

**Northern Ireland Practice and Education Council for
Nursing and Midwifery**

***Promoting Recovery Orientated Practice
Across Mental Health Services***

Project Plan

(as at 17 July 2012)

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1.0 Introduction

- 1.1 Mental health Recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her potential (DHHS, 2005).
- 1.2 *“If recovery is a journey then the role of mental health workers is to provide some guidance and signposts on that journey without taking control away from the service user they travel alongside”* (NES, 2007).
- 1.3 The Bamford Action Plan for Mental Health (DHSSPS, 2012) includes a commitment to the development of a culture of Recovery Based Practice:

“The focus of future mental health services will be based on the delivery of a comprehensive range of services, provided within a stepped care model that ensures that people with a mental health need receive services that are underpinned by the principle of recovery and aimed at achieving and maintaining the maximum level of functioning, independence, social inclusion”.
- 1.4 To support this, the Public Health Agency asked NIPEC to conduct a review of how Recovery currently features within training programmes for HSC professionals in Northern Ireland and to develop resources that will support the embedding of a recovery orientated approach in practice.
- 1.5 It was agreed with the Public Health Agency that NIPEC will conduct the review and identify and/or develop the resources, adopting a project management approach, over a period of six months commencing at the beginning of August 2012 until the end of January 2013.
- 1.6 This paper presents a project plan, including the aim and objectives, methodology, resources and evaluation, to develop a regional approach to supporting mental health services to facilitate change in practice and promote recovery orientated practice.

2.0 Background

- 2.1 The Health Minister's Strategic Plan, '*Priorities for Action 2010/2011*' (DHSSPS, 2010), highlighted that health and social care services in Northern Ireland must be delivered to common agreed standards with no inappropriate variation in the care and treatment received by people. Clinicians and practitioners will also be expected to look closely at their own practice and ensure that it is fully in line with current best practice.
- 2.2 Recovery orientated practice is a core and underpinning principle within *The Bamford Review of Policy, Services and Legislation in Mental Health and Learning Disability in Northern Ireland* (DHSSPS, 2007) and the subsequent *Bamford Action Plan* (DHSSPS, 2009).
- 2.3 The evidence to support recovery orientated practice is gathering momentum (Shepherd *et al.*, 2008) and yet, there remains confusion about the meaning of recovery within mental health services, and sporadic application in practice (DHSSPS, 2010).
- 2.4 In addition, applying recovery orientated practice requires a fundamental shift in traditional approaches to psychiatry with true partnership working between the service user and those providing services.
- 2.5 A range of approaches are available to support the education, introduction, development and monitoring of recovery based practice within mental health services (Ridgeway & Press, 2004; NIMHE, 2004; Barker & Buchanan-Barker, 2005; Copeland, 2008). However, variation currently exists in Northern Ireland in relation to how these are utilized.

3.0 Aim and Objectives

3.1 Aim

The aim of the project is to review how Recovery features in training programmes, for all professionals at both under-graduate and post-graduate levels, within Health and Social Care Trusts, Education Institutions and Organisations and the HSC

Clinical Education Centre and scope and develop resources that will support the development and embedding of a recovery orientated approach in practice.

3.2 Objectives

The objectives of the project are to:

- i. Scope the current training programmes, including pre and post registration through the Approved Education Institutions, commissioned by or employed within each of Trusts with relevance to the area of mental health. This will include hospital, community, primary care and the independent sector.
- ii. Describe the body that approves and regulates each of the training programmes and any relevant costs.
- iii. Establish how the trainers/educators are prepared and updated for each training programme and any relevant costs.
- iv. Identify and develop effective resources, based on the best available evidence, which will support the embedding of a recovery orientated approach in practice.
- v. Submit a report of the findings to the Consultant in Public Health Medicine at the Public Health Agency with recommendations to inform a regional strategy for the development and embedding of a recovery orientated approach in practice.

4.0 Methodology Overview

- 4.1 As agreed, the project will be led by NIPEC, on behalf of the PHA, in collaboration with key stakeholders.
- 4.2 It is intended that the project will be delivered over a period of six months, between August 2012 and January 2013.
- 4.3 If deemed necessary during the project, a regional working group/expert reference group will be established to support the implementation of the project to ensure the

achievement of the objectives. This group will be chaired by the Project Lead/NIPEC Senior Professional Officer.

- 4.4 The ongoing progress and the final report of the project will be available to view on NIPEC's website.

5.0 Scope

- 5.1 Considering the wide range of mental health services provided in Northern Ireland, this project is by necessity, broad in its scope, acknowledging that mental health professionals deliver care in a wide range of settings and specialist areas.

- 5.2 It also includes a range of professionals in a range of different settings including in-patient mental health settings, home treatment, community and primary care, and those working within specialist services, such as child and adolescent mental health, older people, eating disorders, psychological therapy, criminal justice, forensic and addictions services.

6.0 Resources

- 6.1 NIPEC will provide project management and all administrative support required to support and service any meetings required as part of the project.
- 6.2 Any additional support required will be discussed and agreed with the Consultant in Public Health Medicine at the Public Health Agency.

7.0 Dissemination and Implementation

- 7.1 Communication and consultation processes will be ongoing throughout the project using various mechanisms including the NIPEC website and news bulletin, along with utilisation of key stakeholders' communication mechanisms, for example, HSC Trusts' intranet and newsletters. This will reflect the progress of the project and encourage individuals' to contribute to and participate in the project at various stages.

7.2 On completion of the project, the project will be summarized in a Final Report which will be available on NIPEC's website. An official launch of the resources developed as part of the project will also be considered with the Consultant in Public Health Medicine at the Public Health Agency.

8.0 Evaluation

8.1 Ongoing evaluation of the management of the project will be conducted through NIPEC and will ultimately feed into the progress and outcomes of the project. This evaluation will address the achievements of the objectives outlined in the project plan and the project management process.

8.2 A final report will be written up following closure of the project to include the management and evaluation processes.

8.3 In addition, during the lifetime of the project, regular updates will be displayed through NIPEC's main website.

9.0 References

Barker, P. Buchanan-Parker, P. (2005) *The Tidal Model: A Guide for Mental Health Professionals*. London: Brunner-Routledge.

Copeland, Mary Ellen (2008) *The WRAP Story: First Person Accounts of Personal and System Recovery and Transformation*. West Dummerston, VT: Peach Press.

Department of Health, Social Services and Public Safety (2007) *The Bamford Review of Policy, Services and Legislation in Mental Health and Learning Disability in Northern Ireland*. DHSSPS, Belfast.

Department of Health, Social Services and Public Safety (2009) *Delivering the Bamford Vision: The response of Northern Ireland Executive to the Bamford Review of Mental Health and Learning Disability: Action Plan 2009-2011*. DHSSPS, Belfast.

Department of Health, Social Services and Public Safety (2010) *Delivering Excellence Supporting Recovery. A Professional Framework for Mental Health Nursing in Northern Ireland (2011 -2016)*. Belfast: DHSSPS.

DHHS (United States Department of Health and Human Services) (2005) *National Consensus Statement of Mental Health Recovery*. Rockville: MD.

NES (NHS Education for Scotland) (2007) *Realising Recovery: A National Framework for Learning and Training in Recovery Focused Practice*. Scotland: NHS Education.

National Institute for Mental Health in England (2004) *Ten Essential Shared Capabilities. A Framework for the Whole Mental Health Workforce*. London: NIMHE and Sainsbury Centre for Mental Health.

Ridgeway, P.A. & Press, A. (2004) *Assessing the recovery commitment of your mental health services: a user's guide to the Development of Recovery Environment Enhancing Measures (DREEM)*. UK Pilot Version.

Northern Ireland Practice and Education Council for Nursing and Midwifery
Promoting Recovery Orientated Practice Across Mental Health Services
WORKING GROUP
25th February 2013

No	Project Objective	Progress against the Objective	Progress on Target	Current Action
i	To scope the current training programmes, including pre and post registration through the Approved Education Institutions, commissioned by or employed within each Trusts with relevance to the area of mental health. This will include hospital, community, primary care and the independent sector.	Completed		
ii	To describe the body that approves and regulates each of the training programmes and any relevant costs			
ii	To establish how the trainers/educators are prepared and updated for each training programme and any relevant costs	Completed		
iii	To identify and develop literature review, based on the best available evidence, which will support the embedding of a recovery orientated approach in practice	Completed		
iv	To submit a report of the findings to the Consultant in Public Health at the Public Health Agency with recommendations to inform a regional strategy for the development and embedding of a recovery orientated approach in practice	Completed		

Key

Not meeting objective

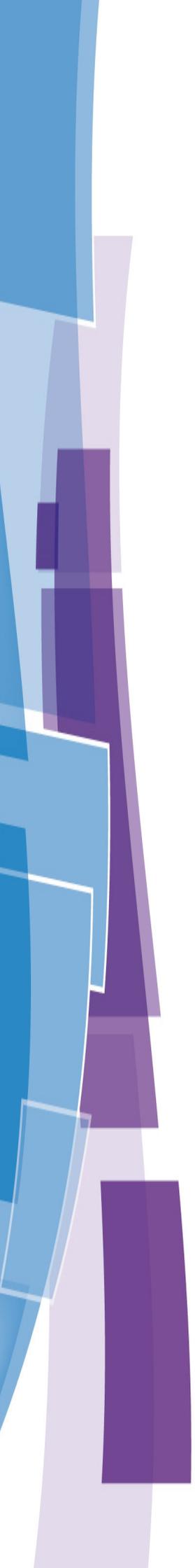


Meeting objective with some required action



Meeting objective





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