



Scottish Recovery Network

Strategic Overview 2017-2020

**A Scotland where recovery is real for
everyone in every community**

Introduction

Background

The Scottish Recovery Network (SRN) has been in existence since 2004 promoting a vision of *'A Scotland where mental health recovery is a reality for all'*. During this time the organisation has worked with people, organisations and communities to:

- Increase knowledge and understanding of recovery
- Empower people with mental health problems to lead their own recovery
- Influence recovery focused policy, practice and service development

SRN has influenced people and services to begin to operate in a way that supports recovery principles, providing and supporting hope. Central to SRN's work is empowering people to live the life they want. Where this has had the biggest impact has been where lived experience of illness, recovery and wellness has informed and directed research and practice.

Strategic Overview summary

Recovery is possible and should be a feature of life for everyone in Scotland. Distress affects us all at different points in our lives, and in different ways. It is a common experience for all human beings. SRN want to see a Scotland where recovering life from distress is the norm, where we can celebrate what we have survived and thrive in the people we have become as a result.

To help us achieve this we present SRN's Strategic Overview for a mentally healthier Scotland (2017-2020). We will continue to be a recovery centre of excellence, we will build on our extensive research and learning as well as embracing new ideas, innovations and partnerships.

Central to our future work is a focus on working with communities of place and interest. SRN will support 'communities' to be knowledgeable about recovery and have the capacity to adapt and adopt recovery and wellness tools and practices that are appropriate to them.

The Strategic Overview takes into account developments across the health and social care sector and beyond, including the Scottish Government's ten-year Mental Health Strategy.

Vision, mission, strategic aims and values

Our vision

A Scotland where mental health recovery is real for everyone in every community

Our mission

To place the experience of recovery at the centre of life, practice and policy in Scotland

Our strategic aims

1. To work with others to support communities and the people within them to achieve their recovery potential
2. To be a centre of excellence in recovery learning and approaches:
 - Sharing evidence from robust research
 - Raising awareness of and supporting best practice happening at a local, national and international level
 - Encouraging and facilitating conversations about recovery
3. To place lived experience at the centre of health and social policy in Scotland

Our values

Our vision, mission and strategic aims are underpinned by our organisational values which are informed by recovery principles:

- **Hope:** recovery is a process of building and reinforcing hope
- **Compassion:** we are all survivors of life and recovery begins with compassion
- **Courage:** to stand up for recovery principles and to hear and learn from those who disagree with us

Since definitions of recovery can be very personal, and often are, the title means different things to different people. Philosophically SRN has bridged the gap between the general (what applies to everyone) and the personal (YOUR experience) by underpinning our work

with the CHIME¹ framework. CHIME is not a definition, nor is it a set of instructions for recovery. It is a description of five key domains within which recovery is possible. The domains are neither equal nor dominant but their combination are known to support an individual recovery journey. The CHIME framework supports our strategic intentions in the following ways:



Connectedness

Relationships are core to recovery and the work of the SRN team. Good relationships are honest, reflective, appreciative, supportive and kind.

Hope and Optimism

We have seen and effected change. We know it can happen and we know that our vision will become a reality. This is not a folorn hope, but hope with a purpose.

Identity

Distress is a universal experience, although the impacts on individuals can vary. Stigma is the common barrier. We value those who are able to talk about their experience to help others and to inform policy and practice. We value those for whom such openness is not currently possible and work for a society where it is.

Meaning and Purpose

Having a purposeful life and being respected by others can be key to wellbeing. The work of SRN aims to create an environment where lived experience is valued equally with professional knowledge.

Empowerment

Taking control of ones life, however that is done and to whatever extent, is a key to unlocking recovery.

¹Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011) *A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis*, *Brit. Jour. Psych.*, 199, 445-452

Strategic focus

Our strategic intentions are to collaborate and co-produce with others - both agencies and individuals - to make recovery real in the following areas:

Communities of place

The Scottish Recovery Network has held a unique position in mental health service development of the last 12 years, creating a position of authority and influence well beyond its financial influence. Experience of the Making Recovery Real pilots, as well as the Write to Recovery pilot groups, suggest that this approach can be used to support equalised discussions between people living with mental health problems and providers. The advantage of this approach is that:

- Recovery is localised, supporting resilience and resilient communities
- The approach is jointly owned and can be sustained

SRN will use regular review to support flexible responses to new challenges across Scotland.

Communities of interest

Communities exist everywhere and are not simply places where people live. People also play a key part in the communities in which they work, socialise or have an interest in. Where common interests intersect recovery conversations can begin to build dialogue and understanding. We have seen this in our Making Recovery Real pilots where the goal (the community of interest) was to create new ways to talk about how people want to be treated, respected and supported in their recovery. The approach makes the distinction between people with lived experience and professional experience less obvious, creating opportunities for dialogue and new thinking. Some of the communities of interest we will work with include (but are not limited to):



Children and young people

Traditionally SRN has focused on developing tools and support to help people recognise their strengths and maintain their recovery journey after distress has led to illness. Over the coming three years we will use this experience to develop partnerships with a range of other organisations to support exploration and learning of recovery skills for children and young people. This will supplement the ongoing work on resilience and challenging stigma for young people by other partners.

Diverse communities

Scottish society is the sum of many interconnected communities, some of which experience discrimination, abuse and exclusion in addition to or a direct cause of mental distress. SRN will work with partners from across Scottish Civic society to promote recovery skills and knowledge and to support the development of locally 'owned' approaches to recovery that are culturally competent, resilient and sustainable.



www.scottishrecovery.net