



Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support. Recovery within the NHS mental health system is often referred to as the “recovery model”. This model highlights the importance of building the resilience of people with mental health. This course will support care and support staff to identify what support can be offered and where other support service can be sourced.

This course is delivered using a range of methods and resources including:

- ◆ Live tutor facilitation, scenarios for group work, interactive polls, questioning and participation and end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ Mental Health Act 1983
- ◆ Mental Capacity Act 2005
- ◆ NHS - The Community Mental Health Framework for Adults and Older Adults

Course Content

- ◆ Clinical recovery
- ◆ Personal recovery
- ◆ Acknowledging each person’s journey may be different
- ◆ Strength Based model of dual recovery
- ◆ Treatments available
- ◆ Supporting a person’s control of their own recovery

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Describe what Clinical and Personal recovery are
- ◆ Explain why each person’s journey may be different
- ◆ Give an overview of the Strength Based model of dual recovery
- ◆ List treatments available
- ◆ Give an example of how you can support a person’s control of their own recovery

Duration: 6 Hours