



Mid West Aries Mental Health Project

Background

Mid West Aries is a recovery education project developed by the Mid West ARI group which is part of the Advancing Recovery Ireland. In 2014 the Mid West ARI group did research to look at offering courses on recovery in mental health in the region. This research found that people in the Mid West region wanted to see courses available to people who have experienced mental health difficulties, family members, staff and the general public. Genio, a non-profit organization, agreed to fund a Recovery Education Project for one year in the Mid West.

Recovery Colleges

Recovery Colleges are places where people who use mental health services, those who support them and mental health professionals create (co-produce) and deliver (co-facilitate) recovery-oriented educational courses and workshops. Anyone can choose to attend these courses as part of their recovery journey. Courses offered by Recovery Colleges can include understanding mental health difficulties, looking at treatment options and developing practical life skills. The defining feature of Recovery Colleges is the way in which people who have lived experience of mental health challenges, their supporters and mental health professionals work together to provide the service.

Mission

To provide the Mid West Region with an inspirational and inclusive programme on recovery and well-being. To also provide an educational programme and resource on recovery and well-being that inspires hope, create opportunity and foster the belief that recovery and well-being are possible. Understanding the promotion that education as a tool in mental health recovery. Ensuring the promotion of a culture inclusivity, mutual respect and learning among all; service providers, service users, family members, friends, careers and anyone with an interest in mental health and well being.

Co- Production

The key points about Coproduction (adapted from Realpe and Wallace, 2010) are as follows: • Co-production has historical roots in civil rights and social care in the USA. • Collaborative co-production requires users to be experts in their own circumstances and capable of making decisions, while professionals must move from being fixers to facilitators. To be truly transformative, co-production requires a relocation of power towards service users. This necessitates new relationships with front-line professionals who need training to be empowered to take on these new roles. Patient centeredness describes the relationship between clinicians and patients as a meeting of two experts, each with their respective knowledge and skills.

Our Contributions

As Genio the non-profit organization had agreed to fund this project for a year in the Mid West, this year is coming to an end. The report that we have worked on for the last three months with leader Daniel Taylor is aimed to help get more funding for this project to keep the modules and work shops going. The two topics we focused on when assisting in writing the report are Recovery colleges and Co-Production. We also got to have some hands on work with the data analysis from the workshops that this project puts on about mental health. This showed us how helpful the workshops are for people who are in need or who just want to be educated on the topic to help others in need.

