Recovery College Developments Internationally

Sara Meddings and Toni King

Sussex Partnership NHS Foundation Trust
Solent NHS Trust

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Overview

In this talk we plan to:

- Share the enthusiasm and generosity of people around the world with whom we have been in contact
- Show the growth of Recovery Colleges around the world
- Map countries with Recovery Colleges and their diverse contexts
- Explore the commonality and variety in Recovery Colleges
- Start thinking about what we can learn from different colleges, contexts and countries
89% Response Rate
Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges
Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

Sussex Partnership NHS Foundation Trust

Nottinghamshire Healthcare NHS Foundation Trust

Mindset College

New Life Psychiatric Rehabilitation Association

ImROC
Recovery Colleges Grow Internationally

Number of Countries

Countries with Recovery Colleges

Sussex Partnership NHS Foundation Trust

Nottinghamshire Healthcare NHS Foundation Trust
Recovery Colleges in 22 countries around the world
Different contexts
Life expectancy
Health spending per person
Dominant mental health model
Inequality

School leaving age
Language
Culture
Geography and rurality
Our assumptions

Differences in

- Context (£, geography etc)
- Culture and stigma
- Dominant health model
  (meaning of recovery, power)

Large variance in Recovery College model and approach

In fact, they were remarkably similar. Few said they had to adapt the Recovery College model for their country.
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.
Main Provider

- Health: 52%
- NGO*: 38%
- Education: 10%

Main Funding Source

- Government: 43%
- Philanthropy: 14%
- Combination: 14%
- Other: 29%

* = NGO, Charity & Social Welfare Corporations
Common themes

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

Enthusiasm
Pride
Buzz
Themes similar to RECOLLECT

The international themes are similar to RECOLLECT findings.

1. Co-production and adult learning are the foundations for a Recovery College
2. Recovery Colleges work by creating an empowering environment, enabling new types of relationships and facilitating personal growth
3. Recovery Colleges impact on staff, mental health services and wider society

RECOLLECT is an NIHR funded research study led by Mike Slade. In Sussex it comes under the Sussex Partnership AIR theme.
Learning from each other
Learning from each other
Engaging with minority cultures and
Reaching rural populations
Learning from each other
Recovery College Translates across the world

Evaluations show positive results

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

- With different student populations:
  - young people
  - homeless people

[Graph showing evaluation results for Denmark]

Denmark Evaluation of Skolen for Recovery College (2016)
Take Heart…

- Evidence informing practice
- Be curious
- Look beyond the obvious
thank you
grazie
Благодаря ти
ありがとうございます
asante
merci
tak skal du have
谢谢
תודה
شكرًا لك
danke
Sara.Meddings@sussexpartnership.nhs.uk
Toni.King@nhs.net