



The University of  
**Nottingham**

UNITED KINGDOM • CHINA • MALAYSIA



the institute of  
**mental health**

Nottingham



centre for  
**social futures**



**CONNECTED**  
COMMUNITIES



Arts & Humanities  
Research Council

# Creative Practice & Mutual Recovery

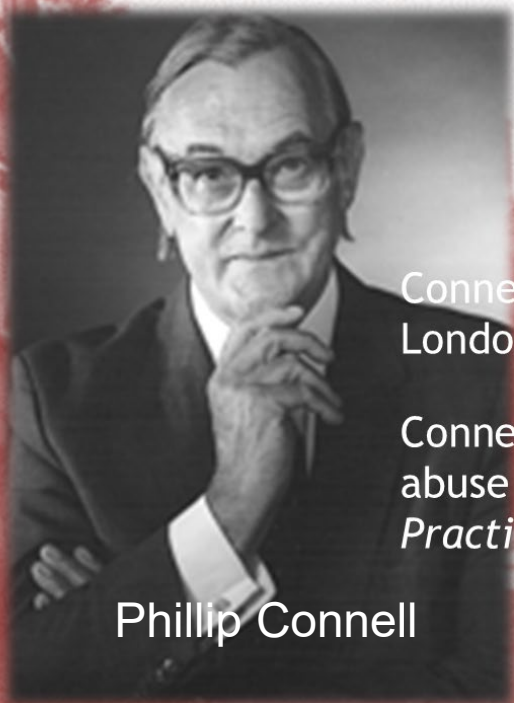


Elaine Argyle, Alex Barker, Brian Brown, Sandy Bywater, Paul Crawford, Tom Denning, Kate Duncan, Julie Gosling, Stephen John, Kirstie MacDonald, Nick Manning, Elvira Perez, Joe Pick, Victoria Tischler.

**Dr Gary Winship** – School of Education,  
University of Nottingham, Senior Fellow, IMH.

[www.winship.info](http://www.winship.info)

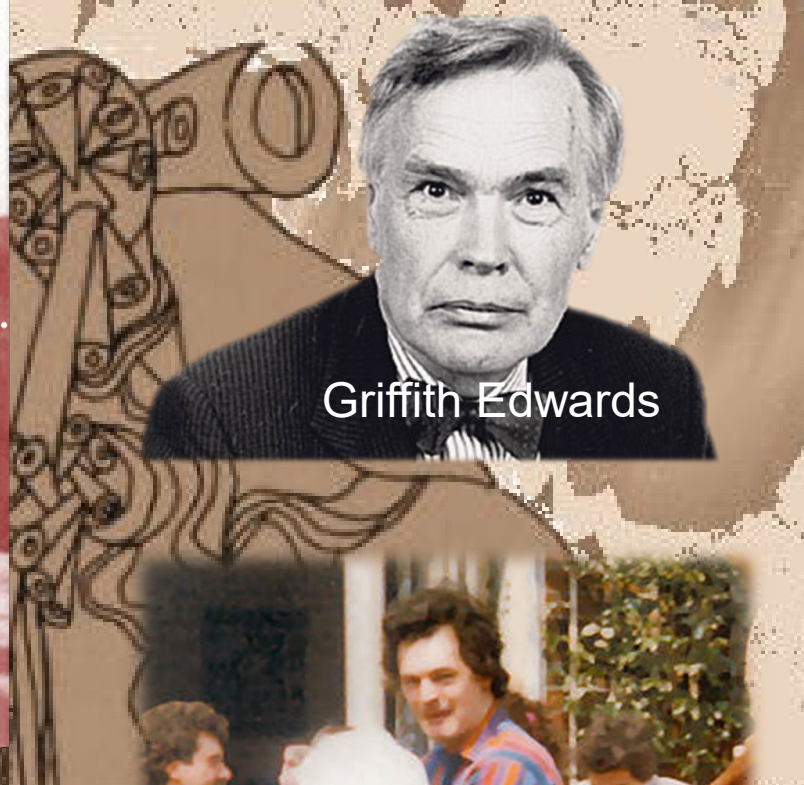
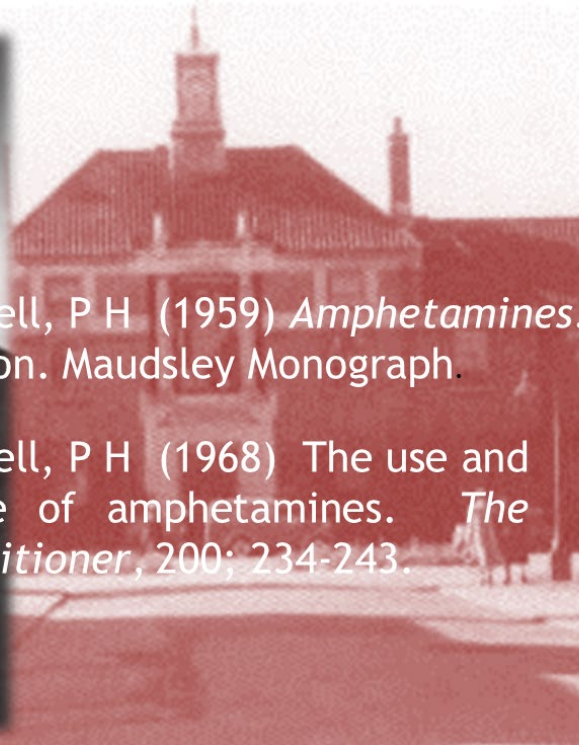
 [@GaryWinship](https://twitter.com/GaryWinship)



Phillip Connell

Connell, P H (1959) *Amphetamines*. London. Maudsley Monograph.

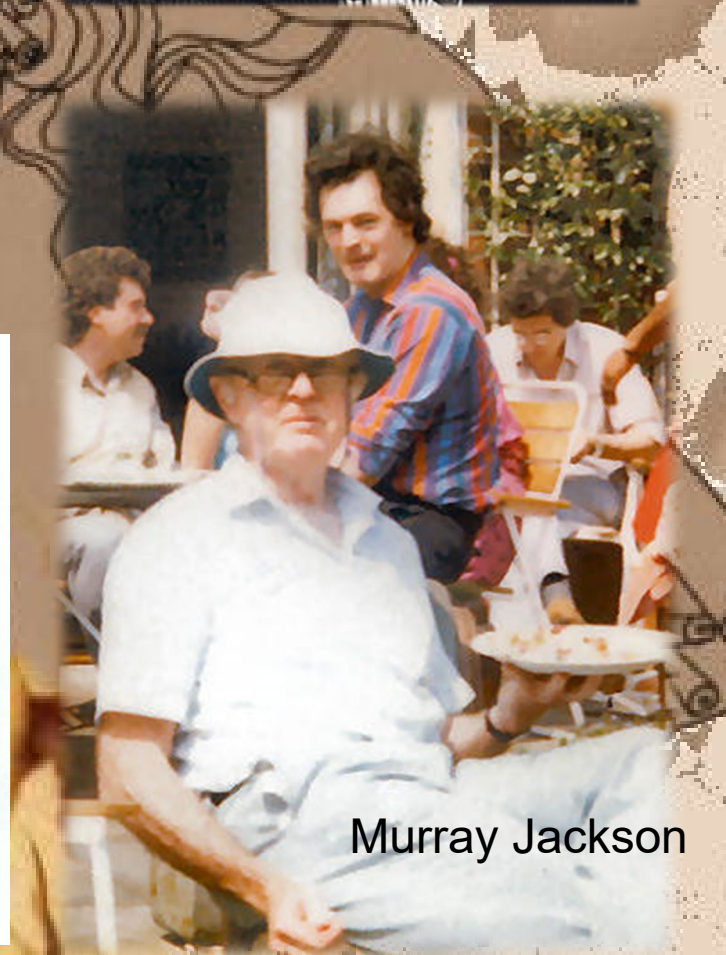
Connell, P H (1968) The use and abuse of amphetamines. *The Practitioner*, 200; 234-243.



Griffith Edwards



Brian Woollatt (CBE)

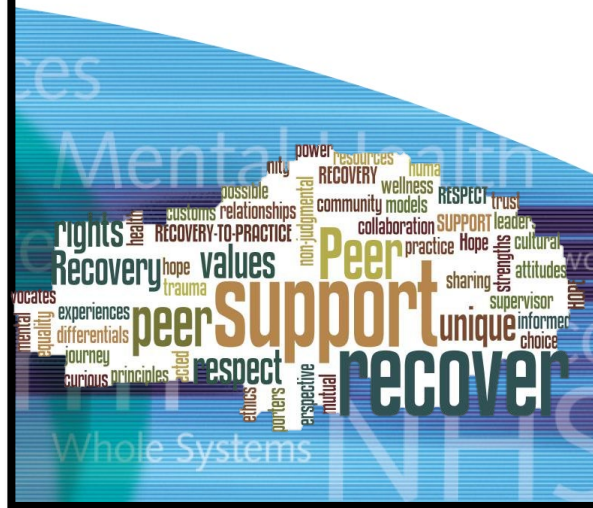


Murray Jackson



## The Journey to Recovery

– The Government's vision for mental health care



*The Journey to Recovery* (Doh, 2001) : “Services of the future will talk as much about recovery as they do about symptoms and illness. The mental health system must support people in settings of their own choosing, enable access to community resources including housing, education, work, friendships – or whatever they think is critical to their own recovery ” (*The Journey to Recovery* DOH, 2001)

### What is New Recovery?



Pat Deegan



Rufus May

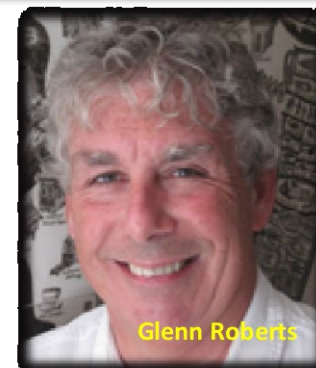


Julie Repper

Dimensions of hope-inspiring relationships from Repper & Perkins, 2003

- Valuing people as human beings
- Acceptance and understanding
- Believing in the person's abilities and potential
- Attending to people's priorities and interests
- Accepting failures and setbacks as part of the recovery process
- Accepting that the future is uncertain
- Finding ways of sustaining own hope and guarding against despair
- Accepting that we must learn and benefit from experience

Rachel Perkins



Glenn Roberts



Winship, G (2016) A meta-recovery framework: positioning the 'New Recovery' movement and other recovery approaches. *Journal of Psychiatric & Mental Health Nursing*, 23, 66–73.



## Community of Communities Annual Forum 2014 Gary Winship



RCofPsychiatrists

Subscribe 2K

88 views

Published on Jun 10, 2014

Dr Gary Winship provides a lecture of Recovering Recovery: How TCs invented Recovery, and where it all went right.

Links to videos on [www.winship.info](http://www.winship.info) from December 3rd

...the story of New Recovery, *so far*

“The principles of recovery are now central to mental health services in England as well as the United States, Canada, Australia and New Zealand. Recovery represents the next big transformational change for mental health services in this country - on a par with the closure of asylums and the move to care in the community” (Centre for Mental Health, 2012)



## **10 key indicators with which to gauge service re-focus (Boardman & Shepherd, 2009):**

1. Changing the nature of day-to-day interactions and the quality of experience
2. Delivering comprehensive user-led education and training programmes
3. Establishing a 'Recovery Education Centre' to drive the programmes forward
4. Ensuring organisational commitment, creating the 'culture'
5. Increasing personalisation and choice
6. Changing the way we approach risk assessment and management
7. Redefining user involvement
8. Transforming the workforce
9. Supporting staff in their recovery journey
10. Increasing opportunities for building a life beyond illness



# South West London Recovery College

hope • control • opportunity

Prospectus

South West London and St George's  
Mental Health NHS Trust

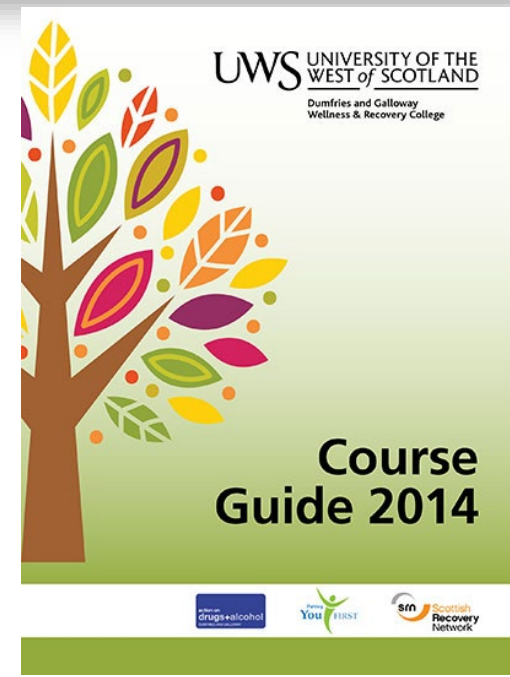
# North East London Recovery College



South West London and St George's **NHS**  
Mental Health NHS Trust

## South West London Recovery College

Miles Rinaldi  
Head of Recovery & Social Inclusion



<b>A therapeutic approach</b>	<b>An educational approach</b>
<p>Focuses on problems, deficits and dysfunctions;</p> <p>Strays beyond formal therapy sessions and becomes the over-arching paradigm;</p> <p>Transforms all activities into therapies – work therapy, gardening therapy etc;</p> <p>Problems are defined, and the type of therapy is chosen, by the professional ‘expert’;</p> <p>Maintains the power imbalances and reinforces the belief that all expertise lies with the professionals.</p>	<p>Helps people recognise and make use of their talents and resources;</p> <p>Assists people in exploring their possibilities and developing their skills;</p> <p>Supports people to achieve their goals and ambitions;</p> <p>Staff become coaches who help people find their own solutions;</p> <p>Students choose their own courses, work out ways of making sense of (and finding meaning in) what has happened and become experts in managing their own lives.</p>
<p>What about TCs that combine therapy and education? Eg Craig Watson at Toowoomba, Qu</p>	

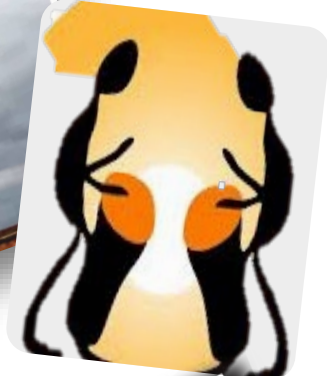
[From: Perkins, R; Repper, J; Rinaldi, M & Brown, H (2012) Recovery Colleges – A Briefing Document. London. Centre for Mental Health] The difference between the Recovery model and Therapy.

From Day centre	To Recovery College
Patient or client: <i>"I am just a mental patient"</i>	Student: <i>"I am just the same as everyone else"</i>
Therapist	Tutor
Referral	Registration
Professional assessment, care planning, clinical notes and review process	Co-production of a personal learning plan, including learning support agreed by the student
Professionally facilitated groups	Education seminars, workshops and courses
Prescription: <i>"This is the treatment you need"</i>	Choice: <i>"Which of these courses interest you?"</i>
Referral to social groups	Making friends with fellow students
Discharge	Graduation
Segregation	Integration

**So Why MUTUAL RECOVERY, just another Recovery Fad?**



# Laughing Matters



See [www.winship.info](http://www.winship.info) links for 3 films

Baker, A & Winship, G (2016) Recovery is no laughing matter – or is it? *Mental Health & Social Inclusion*, 20, 3: 167-173.

Argyle, E & Winship, G (2015) Creative practice in a group setting. *Mental Health and Social Inclusion*, 19, 3: 141-147

# Defining Recovery – A Meta Recovery Quadrant

<b>NEW RECOVERY</b>  Recovery Colleges Education focused Low evidence Recent history  Where: UK, NZ, Australia, US	<b>TRADITIONAL RECOVERY</b>  AA, NA, TCs, Correctional Institutions 12-Step, Milieu Therapy, Minnesota Model, Concept Houses  Where: Global
<b>MUTAL RECOVERY</b>  Arts focused, TC informed AHRC Funded Research Workshop based, led by artists  Where: UK, China	<b>PSYCHIATRIC RECOVERY</b>  Psychiatric rehabilitation, TCs (principles & proper), social psychiatry, anti-psychiatry, PIPEs,  Where: Global

Winship, G (2016) A meta-recovery framework: positioning the 'New Recovery' movement and other recovery approaches. *Journal of Psychiatric & Mental Health Nursing*, 23, 66–73.

**A critical review of New Recovery - Where does it resemble and where does it depart from TC practices?**

NEW RECOVERY	TCs
Experts by experience of therapy ad-hoc	Expertise by experience therapy often a pre-requisite of training
Assets based	Resource based
Individualism	Collectivism
Political rhetoric re user-involvement & co-construction of standards informal	Political action re user-involvement & co-construction of standards formalised
Soft recovery	tough recovery



Cf: Kate Jeffries, DV work at Communicare, WA,  
Tom Hopkins & David Lonnie at Serenity Lodge, Moral Reconation





The University of  
**Nottingham**

UNITED KINGDOM • CHINA • MALAYSIA



the institute of  
**mental health**  
Nottingham



Arts & Humanities  
Research Council



centre for  
**social futures**

# Creative Practice & Mutual Recovery



Elaine Argyle, Alex Barker, Brian Brown, Sandy Bywater, Paul Crawford, Tom Denning, Kate Duncan, Julie Gosling, Stephen John, Kirstie MacDonald, Nick Manning, Elvira Perez, Joe Pick, Victoria Tischler.

**Dr Gary Winship** – School of Education,  
University of Nottingham, Senior Fellow, IMH.

[www.winship.info](http://www.winship.info)

 [@GaryWinship](https://twitter.com/GaryWinship)