



# Recovery College CQUIN Bulletin 8

**Next meeting:  
Thursday 22nd  
March 2018  
1.30-3.30 Sandal**

At the last meeting of the Recovery College CQUIN group on the 11th January we started off with a presentation from the South West Yorkshire BDU which consists of 3 different services, Newton Lodge, Newhaven and the Bretton Centre. You can find their presentation on page 2.

We then had some group work looking at what goals, values and outcomes everyone had in mind for their Recovery Colleges at the beginning of the CQUIN and if these have changed at all now that they have been running for a year. This group work is on pages 9 & 10.

We then had another presentation from Moorlands View. This can be found on pages 11 to 15.

Moorlands View also did some group work around growth and sustainability and this can be found on pages 15 & 16. **Thank you all for your hard work and contributions!**

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### Recovery College CQUIN Agenda

Thursday 11<sup>th</sup> January 2018 14.00 – 16.00



1. Welcome and Introductions



2. **Presentation – Recovery College**



- Forensic BDU



3. **Group Work - Goals, values and Outcomes**



4. **Presentation – Sustainability**



- Moorlands View



5. **Group Work – Sustainability and what's next?**



Dates for 2018

Next CQUIN Group: 22<sup>nd</sup> March

# Presentation - South West Yorkshire BDU

## An overview of progress so far

### Forensic Recovery College

An Overview of progress so far

#### SUMMARY:

Service Users (Newton Lodge and the Bretton Centre) within the Forensic Recovery College

Total number of course spaces: **140**

Total number of Service Users  
enrolled on Recovery College  
courses for Spring 2017 Term: **94**

Total Number of Service Users  
who attended RC Courses: **82**

**67%** of Service Users enrolled on the available Recovery College courses/workshops

**59%** of Service Users attended the **140** available course spaces

**87%** of Services Users that enrolled on courses/workshops attended

Reasons for non-attendance on courses/workshops following enrolment can be seen on next slide.

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Staff (Newton Lodge, the Bretton Centre and Newhaven) who have attended course on "Understanding Recovery and Recovery College": April 2016-March 2017 Co-facilitated with Service User

Total number of course spaces: **168**

92% of Staff enrolled on the above course

68% of Staff attended the 168 available course spaces

75% of Staff that enrolled on the course attended

All staff that attended the course completed the questionnaire identifying interests.

**Newton Lodge:** Course Attendance during monthly mandatory training update

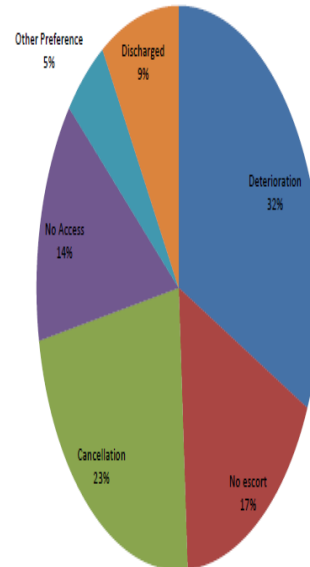
**Bretton Centre:** Courses specifically presented for staff

**Newhaven:** Courses specifically presented for staff



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Reasons for non-attendance at Recovery College following Enrolment



**KEY:**

- Deterioration: Deterioration in Service User's mental health
- No Escort: Ward Staff were unable to escort Service User due to Priority issues on the ward
- Cancellation: Course was cancelled due to staff illness
- No Access: Service User did not have required level of Access to attend course
- Other Preference: Service User to attend another activity rather than course
- Discharged: Service User was discharged from the service before start of course



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Carers (Newton Lodge, the Bretton Centre and Newhaven) who have attended course on "Understanding Recovery and Recovery College) April 2016-March 2017 Not Co-facilitated

Total number of carers that have attended: **28**

The courses which carers attended were presented at the Carers Dialogue Events which had taken take on 10<sup>th</sup> June 2016, 23<sup>rd</sup> September 2016 and 17<sup>th</sup> March 2017.



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ATTENDANCE AT COMMUNITY RECOVERY COLLEGES AND FURTHER/HIGHER EDUCATION

13% of Newhaven Service Users attend Wakefield Recovery College

8% of the Bretton Centre Service Users attend Wakefield Recovery College. 3% of Service Users at the Bretton Centre attend Open University Courses

2% of Service Users at Newton Lodge attend Wakefield Recovery College

**Evidence of engagement of staff and patients in developing the Recovery College**

The Forensic Recovery College now has a Steering Group which consists of Service Users from the three services and staff from various disciplines and from across the three services. Meetings are held every other Wednesday from 3-4.30pm and the venue alternates between Newton Lodge, the Bretton Centre and Newhaven.

We have an Editorial Board which approves lesson plans and any courses to be delivered by our Recovery College.

**Minutes of planning groups**

Minutes are taken at our fortnightly meetings and put on a shared drive which accessible to all staff.

**Course Prospectus**

The Forensic Recovery College has completed three terms. The format of our Prospectus has changed at the request of course attendees.

**FORENSIC RECOVERY COLLEGE**

**SPRING TERM 2018**

	<b>Lifting Your Spirits</b> <u>Room 4, Newton Lodge</u> - 3 week course on Thursdays: 4 <sup>th</sup> January, 11 <sup>th</sup> January and 25 <sup>th</sup> January 10.30 – 11.30am
	<b>Coping with Life Through Relaxation</b> - Identify what relaxation is and its benefits - Have a go at a few relaxation techniques <u>Room 5, Newton Lodge</u> – Tuesday 16 <sup>th</sup> January 2018 9.30-11.30a.m.
	<b>Chairing Meetings Workshop</b> <u>Room 7, Newton Lodge</u> – Thursday 8 <sup>th</sup> February 10.00-11.30a.m. <u>Room 7, Newton Lodge</u> – Thursday 15 <sup>th</sup> February 10.00-11.30a.m.
	<b>Lino Printing - "Sharps access required"</b> Lino Printing Journal Covers: Produce a printed journal cover using lino printing techniques <u>Room 6, Newton Lodge</u> - Monday 12 <sup>th</sup> February 10.00-11.30am.
	<b>Card-making – (Sharps access required)</b> <u>Room 6, Newton Lodge</u> – Monday 12 <sup>th</sup> February 1.30-3.00p.m.
	<b>Tai Chi Taster</b> Balance, Tranquillity, Strength <u>Sports Hall, Newton Lodge</u> - Monday 26 <sup>th</sup> February 1.30-3.30p.m.
	<b>Pinch Pot</b> <u>Newhaven</u> – 4 week course on Tuesdays: 27 Feb, 6, 13 & 20 March 2.30-4.00pm
	<b>Feeling Positive Busting Stress</b> <u>Oasis, Bretton Centre</u> - Friday 2 <sup>nd</sup> March 1.00 – 3.00p.m.
	<b>Canvas Art – (Sharps access required)</b> <u>Room 6, Newton Lodge</u> – Monday 5 <sup>th</sup> March 10.00-11.30 a.m.
	<b>Mother's Day Card Making – (Sharps access required)</b> <u>Room 6, Newton Lodge</u> – Monday 5 <sup>th</sup> March 1.30-3.00p.m.
	<b>Book Folding</b> <u>Room 6, Newton Lodge</u> – Tuesday 6 <sup>th</sup> March 9.30 – 11.30a.m.
	<b>Jewellery Making – (Sharps access required)</b> <u>Room 6, Newton Lodge</u> – Tuesday 20 <sup>th</sup> March 9.30 – 11.30a.m.

**Outcome Measures**

The previous outcome measures are given below and were completed by those accepted on our Recovery College courses. These were included on the Individual Learning Plans.

**Positive Outcomes from my Experience at the College**

- I am able to manage my own health and well being
- I have an understanding of my own health/physical health
- I feel good about myself
- The quality of my life is improving
- I have hopes and dreams for the future
- I feel I have control of my life
- I feel I have the opportunity to build a life beyond my health challenges

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# Outcome Measures

These were completed during the first two terms of our Recovery College by all attendees of courses and the results were evaluated.

However as our Recovery College has progressed these outcome measures have not felt to be representative of what we do.

We devised more appropriate outcome measures after completion of a questionnaire asking attendees about what they hope to achieve/gain from our Recovery College.

The next slide shows our current Outcome Measures.

Recovery College Outcome Measure	
Name:	Date:
Course Name:	Ward:
1. I want to learn something new	I feel I have learnt a new skill
2. I am confident (please tick statement below)	My self-confidence has improved
3. The course has made me feel included and part of my recovery	
4. I want a course that help me feel good about myself	The course has helped me to have hopes and dreams for the future
5. How likely are you to recommend Recovery College to someone else	
6. I want the course to be enjoyable	How enjoyable was the course?



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# Agree standardised measures of intervention to allow evaluation of impact

We have Course Feedback forms and these have been completed by all attendees.

We also have a Course Leaders Evaluation form and this has been completed by all the facilitators and co-facilitators involved in our Recovery College courses.

## FORENSIC RECOVERY COLLEGE

### Course feedback

**Course title:** Lino Printing Workshop: **Dates:** Monday 12<sup>th</sup> February 2018  
**Time:** 10.00-11.30 a.m. **Venue:** Room 6 Newton Lodge

Please circle the appropriate number (below) in response to the following questions.

1- not at all    2- a little    3- moderately    4- mostly    5- greatly



Has the course met your expectations?    1    2    3    4    5

Comments:

Do you feel better for completing the course?    1    2    3    4    5

Comments:

Were you happy with the course leader(s) delivery?    1    2    3    4    5

Comments:

What did you find useful about the course and why?

What changes would you make to the course?

\*Please turn over

Circle up to four words that best sums up your overall opinion of the course:

Interesting	Challenging	Exciting	Revealing
Fascinating	Entertaining	Boring	
Confusing	Clear	Realistic	Practical
Innovative	Useful	Difficult	Basic
Valuable	Enjoyable	Comprehensive	Thought-provoking
Unfocused	Waste of time	Rushed	
Stimulating	Over-ambitious	Inspiring	

Please use this space to add your own words:

Would you recommend this course to others? Yes/No

What further training needs do you have?

Any further comments:-

Thank you for taking the time to complete this feedback.



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### Agree groups of patients to be targeted for courses by Q4, with exclusions justified

The Forensic Recovery College Steering Group have agreed that no patient will be excluded from attending courses/workshops as the feedback from all service users who have attended the courses has been very positive. We have delivered a workshop (Card Craft) on one of the acute male wards at Newton Lodge and though take up was variable it has been agreed that this should continue as attendee response was encouraging and seemed to provide him with hope that his mental health could improve.

### Agreed plan of milestones for process measures for rest of year (From Q1)

This has been achieved.



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## Evaluation:

1. Prospectus
2. Individual learning plans
3. Feedback forms
4. Open to all
5. Funding
6. Showcase/Promotion



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# Bauble Making Lessons



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## Asian Cooking Course

A 4 week course attended by both staff and service users across the three forensic services.

The students learnt to make...

# Vegetable Pakoras



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# Chicken Masala



# and Chapattis



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## FEEDBACK QUOTES

"I now know how to do curries"

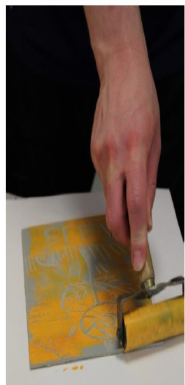
"Very enjoyable"

"Very helpful people who run the course....very happy with it"

Interesting, practical, clear, valuable



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## Our Future Plans:

1. Increasing carer involvement
2. Admin support
3. Continued promotion
4. Evenings and weekends



## Group Work

**Have you achieved the goals you set in planning?**

**Are your recovery college values still the same?**

**Has the meaning of co-production changed for you?**

**Are courses still co-produced?**

### **Have you achieved the goals you set in planning?**

We didn't then we changed the goals

We had to change the goals due to being in a forensic setting. We adapted policy so we were able to achieve targets.

We have achieved the goals we set!

Moorlands View - yes.

Brierley - A lot of our goals are still developing.

In transition ex-service users - things going good with transition support and OT department involving me in some interesting things beyond the services.

Moorlands View - No clinical/treatment outcomes. Management not traditionally part of Recovery College.

It's been a good personal experience. Courses have been interesting. Studied lots of different things.

Clear and concise with enough service users attending to make it work.

Builds confidence.

We have hit all targets above 90% attendance.

The college is very popular.

Hit a dip with needing new courses as everyone had completed them.

### Are your recovery college values still the same?

Yes! We aim to make it available to everyone and that they are treated equally and as individuals

The recovery college values are still the same!

Things got to evolve and move with your journey, adapting and using what works along the way, obviously there will be some stuff in the inpatient environment that's not going to work so well in a more community setting so is about using and adapting things that work and sorting out and fixing and mending what doesn't work, keep it real instead of trying to use things that are obsolete and unrealistic expectations, we are only human at the end of the day. All of us?

Yes but responding to feedback

Yes it's making the rest of the service catch up

Yes still working well

### Has the meaning of co-production changed for you?

Yes! We changed from fixed idea of how things should be done to something more flexible rather than a co-production someone takes a lead role with support from the co-facilitator

The meaning of co-production hasn't changed but the willingness has changed, and levels are not best suited as individuals are not always capable of making decisions.

Co-production – how do I achieve my life goals, becoming more focused on individual need.

Example – service users wanted to gain employment in catering industry, Recovery College offered food safety course and placement training in hospital café, progressing to placement in hospital kitchen.

### Are courses still co-produced?

Although the meaning of co-production has changed the courses are still co-produced.

Yes but at a level to suit a service user.

Yes! As much as they can be!

Has the meaning of co-production changed? The meaning hasn't changed however we are developing new roles to help run the college better

We are still finding it hard to get 'consistent' co-facilitators

# Moorlands View Recovery College Growth and Sustainability

Bradford District Care **NHS**  
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## Moorlands View Recovery College



# Growth & Sustainability

Bradford District Care **NHS**  
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## Recovery College CQUIN 2017/2018 Quarter 4

- Completion and submission of the final quarterly commissioner standardised reporting template, to include a brief report which evaluates the success of the 2 year scheme including the future sustainability of the Recovery College.
- (Evaluation report to contain an exit strategy, i.e. how the Recovery College will continue and be embedded in service delivery after the CQUIN finishes)

## Recovery College CQUIN 2017/2018 Growth & Sustainability

- Moorlands View our outcomes;
  - i. Clinical and pro-social outcomes
  - ii. Coproduction & involvement
  - iii. Promotion of recovery principles across unit and trust

## Recovery College CQUIN 2017/2018 Growth & Sustainability

- Clinical and pro-social outcomes – treatment groups emotional regulation, communication, insight into risk behaviors, healthy living goals, creativity, fitness etc..., new routines, new social connections, improved self esteem, trust, understanding of forensic pathway etc.

## Recovery College CQUIN 2017/2018 Growth & Sustainability

- Coproduction and involvement –  
Both as inpatient and beyond discharge i.e.  
LYNFEST & ‘I’m a service user get me out of  
here’, group development & facilitation, staff  
levels and capacity to provide for outpatients

## Recovery College CQUIN 2017/2018 Growth & Sustainability

- Promotion of recovery principles across unit  
and trust – Governance , ownership, influence  
over the staff team, our influence on other  
directorates, trusts, projects

## Recovery College CQUIN 2017/2018 Growth & Sustainability

### Table top exercise 1

a/How will you sustain your outcomes beyond the CQUIN?

b/With your outcomes in mind what would you like your recovery college to offer in the future?

## Recovery College CQUIN 2017/2018 Growth & Sustainability

### Table top exercise 2

a/ What resources and infrastructure will you need?

b/ What and who's support will you require and how will you get this?

# Moorlands View Recovery College



## Discussion

### Table Top Exercise 1

#### a - How will you sustain your outcomes beyond the CQUIN?

- ◆ Have a Plan
- ◆ Have a lead/leader of the Recovery College
- ◆ Growth and sustainability
- ◆ Through research with service users, staff and carers
- ◆ Feedback from various groups
- ◆ Implementing information through feedback and assessment
- ◆ Implement research
- ◆ Action plan ensuring it is correct and successful
- ◆ Results and longer courses
- ◆ Leader key worker
- ◆ Philosophy
- ◆ Support from it being a CQUIN for another year
- ◆ Everyone hospital wise to support it
- ◆ Making sure there is enough staff to support it
- ◆ Continue doing what we are doing by encouraging service users/staff /carers involvement and be flexible in approach
- ◆ A range of different courses that meet the demand of the people who are attending
- ◆ Empower people
- ◆ Build networks
- ◆ Has to be evolutionary – meeting service user needs instead of the CQUIN targets.
- ◆ Drop “college” status.
- ◆ All service users working collectively in staff and MDT meetings
- ◆ Finance – to provide PPE and materials. Needs its own budget
- ◆ Room to deliver – a dedicated space
- ◆ Dedicated staff
- ◆ Links with existing community RC
- ◆ The management - senior management board staff - PADR target

### b - With your outcomes in mind what would you like your recovery college to offer in the future?

- ◆ Trust
- ◆ Balance
- ◆ Open to collaborative working
- ◆ Open to new ideas
- ◆ Post forensics strategy – maintain links with service users
- ◆ Be more responsive to patients needs
- ◆ Support for service users to move into the community
- ◆ Values evolved into meeting life service users need, to move into life community

### Table Top Exercise 2

#### a - What resources and infrastructure will you need?

- ◆ Motivated/committed staff
- ◆ Someone to do it
- ◆ Equal balance in staff and service users
- ◆ Ex-service users
- ◆ Recovery College network to offer support
- ◆ Admin support
- ◆ Continued commitment and motivation
- ◆ Regular meetings
- ◆ Promotion
- ◆ Discharged skill based provisions

#### b - What and whose support will you require and how will you get this?

- ◆ Managers to give time for staff
- ◆ Doctors to give S17 leaves if needs be
- ◆ Service manager support
- ◆ Finance
- ◆ Unit support and commitment
- ◆ What skills are required for them to move on
- ◆ “Tree of Hope” model – skills, hope, control, opportunities





## MH2 Recovery Colleges for Medium and Low Secure Patients

### YEAR 2 (2017/18)

#### Regional CQUIN Groups

Service Users and services have highlighted the reporting focus has been on numbers instead of cultural change and embedding CQUINs in the spirit of collaboration, quality and innovation.

For Recovery College this is about everybody being aware of what is on offer and what they can offer.

This is also about co-production.

Collaborative presentation of achievements and ongoing strategy, sharing good practice and learning from each other are key to effecting sustainable change.

Regular attendance at the CQUIN workshops facilitated by the Involvement Network is vital and each service should give at least one collaborative presentation at the CQUIN involvement network meetings during the year.

#### • Quarters 1, 2 and 3

Ongoing implementation of Recovery College strategy and use of evaluation and assessment tools developed in Year 1

Ongoing engagement and collaboration of service users and staff within the set-up and development of the Recovery College

Co-production of Course Prospectus and courses

Identify service users to participate in courses, with exclusions justified.

Increase percentage of service users participating in courses or if this is already at a high level sustain numbers.

Using the evaluation and assessment tools, demonstrate improvements of patients who understand their condition and how to manage it and patients reporting positive outcome measures.

Develop and implement robust governance and evaluation within the service to ensure long term sustainability.

Review provider monitoring information, data collection and insights gained.

## • Quarter 4

Continue with measures outlined for Quarters, 1, 2 and 3.

Completion and submission of the final quarterly commissioner standardised reporting template, to include a brief report which evaluates the success of the 2 year scheme including the future sustainability of the Recovery College..

Delivery of the final quarterly service user/staff collaborative presentation to commissioners. The presentation to include evidence of the evaluation of the overall 2 year scheme

### • 2017/18 Reporting Process:

Quarterly service user/staff collaborative presentation to commissioners. Presentation to be delivered at quarterly contract/service review meetings in service if possible or additional meeting to be arranged. It is expected that the collaborative presentation and interaction between commissioners and service users/staff will not exceed 30 minutes in duration. The presentation should include but is not limited to:

Detail behind the standard reporting template.

Evidence of engagement and collaboration of service users and staff within the set-up and development of the Recovery College

Evidence of co-production of Courses and Course Prospectus

Evidence of implementation of Recovery College strategy and description of evaluation and assessment tools . Including data on:.

- % of patients participating in courses
- % of patients who understand their condition and how to manage it
- % of patients reporting positive outcome measures

- Completion and submission of the quarterly commissioner standardised reporting template. Submitted 3-5 days prior to the collaborative presentation. This will be an A4 report which provides the audit trail/evidence to support the quarterly presentations. The report is not to include any additional documents this is the supporting evidence to the presentation
- Attendance at the CQUIN workshops with expectation of one presentation per year
- NHS England Case Managers to be more involved in monitoring delivery of the scheme in the service.
- During Q1 agree and set the dates for the collaborative presentations

**Recovery College**

**CQUIN Group**

**Dates 2018**



**Thursday 22<sup>nd</sup> March**

**Thursday 31<sup>st</sup> May**

**Tuesday 25<sup>th</sup> September**

**Tuesday 11<sup>th</sup> December**

**Sandal Rugby Club Wakefield**

**1.30-3.30 pm –**

**Refreshments Provided**

Role Description for attending Yorkshire and Humber Network meetings:

Represent your service and share experiences and ideas

Celebrate achievements and share learning

Find out what is happening in other services

Give your perspective

Meet staff and service users from other services

Take back and share what you have learnt with people in your service

