

Opening Minds

exciting
speechless self
awareness
challenging
belonging thoughtful mayo
colleague reflective
status reactive
communication others cues
social trust comfort teamwork fun
collaboration supporting
hope
control
opportunity
know aware co-deliver yes
cooperative possibility effective
ideas interesting
insightful co-design knowledge
introduction inspire excitement plan
creative
anized recover interact
change
helpful getting understanding respect
provoking analyse connection reminder
active focusing laughter

MAYO RECOVERY COLLEGE



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Vision

"The purpose of Mayo Recovery College is to create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together".

Mission

To awaken **HOPE** as the foundation for ongoing recovery and to create and foster the belief that people can recover from mental health difficulties.

To enable **CONTROL** through useful information, development of confidence to negotiate and make choices and taking increased personal responsibility through effective self-care and self management.

To de-mystify and share the realities of mental health problems and therefore create **OPPORTUNITIES** and links into the community - so that people with mental health difficulties can take their rightful place as equal citizens.

Mayo Recovery College aims to expand the Mental Health Services towards the building of a greater quality of life for service users by;

- ▶ committing to give equal attention to personal or lived experience of people with mental health difficulties, their family members/friends and professional expertise
- ▶ empowering the community to accommodate human distress and ensure full citizenship for all service users.

Personal recovery builds on the core principles of Hope, Control and Opportunity

Mayo Recovery College uses **collaborative** education based on college principles as a key tool to influence and empower personal recovery. Originating in the United States this concept has been embraced in the United Kingdom where there are now seven Recovery Colleges. The Mayo Recovery College is the first in Ireland.

The key aim of the MRC is to offer accessible recovery focused education, building capacity to deal with mental health challenges and to support personal talents, abilities and self-determination.

All courses, seminars and events provided at the college are co-designed and co-delivered by adults with personal experience of mental health difficulties (often called lived experience) and professionals. The courses are **open to ALL** - people with mental health challenges, families/friends, professionals and the community. The college is committed to equal citizenship and embraces diversity and difference.

The educational approach of the MRC aims to be the catalyst for transformation, driving recovery-focused organisational, attitudinal and cultural change.

A person with mental illness can recover even though the illness is not 'cured'. Recovery is a way of living a satisfying, hopeful, and contributing life even with the limitation caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

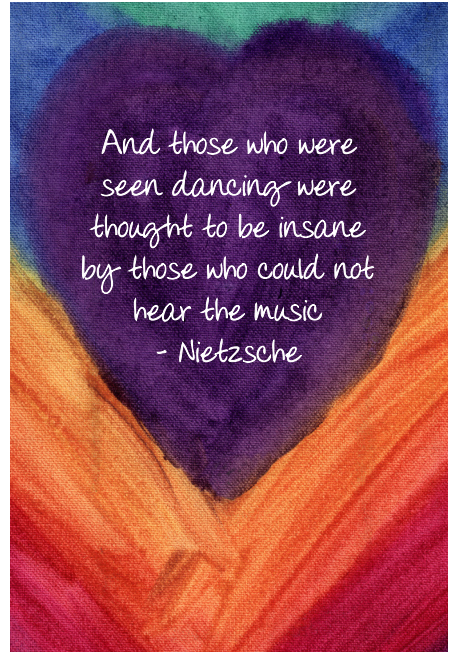
(Anthony)

Co-design and Co-delivery for the courses and activities are absolute requirements for the operation of recovery colleges. This crucial approach enshrines the valuable principle of collaboration and partnership. **The college gives equal weight and significance to the worth and value of professional expertise and lived experience.**

The college curriculum is agreed by a working group including people with lived experience of mental health difficulties, professionals and family members and draws on the expertise of other interested parties from the voluntary and statutory sector.

Fundamentally the college reflects the needs of the community and is located at the heart of the Mayo HSE Mental Health Services.

The MRC explores different dimensions of what 'distress' is and what 'recovery' can mean.



The Educational Approach and What the College Does

Simply, the college provides courses, workshops, seminars and group work on topics and themes that deal with RECOVERY!!!

The 4 major Categories are



Mayo Recovery College does not endorse any particular method for recovery.



Frequently Asked Questions

Q.: Will it be like school?

A.: *No, it is an adult learning environment where everyone is equal.*

Q.: Do I have to read a lot?

A.: *No, there are many ways to join in. You can decide how to do this!*

Q.: Do I have to come all the time?

A.: *We will work on an Individual Learning Plan with you. You are in the 'driving seat.'*

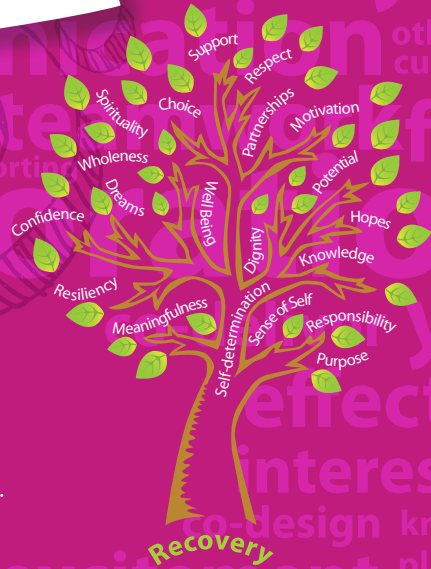
Q.: What's in it for me?

A.: *The activities and courses are new, exciting and useful...you can do as much or as little as you feel you are able to do...you can involve family and friends.*

Q.: Do I have to do exams?

A.: *No. Learning outcomes will be assessed individually according to your individual learning plan. Some courses - entirely optional - will have FETAC certification!*

Recovery has many branches and takes many forms on a very personal journey



Some feedback from students of other Recovery Colleges:

Top ranked statements classed as most important (Jane McGregor)

- there is empathy, warmth and a welcome
- here we are in the same boat
- I feel listened to
- there is ongoing support
- the Individual Learning Plan and induction gives confidence
- there is an awareness of individual needs and preferences
- they encourage your own skills and qualities
- the college offers hope and possibilities and restores faith





The Mayo Recovery College is a partnership project between the HSE and RehabCare and is supported by GENIO, other partners include the GMIT and The Learning Curve.

