

# Recovery Cave News

February 2014

Welcome to the February 2014 Recovery Cave News. It has information about the Recovery Cave and an update on a range of consumer led projects happening across the Inner City.

The Recovery Cave is a space on the 3rd floor of the O'Brien Centre at St Vincent's Hospital, Inner City Health Program. It allows people with an interest in Recovery to network and share ideas that promote St Vincent's Hospital becoming a recovery-focused service. The Recovery Cave opens on a Wednesday afternoon between 1 and 4 pm, except on public holidays.

Participants in the Recovery Cave have coined the term; The Inner City SUPER Group (Service Users, Participating, Educating and Researching), aim is for people to go there and find out and share ideas about recovery. SUPER group members encourages participants to identify their dreams, find out what they want to do, then encourage people to use their Consumer Wellness Plans to find out their strengths and identify strategies to stay well and follow their dreams.



Service providers visit the group by invitation, consulting with members about projects in the Mental Health Service, and give their support and information about services available. Interested people from across the Inner City community can participate in the group.

The SUPER Group reconvenes on Wednesday 5 February 2014, with a MH-CoPES Action & Change workshop on 12 February, CoAT Workshop on the Recovery Standard for the National Standards for Mental Health Services on the 19 February and the start of a Peerzone workshop on 26 February; more information is on page 4 of The Recovery Cave News sheet.

The November 2013 Looking Forward Looking Back 4 (LFLB4) event was postponed by The Inner City Mental Health Recovery Working Group and will be held later in 2014. LFLB4 is a one day forum to give feedback on how participation is happening across the Inner City. The ICMHWG meets on the last Tuesday of the month at 40 Belvoir St, Surry Hills in the Surry Hilly Public Tenants Association Community venue. For more information have a look at their Facebook page on <http://www.facebook.com/InnerCityHealthProgram>

The Inner City CADRE Network had a successful get-together on Wednesday 18 December 2013 at St Vincents Hospital when members from a number of the sites, where the CADRE training has been delivered came together to talk about how there groups where progressing and to start planning where they would like the CADRE network to be in 5 years' time. A report from the day will be developed and circulated to all CADRE members before the next LFLB 4 forum.

The CADRE network was developed to support people across the Inner City and is like Mental Health Neighbourhood watch. Opportunities for people to be involved in the CADRE network are: From Wednesday 5 February between 1 and 4 pm interested people can attend

From the February 5 2014 the Inner City S.U.P.E.R. (Service Users, Participating, Educating and Researching) group meets on level 3 of the O'Brien building cnr Victoria and Burton St, Darlinghurst, or from February the last Tuesday of the month at the Inner City Mental Recovery Working group at Surry Hills Community Centre, 40 Belvoir St Surry Hills from 2 till 4 pm, or from February the last Friday of the month at the Waterloo Neighbourhood Centre, Cnr Philip & streets

WATERLOO NSW 2017 between 10 and midday. More information about the network can be found on their Face book page <https://www.facebook.com/pages/Inner-City-Cadre-project/279010388883261>

The Deck of Dreams images are currently on display on a Wednesday afternoon in room 3.3 at O'Brien Centre and we are encouraging people to select 3 of the images for inclusion in a calendar that will be developed for 2015.

The Deck of Dreams project was developed by Jennifer Lee: a Day 2 Day worker at The Wayside Chapel, the aim of the project was to turn people's dreams into something tangible, something they could hold. The Deck of Dreams workshops have been completed and we now have 53 cards with unique artworks and explanations of the dreams. An exhibition was held on Hospital Street, level 4 St Vincents Hospital starting on Monday 23 September 2013. 50 people have submitted entries for the viewer's choice.



The Deck of Dreams poster was voted as the delegate's choice during the 2011 Looking Forward Looking Back 3 event held at the Redfern Town Hall on 17 November 2011 (<http://www.coatconsulting.com.au/index.php/icmhrwg.html>).

The Deck of Dreams project was awarded a **GOLD AWARD** at the TheMHS 2013 Conference Achievement Awards Service & Program Category 5: Consumer Provided.

### ***MH-CoPES (Mental Health Consumer Perception and Experiences of Services)***

This information is taken from the NSW CAG web site [www.nswcag.org.au](http://www.nswcag.org.au)

The MH-CoPES Framework is a process for all NSW public adult mental health services to involve consumers in improving their services. The MH-CoPES Framework assists consumers to evaluate their services and to use this evaluation for consumers to work together with services and improve them.



## The four steps of the MH-CoPES Framework:

### STEP 1 - Data Collection

Consumers evaluate their services using an MH-CoPES Questionnaire.

### STEP 2 - Data Analysis

Information from Questionnaires is collated and analysed to produce reports every six months.

### STEP 3 - Reporting and Feedback

Reports feed back to consumers and services around strengths and areas needing improvement.

### STEP 4 - Action and Change

Consumers and services use reports to work together to make changes and improve their services for everyone.

*The four steps make up one complete evaluation cycle and the cycle is repeated, The Inner City Health Program is now in their 4<sup>th</sup> cycle with the MH-CoPES framework.*

## Mental Health Consumer Perceptions & Experiences of Services Feedback

### What Consumers' said in [Jan – July 2013] about [Community Services] through MH-CoPES

#### These are the top 3 strengths of our service:

- Q 7 Staff listened
- Q 20 Info about Crisis supports
- Q 21 Privacy of my info

#### These are the areas our service most needs to improve:

- Q 3 Ease of seeing a doctor
- Q 4 Doctors listened
- Q 23 Choices in treatment

### What Consumers' said in [Jan – Jun 2013] about [Inpatient Services] through MH-CoPES

#### These are the top strengths of our service:

- Q 5 Respect staff showed for me
- Q 8 Input into my own care
- Q10 Family carer involvement
- Q 24 Supports after hospital

#### These are the areas our service most needs to improve:

- Q 17 Info about support services
- Q 21 Info about types of treatment
- Q 22 Choices in treatment
- Q 23 involvement in discharge planning

### What happens next with the feedback?

A workshop is scheduled to discuss the feedback and develop an Action Plan by consumers & staff for improving the service.

**When:** Wednesday, 12 February, 2014. 1.15 to 4.00 pm

**Where:** Room 3.1 & 3.2, Level 3 O'Brien Building, cnr Burton and Victoria St, Darlinghurst

**Contact Person:** Douglas Holmes, Consumer Participation Officer on 041 346 4469 or email [djholmes@stvincents.com.au](mailto:djholmes@stvincents.com.au) if you want more information.

## Coat Workshop

A CoAT workshop is an opportunity for you to have input into evaluating how the Inner City Health Program is developing a coordinated approach to implementing the new National Standards for Mental Health Service, in partnership with Consumers, Carers & Mental Health Staff across the Inner City. On Wednesday 12 February 2014 members of The SUPER Group will lead an audit of the Recovery Standard for the National Standards for Mental Health Services and invite other Consumers, Carers, Mental Health Workers from Inner City Health Program, and NGO'S, Community members and others with an interested in mental health.

The workshop will start at 1.15 and finish around 4 pm

More information about the CoAT audit tool can be found at [www.coatconsulting.com.au](http://www.coatconsulting.com.au)

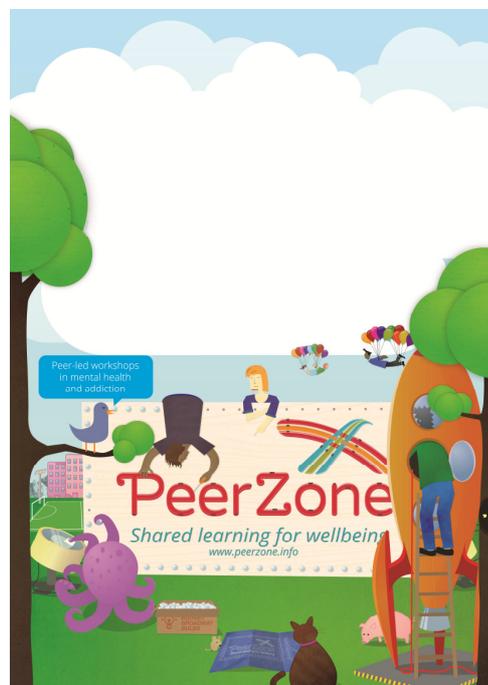
## PeerZone

The Inner City Health Program is supporting a series of PeerZone workshops. PeerZone [www.peerzone.info](http://www.peerzone.info) is a series of three hour peer led workshops in mental health and addiction where people explore recovery and whole of life wellbeing. The workshop will be led by Lynda Hennessy, PeerZone works on three levels for participants:

- It invites you to rebuild a more positive story of their lives.
- It offers tools for whole of life wellbeing.
- It creates a community of mutual support.

PeerZone works on three levels for services:

- It's a service innovation for organisations that invest in it.
- It's a practice tool and support structure for workers with lived experience who facilitate it.
- It's a personal development opportunity for service users who participate in it.



The PeerZone Workshops will happen on the 4<sup>th</sup> Wednesday of the month, starting on February 26<sup>th</sup>, with the second workshop on March 26<sup>th</sup> and the final workshop on April 23<sup>rd</sup>. The workshops start at 1 .pm and finish around 4 .pm.

The workshops will be held at St Vincents Hospital in the O'Brien Centre, Cnr Burton St and Darlinghurst Rd Inner City Health Program. More Information from Hope Everingham on 83547301 or email [hope@nuaa.org.au](mailto:hope@nuaa.org.au) or Lynda Hennessy on 0403522482 or email [coatconsulting54@gmail.com](mailto:coatconsulting54@gmail.com)

The Teams Marble Challenge is being planned for 2014 and is to help raise awareness about The Inner City Recovery Cave through a yearly event that will coincide with the end of Mental Health month. The challenge will be played in Newcastle this year. More information about how to become involved will be in the April Recovery Cave News sheet.

