22	4	0
8. Organisation on the day	39	16	1	0
9. Length of the conference	29	25	1	1

Additional comments from delegates relating to the event overall can be found in Appendix 1.



Content

Comments on the content

"We were kept really busy and had lots of fun"

"Overall was fantastic"

"Some fantastic presentations by some very informative presenters"

"A truly wonderful and interesting day"

@An excellent day, really well structured and enjoyable"

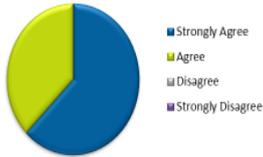
Content

Delegates were asked to specifically consider the content of the conference and rate the following from "Strongly Agree" to "Strongly Disagree";

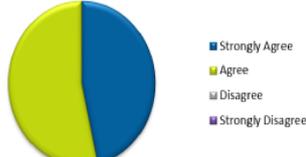
	Strongly Agree	Agree	Disagree	Strongly Disagree
1. The content was interesting and relevant to me as a professional	35	21	0	0
2. The content of the course met my learning objectives	26	30	0	0
3. The promotional material accurately reflected the content of the conference	31	25	0	0
4. The amount and depth of the material covered were appropriate to the length of the conference	30	25	1	0

Additional comments from delegates relating to the Contents of the event can be found in Appendix 1.

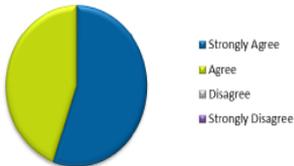
The content was interesting and relevant to me as a professional



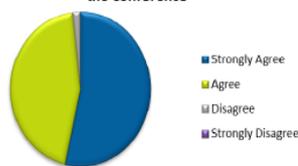
The content of the course met my learning objectives



The promotional material accurately reflected the content of the conference



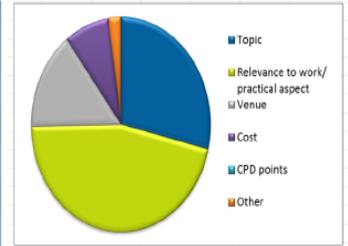
The amount and depth of the material covered were appropriate to the length of the conference



What attracted you to today's event?

Answers

Topic	49
Relevance to work/practical aspect	41
Venue	3
Cost	20
CPD points	13
Other*	0



Comments on the Speakers/presentations

- "CHIMP presentation very interesting."
- "Ian Callaghan was very inspiring."
- "The speakers were all very good and put their points across very well."
- "Dr Amanda Bertram's presentation was the highlight of my day"
- "Speakers were all excellent"
- "Absolutely loved Dr Bertram's talk, the books have been ordered for the ward"
- "All speakers and presentations were fantastic"

Common Themes For Best/Most Useful Aspects Of The Conference

- Music Improvisation Workshop
- Laughology Workshop
- Giving service users the chance to be involved and getting them out the hospital environment
- Ian Callaghan's speech
- CHIMP management presentation
- The coal mining tour
- Mindfulness Workshop

Ideas for future conferences/seminars

- For the same conference to happen annually
- Recovery Collage
- The world of the recovery and outcomes groups
- Benchmarking

Any additional comments"

- "Loved it"
- "Excellent organisation and a good programme"
- "Excellent conference, well done!"
- What a great day, interesting and well organised"
- "Please keep these events going"
- "Overall thoroughly enjoyed the day, some contents was more useful than others"
- "Really liked the choir"
- "Nice feature to have the coal mining tour, something different"
- "Keep up the good work"
- "Done a good job, very good day"
- "Workshops and overall day created a very good feeling for staff and service users"

Appendix 1: Delegate Comments

Event Overall

Comments on event overall

- "Best day ever in Mental Health"
- "Excellent Day, fantastic organisation"
- "Extremely enjoyed the event, what a day to remember"
- "Great to see an event attended by so many service users and support staff alike. It proves that things are changing for the better"
- "Thoroughly enjoyed the conference"
- "Superb, Grade A"
- "Very well managed/organised. Very helpful staff"
- "Very interesting, it was a good day!"
- "Great fun"