

**Recovery Colleges Expert Panel
Meeting 2 – 13 April 2018
Communique**

The recently appointed Expert Panel (Panel) met for the second meeting at the Mental Health Commission (MHC) on Friday 13 April 2018. The Panel meeting was facilitated by Ms Jane Rennison, from the United Kingdom (UK) based organisation Implementing Recovery through Organisational Change (ImROC). The meeting was run in a workshop style with the aim of the session being to provide the Panel with insights into the UK model to help in the development of a Model of Service (Model) for Western Australia.

The workshop explored some of the fundamental components of the Models development and included:

1. What is a Recovery College?
 - The aim of the Recovery College
 - Terminology – Recovery focused – what does this mean within a Recovery College?
 - What is the mission and vision of the Recovery College?
 - Defining Recovery

2. Guiding Principles for a Recovery College Model of Service in WA
 - Inclusive
 - Strengths Based
 - Physical Base with Hub and Spoke
 - Educational Principles
 - Quality Assurance
 - Course Development (co-produced and co-delivered)
 - Co-produced
 - Staffing needs, ensuring staff understand the Model
 - Quality Assurance and Evaluation

3. Reflection, Discussion and Summary

The workshop elicited a wide range of views and discussions, which resulted in the following discussion as starting points for the development of the Model.

The draft Aim of the Recovery College for Western Australia was discussed, with key points being partnership with community; physical wellbeing; diversity; community empowerment; cultural and responsive (to community needs); Educational platform that invites people and brings together people; social inclusion; and wellbeing

A draft aim was identified:

Bringing together individuals from diverse backgrounds and communities, in an environment of shared learnings and improving overall social and emotional health and wellbeing.

Discussion Regarding Guiding Principles:

Inclusive

- A service that welcomes people irrespective of backgrounds:
 - anyone and everyone, regardless of gender, culture, age; and
 - the provision of a culturally safe environment.
- People with an interest in social, emotional and physical wellbeing, this will include people who use services, staff of services, friends, family members and carers and the broader community.
- Health, mental health, Alcohol and other Drugs and physical health.

- Spiritual health, sexuality and sexual health.
- Social determinants.

Strength Based

- A holistic approach - emotional, mental and physical well being
- Positive focused, focus is to be on what the Recovery College can provide to the individual

Educational Principles

- Western Australian Recovery College – Recovery, Empowerment and Wellbeing.
- Providing individual learning plan
- Identify what the individual wants
- Course development -this will need to cater for the geographical location and the people that live in the area. Courses must be co-produced with a person with a lived experience.

Suggested Location/s

Hub and Spoke Model

- Metropolitan based initiated with spokes in East, South and West with the use of spoke leads.
 - There are a number of ways of how the spokes are to be implemented. The possible use of a digital resources so that regional areas can be covered over a five year period, with a strong case for a growth in funding each year.
 - Regional areas need to be considered as a priority - vulnerable populations.
 - Inclusion of a mobile annex, possibly a Bus.
 - Digital support.

The Panel will continue to work on the aim and principles in the upcoming meetings.

The Panel also discussed a consultation process to connect with the community and key stakeholders as widely as possible through the development of the Model. The Panel reviewed a two staged proposed consultation process, which included an on-line survey, written submissions, phone line and forums led by both Panel members and external organisation. These mechanisms would be used to generate information to be included in the draft Model. Once drafted, a second phase of consultation was proposed to seek feedback from the community and key stakeholders via an on-line survey, written submissions and phone line. The feedback received would then inform the development of the final Model to be endorsed by the Panel in September 2018.

The Parliamentary Secretary, Hon Alana Clohesy MLA also joined the panel for a brief introduction and discussion. The Hon Clohesy thanked everyone for allowing her to attend and join the meeting and the work that the Panel is completing. She is looking forward to a Recovery College being implemented in Western Australia

The next Recovery Colleges Expert Panel meeting is scheduled to take place on Friday, 27 April 2018.