

## **COURSE TITLE :** **RECOVERY AND INCLUSION IN MENTAL HEALTH**

### **TRAINER:**

**Juliette Merrett** is a specialist occupational therapist with many years' practice in mental health settings. She currently manages a multi-disciplinary team of therapists serving a large acute mental health in-patient facility.

### **AIMS AND OBJECTIVES:**

The course aims to give a comprehensive overview of these key ideas and approaches encompassed within what has become known as the Recovery and Inclusion model of mental health.

The approach is a challenge to professionals at the level of individual practice and it is also shaping the way that services are provided at an organizational level. The course aims to consider the implications for both these areas.

### **DURATION OF COURSE:**

Whole day (0930 to 1630 with breaks)

### **NUMBERS:**

Between 12 and 20 participants

### **TARGET AUDIENCE:**

The course will be relevant to health and social care professionals working in any service which delivers mental health care. These include both primary and secondary mental health services for adults, services for older people, and in-patient settings. Those working with young people in CAMHS Services will also find the course relevant.

The course is also recommended to practitioners working in other fields, who may be considering work in the field of mental health. For this group we recommend attending 'An Overview of Adult Mental Health Services' before registering for this course.

### **TEACHING METHOD:**

The course is conceived as a workshop, with maximum opportunities for interaction between trainer and course participants. There is a comprehensive Power Point presentation, combined with individual and small group practice.

### **COURSE SYNOPSIS:**

- What does recovery mean to you?
- The roots of the recovery movement
- The service user experience
- Key ideas and concepts in recovery
- Key documents driving government policy
- Implementing recovery – organizational challenges
- 'Bridge Building' and Social Inclusion
- Recovery in mental health practice - the challenge to professionals