Recovery College Developments Internationally

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Friday 7 June 2019

ENMESH

Sussex Partnership NHS Foundation Trust

Central and North West London NHS Foundation Trust

Lisbon, Portugal 13th Conference of the European network for mental health service evaluation
Overview

- Introduction to Recovery Colleges and defining principles
- Growth of Recovery Colleges around the world
- Map of countries with Recovery Colleges and their diverse contexts
- Explore commonality amongst Recovery Colleges
First Recovery College piloted in 2009 in South West London

CNWL Recovery College opened in 2012

Sussex Recovery College opened spring 2013

Now over 80 Recovery Colleges in the UK
Education – students choose courses from a prospectus, personal learning plans, graduation

Co-production, co-facilitation and co-learning - at the core of their operation, bringing together personal and professional experience of mental health challenges

Recovery focused, strengths based and person centred – focus on own goals, skills and strengths

Progressive – actively support students to become experts in their own care, and work to their life goals beyond college or mental health

Integrated with the community and mental health services

Inclusive and open to all - people with MH challenges, carers and staff, different ages, LGBT identities, ethnicities, cultures and abilities
Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

2009 2010 2011 2012

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Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges


0 5 10 15 20 25
Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

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Recovery Colleges in 22 countries around the world
ImROC has supported the development of Recovery Colleges in the UK and 16 other countries.

The International Recovery College Community of Practice has representatives from 11 countries.
Different contexts

Life expectancy  School leaving age
Health spending per person  Language
Dominant mental health model  Culture
Inequality  Geography and rurality
Value of Networks

First meeting of the International Recovery College Community of Practice, London, 2015
Why Develop Recovery Colleges?

The main reasons people had developed Recovery Colleges:

- Transforming the organisation and changing attitudes and culture
- Serving the needs of the community
- Being inspired by visiting other Recovery Colleges

Stigma is present across countries
Recovery approaches are not widely used
Common Themes

- Recovery
- Co-production
- Lived experience and peers
- Education and learning
- Inclusivity
- Culture change
- Sustainability (funding)

Enthusiasm
Pride
Energy
Positive Outcomes

Evaluations show positive results

- In different countries:
  - Australia
  - Canada
  - Uganda
  - New Zealand
  - UK
  - Denmark
  - Ireland
  - Japan
  - France

- With different student populations:
  - young people
  - secure forensic
  - homeless people
  - physical long-term conditions

Sussex Recovery College evaluation
Recovery Colleges Translate across the World
thank you
grazie
Благодаря ти
ありがとうございました
asante
merci
tak skal du have
谢谢
תודה
شكرا لك
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