

Innovation Recovery Project Overview

The Innovation Recovery Project aims to build mental health resilience among our population within the cross border region, through provision of education and training. The ethos of recovery education is based on the principles of *optimism, hope, opportunity and control*, aiming to change the narrative of our mental health to one of *strength and resilience*.

Recovery education values the expertise of those with lived experience of mental health issues *and* that of Health and Social Care Professionals. Therefore central to the recovery college is the involvement of clients in both the development and delivery of courses.

All courses are co-designed and co-delivered by people with lived experience of mental health difficulties alongside those with professional experience and knowledge, aiming to helping people to tap into their own personal resilience and resourcefulness, become experts in their own self-care and work toward achieving their goals and ambitions.

Mental Health courses are open to **everyone:-**

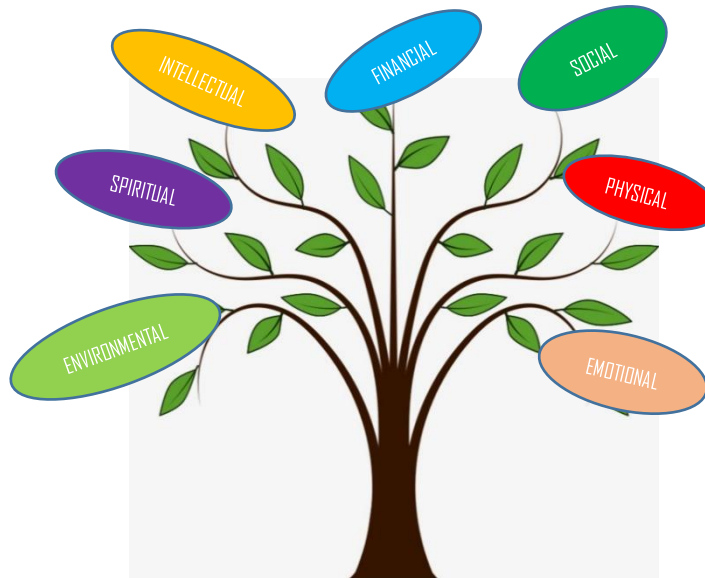
- Those who use mental health services or not;
- Both statutory and non-statutory health and social care staff and volunteers;
- Carers;
- Members of the general public.

All courses are free of charge.

We look forward to meeting you!

What to Expect from Our Courses

- ✚ The opportunity to learn more about Mental Health and Wellbeing through interactive workshops.
- ✚ The opportunity to hear and learn from the different perspectives shared by service users, carers, families, friends and staff.
- ✚ Increased awareness of your own strengths and aspirations.
- ✚ The opportunity to increase your knowledge, share journeys, learn new skills and work on being more hopeful about your own and others recovery.



Recovery Framework

We work within a framework call **CHIME**.

CHIME is a conceptual framework for personal recovery in mental health. Working within this framework, the effectiveness of what we do can be measured.

The Innovation Recovery College will be seeking to evaluate its work at a later date via this method.

THE CHIME FRAMEWORK FOR PERSONAL RECOVERY

CHIME (Leamy et al 2011)



Who can benefit from Innovation Recovery Courses?

All courses are open to anyone **16 years old and over**.

The Innovation Recovery Project has three locality Hubs:-

West Hub:-
Donegal, Derry/L'Derry

South Hub:-
Sligo/Leitrim/Fermanagh/Cavan/Monaghan

East Hub:-
Belfast/Armagh/Newry/Louth/Dundalk

Your Next Step. You Decide

E-mail: (NI)

recoverycollegewest@westerntrust.hscni.net

E-mail (ROI)

Innovation.RecoverySouth@hse.ie

- Or chat with your health professional for more information or referral.
- It could not be simpler, so take the next step and get in touch.

➤ [Start Your Journey With Us](#)

Innovation Recovery Project Partner Organisations

Health Service Executive

Public Health Agency

Western Health & Social Care Trust

Southern Health & Social Care Trust

Health & Social Care Board



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Innovation Recovery
Education for Mental Wellbeing

Supporting Cross Border Health



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