



Implementing a Recovery Orientated System of Care

Recovery is reality.....

Faye Murfet
10th May 2018

Overview

- ▶ Our journey so far
- ▶ A common language and approach
- ▶ Purpose, opportunities and feeling valued
- ▶ Moving towards employment
- ▶ Working together with justice services and peers roles
- ▶ Where next?
- ▶ River Garden Auchincruive

Our journey so far

We had a belief that everyone can recover

We listened first

- ▶ Treatment dominated model
- ▶ Deficit based
- ▶ Limited opportunities
- ▶ Isolation
- ▶ Hope....
- ▶ Embedded cultures

We weren't afraid to try new things

We knew we needed to work together

We knew it wouldn't be easy, we knew it would take time.....

Where did we begin?

We **agreed our the vision** at the heart of our ROSC (2011):

- Recovery is *possible at the centre of our services*
- People will *own their recovery staff will facilitate*
- People in recovery *support others* with their recovery journey
- *Communities will support* their members through recovery
- People in recovery *support their communities*
- People in recovery key role in *planning & development of services*

A common language and approach

- ▶ Strengths vs deficits
- ▶ Cultural shift (individuals and services)
- ▶ Labels ***‘See me, not my addiction’***
- ▶ ROSC Briefing Sessions
 - ▶ Alcohol and drug service staff
 - ▶ Wider services – social work, housing, DWP
 - ▶ Jointly delivered by individuals with lived experience
- ▶ Relationships and trust

We led by example

- ▶ Service User Involvement Group
 - ▶ Autonomy over direction and budget
- ▶ ADP funded posts within local authority
 - ▶ Peer Worker
 - ▶ Recovery Communities Worker
- ▶ Commissioned for outcomes
 - ▶ Based around the principles of our ROSC
 - ▶ Individuals in recovery part of the process
 - ▶ 3rd sector and statutory services

Purpose, opportunities and feeling valued

'I am more than my addiction'

- ▶ Volunteering / training
- ▶ Routine
- ▶ Inclusion
- ▶ Friendship
- ▶ Giving back
- ▶ Easy to access / re-access
- ▶ The challenges of rurality



Purpose, opportunities and feeling valued

RecoveryAyr

- Café Hope – 5 years old
- Grassroots SCIO Charity 2014
- >140 members
- >40 volunteers
- New community venue



*‘My addiction is
not Monday –
Friday, 9am –
5pm’*



Fun!!

*(so that's where my
dresses went!)*

Volunteer Peer Worker Training Project

- ▶ Training, support and work experience
- ▶ For individuals in recovery and family members
- ▶ Peers use their experiences to support others
- ▶ Supportive role between services and recovery communities
- ▶ Challenge perceptions
- ▶ **Phase 1:**
 - Steps® and self management courses
 - 16 weeks at Ayrshire College
 - PVG membership
- ▶ **Phase 2:**
 - Volunteer placement 2 days a week
 - SVQ qualifications

Moving towards employment

- ▶ Not everyone wants to be a peer
- ▶ Choice, pathways and progression
 - ▶ Café Hope / mutual aid groups
 - ▶ 1:1 and groups
 - ▶ Steps for Change
 - ▶ College short courses
- ▶ Criminal records and PVGs

The importance of families

- ▶ Can play a crucial role in someone's recovery
- ▶ Families need support too
- ▶ The whole family can recover together
- ▶ Peer led support groups

Community Celebration!



Working together with Justice Services

- ▶ Volunteer Peer Roles
 - ▶ In reach to HMP Kilmarnock
 - ▶ Building relationships and support prior to liberation
- ▶ Community Justice Ayrshire
 - ▶ Developing service user involvement model
 - ▶ PING Development Worker
- ▶ Justice Social Work Services – new ADP Peer Worker role



Where next?

ADP Strategy & ROSC Review

- ▶ Importance of relationships and trust
- ▶ Engagement
- ▶ Frequency of support
- ▶ Support during transitions
- ▶ Opportunities & inclusion
- ▶ Strength in recovery
- ▶ Housing 1st pilot
- ▶ Trauma informed and trauma sensitive

Trauma and Adverse Childhood Experiences

Preventing ACE's Could Reduce Levels of:



Early sex
(before age 16)
by 36%



Unintended teen pregnancy
by 44%



Smoking
(current)
by 25%



Binge drinking
(current)
by 22%



Cannabis use
(lifetime)
by 45%



Heroin/crack use
(lifetime) 54%



Incarceration
(lifetime) 50%



Violence perpetration
(past year) 61%



Violence victimisation
(past year) 56%



Poor diet (current;
<2 fruit & veg
portions daily) 14%

- ▶ Supporting children to flourish
- ▶ Helping those affected by trauma to recover

Where next?

The strategic vision at the heart of our ROSC now also includes:

- ▶ *our organisations are **trauma-informed and trauma-sensitive***
- ▶ *our organisations adopt a **whole family approach***
- ▶ *volunteering, training and development **opportunities are routinely available** to support individuals' recovery journey*
- ▶ ***family members support each other** in their recovery journey*
- ▶ *individuals and families in recovery feel **integrated in their local community***

Contact details

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/recoveryayr

Independence from Drugs & Alcohol Scotland



/IFDAScotland



@IFDAScotland #rivergardenrecovery

info@rivergarden.scot

Residential Training & Social Enterprise Development Centre

- ▶ A transformative prototype venture to help people in the early stages of recovery from drug and/or alcohol addiction to get into long-term recovery
- ▶ Based on learning from two of the most successful and transformative self-help organisations for people in recovery: San Patrignano (Italy), Basta (Sweden) and inspired by Delancey Street (USA) - successfully helping people into long-term recovery, reintegrating into employment and mainstream society (70%-80%)
- ▶ Adapted for the Scottish context
- ▶ Based on the principles of abstinence, trust, boundaries, mutual support, social enterprise, respect for life, and responsibility
- ▶ Joins up peer support (love, solidarity, boundaries), safe housing, training, employment and enterprise

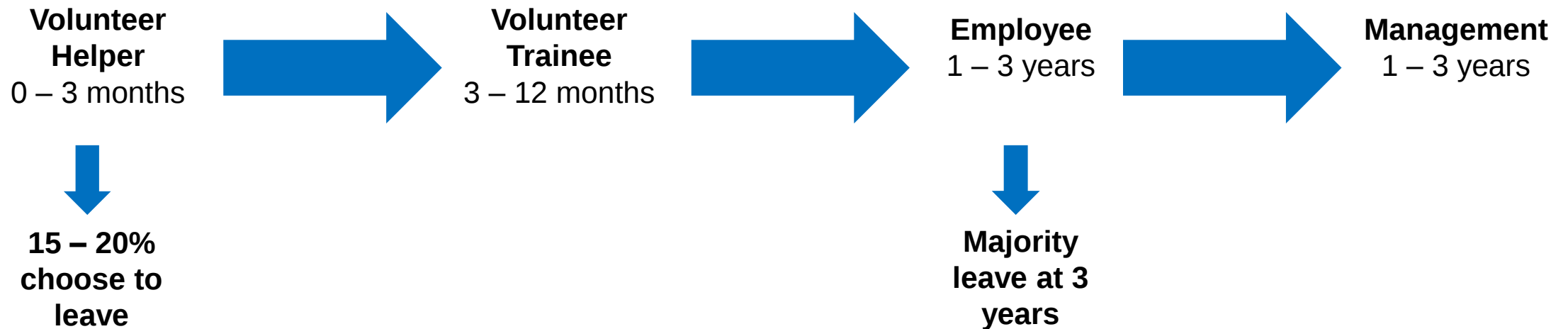


48 acres sited on an historic listed landscape, on a south facing bank of the River Ayr including development land



Referrals, progression & increasing responsibility

- ▶ Free to attend
- ▶ Self-referral only
- ▶ Abstinent upon admission
- ▶ Motivated to enter a long-term residential programme



Proposed Social Enterprise Activities

- ▶ Visitor destination gardens
- ▶ Café
- ▶ Artisan bakery
- ▶ Plant and produce sales
- ▶ Bee hives/honey
- ▶ Doggy daycare
- ▶ Food processing
- ▶ Non-alcoholic drink production
- ▶ Holiday let & Glamping pods
- ▶ Sustainable social housing
- ▶ Iron works and glass fusion workshop
- ▶ Off site garden maintenance
- ▶ Other craft activities
- ▶ Events venue – conferences, weddings, retreats

Sustainability

- ▶ Growing organically by 10 places each year until optimum size of 40 reached
- ▶ Self-financing 65% of income requirements after 5 years; 100% after 7 years



 91% 07:18

 Tweet

 You Retweeted



Aileen Campbell 
@ClydesdAileen

It was an honour to speak at the [@IFDAScotland](#) event tonight. Love, solidarity and community the key to tackling stigma and supporting recovery.

Emma Harper, MSP  [@EmmaSNPHarper](#)
Minister for Public Health
[@ClydesdAileen](#) speaking at [@IFD...](#)



12:30 am · 07 Mar 18

6 Retweets 6 Likes

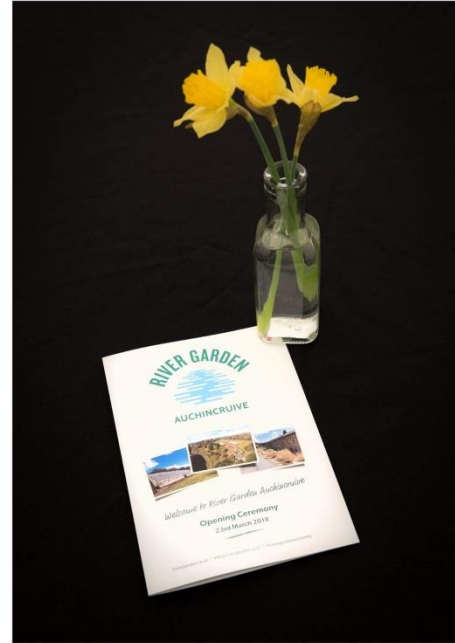
Tweet your reply

Parliamentary Reception,
hosted my Emma Harper
MSP
6th March 2018





Opening Ceremony 23rd March 2018



Numbers to date

- ▶ 56 requests for places between October 2017 and early March 2018;
- ▶ 54 additional request for places since 23rd March formal launch of the project
- ▶ Media coverage including 2.5 minute item on STV 6pm news
<https://youtu.be/UYIgjaobGQA>
- ▶ North Ayrshire, Highland, East Ayrshire, Glasgow, South Ayrshire, Dumfries & Galloway, Edinburgh, Dundee, Western Isles
- ▶ Over 200 enquiries since 23/3 from family members, service providers and staff seeking employment
- ▶ 2 residents at present; 3 places under conditional offer