



UL ENGAGE

Community Briefing

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Mid West ARIES Project

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UNIVERSITY of LIMERICK
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Promoting University Community Collaboration

THE BRIEF

What is the Mid West ARIES Project?

The Mid West ARIES Project was a 12-month Recovery Education pilot project which commenced in April 2016, funded by GENIO and delivered in partnership by the HSE and Mental Health Ireland. The project was initiated following the completion in 2014 of Recovery Education Needs Analysis Research conducted in the Mid West region in partnership between the University of Limerick and Mid West ARIES.

Mid West ARIES offered a range of courses, information and educational materials on Recovery and Well-being in Mental Health which were coproduced and co-delivered by people with lived experience of mental health challenges, family members and supporters, and staff working in the mental health services in the Mid West region of Ireland. The project utilised Recovery College principles while delivering courses in communities throughout the region, without a physical base as is typical of most Recovery Colleges.



COMMUNITY PARTNERS

Project Organiser: Dan Taylor



Dan Taylor is the Education and Development Officer for the Mid West ARIES Project. Dan trained as a psychiatric nurse in London in 1997. He has worked mainly in the voluntary sector since, primarily in homelessness, addiction and social care services. Completing his MSc thesis in Psychosocial Interventions in Mental Health Nursing in UL in 2010, Dan researched the experiences of people who were homeless engaging with psychiatric services. From 2011-2012 he lectured in the School of Nursing in UCC as part of the Doctoral studentship program, before returning to work in social care in the Mid West Community Detox service, and then going on (in April 2016) to work on the development of the ARIES Recovery Education Project.

STUDENTS

Student's Information:



Alexis Swagler

Alexis is a third-year student from King's College (Wilkes-Barre, PA) studying abroad at the University of Limerick for the spring '17 semester. Alexis is from Nichols, NY and is studying Neuroscience and minoring in Psychology. While at King's she is a part of the woman's volleyball team as well as an active member in the Multicultural and International Club.



Emily Butler

Emily is a third-year student at Southern New Hampshire University in Manchester New Hampshire, studying abroad at UL spring 17. Emily is from Spencer Massachusetts and is studying Business and Psychology. While at SNHU she is part of the sorority Kappa Delta Phi NAS and holds the Inter Greek Cousincil position representing her chapter.

PROJECT RATIONALE

Over the past three months we have worked with Dan and the ARIES project. The main focus on the project when we joined was more about writing up the report, to maintain funding to the project, rather than running the modules. We both met with Dan on a weekly basis to discuss what part of the project we would help him with. First Dan had us each write a passage; Emily wrote on recovery colleges and Alexis on co-production. In writing the passages we had to do research on the topics, since they were brand-new to us. Once the passages were complete we then worked on data analysis; the ending surveys that each participant took were broken down to see what the modules excelled in as well as what could use some improvement. After being collated, the data was then analysed further in order to create themes. Since this was the pilot year of the project, the data analysis was very important to work out all of the bumps that come with starting a new project, and in turn will help Dan to have things running smoother with the next modules.

Coproduction

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.

The following definition of Coproduction is offered by the UK Think Local Act Personal partnership of more than fifty health and social care organisations. Coproduction is:

“When you as an individual are involved as an equal partner in designing the support and services you receive. Co-production recognises that people who use social care services (and their families) have knowledge and experience that can be used to help make services better, not only for themselves but for other people who need social care.”

For the purposes of the ARIES Project, Coproduction was defined simply as:

“A way for people who use mental health services (including their families and carers) to work together with people who provide mental health services, to make those services better”.

Coproduction means people with personal and professional experience of mental health services working together from initial planning through delivery to evaluation. This principle was enacted through both the shared work of the Education & Development Officer (a psychiatric nurse) and the Peer Educator (a person with lived experience of mental health challenges, using mental health services, and Recovery) and the targeted involvement of service users, staff and family members/carers throughout the project.

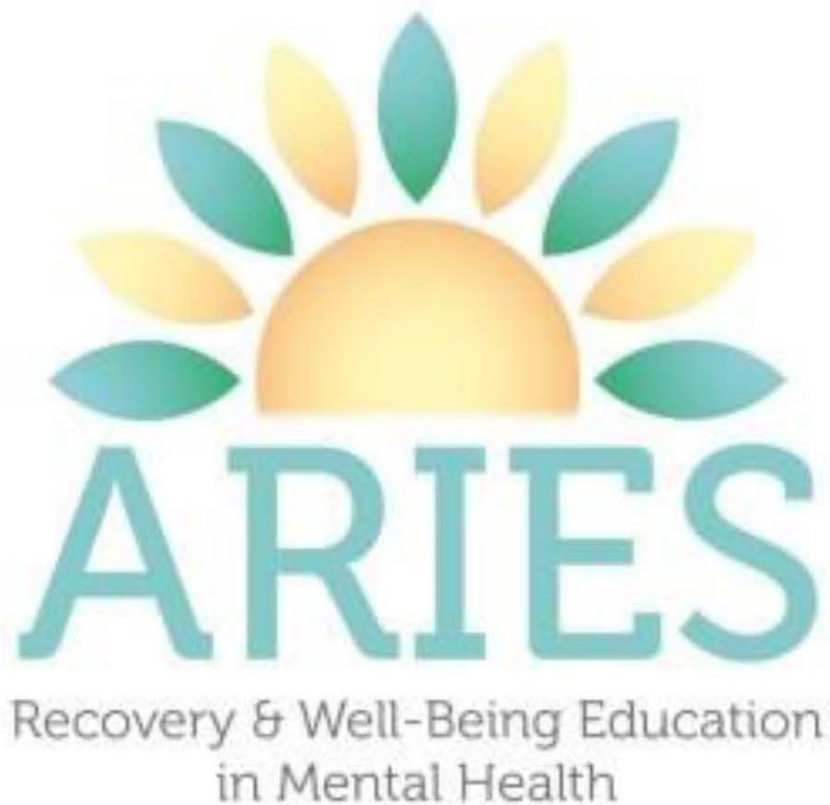
Recovery Colleges:

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.

The first Recovery College opened in South West London in 2009 and another opened in Nottingham in 2011, inspired by similar initiatives in the U.S. In Ireland currently there are established Recovery Colleges in Mayo and in Roscommon/East Galway, and several other sites in Ireland have Recovery Education Centres in development, in addition to the current Mid West ARIES pilot project.

While there are many similarities, there are some features of the ARIES Project which distinguish it from other Recovery Education Centres and Recovery Colleges.

Report of Mid West ARIES Project



A Report on the development, progress and outcomes of a pilot project to provide a Recovery Education Centre in the Mid West.

Report by

Daniel Taylor, Aoife Boland and Niamh Wallace



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.

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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.





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