

# Dublin South Central MHS ARI Newsletter



## So what is ARI?

Advancing Recovery in Ireland is an eighteen month initiative which will support seven Irish mental health services in their efforts to implement a number of key concepts in 'A Vision for Change'.

ARI focuses on service level structures, systems and practices that can maximize personal recovery opportunities and outcomes for service users

## Aims:

It aims to achieve this by facilitating the individual to manage their personal recovery on the development of recovery focused mental health practice in the service. It recognizes the service provider, service user and family as equal stakeholders.

ARI is a Genio funded partnership between the Mayo Recovery Consortium, EVE (a programme in the HSE), the Centre for Mental Health (CMH)/NHS Confederation (UK) and the HSE. The project will use an established methodology for organizational change which has been proven to be highly successful. 'Implementing Recovery through Organizational Change (ImROC), coupled with a tested web-based recovery profiling tool, the Recovery Context Inventory (RCI). The RCI has been designed by EVE in Ireland and

the UK, to enable service users to support their own personal recovery process and to support service providers in their efforts and deliver recovery-orientated services.

Due to the nature of the work and processes in ARI, the project will be rolled out on a phased basis to allow sites to gain maximum benefit from participation in ARI. Phase 1 will commence in May with the introduction of the ImROC methodology to the sites. This will be followed by Phase 2 - the implementation of the RCI at a date to be agreed locally. Sequencing the project in this way will allow sites to put the necessary local structures in the place and also give time to interpret the concepts and workload involved in participating in ARI.

## What ARI entails?

The seven mental health service sites will each form a local project group consisting of all stakeholders in the local mental health support system: senior management, service users, mental health team, family/carers and voluntary sector groups. The project group will, in collaboration with the ARI project team, identify a number of key organizational challenges in the service that it would like to address using the ImROC methodology. Stakeholders from each site will participate in four national learning set events on recovery themes. Each site will receive

three visits from international experts on organizational change and recovery. Two stakeholders from each site will visit an ImROC demonstration site in the UK.

Each site will also introduce the Recovery Context Inventory (RCI) tool to support service users to consider what aspects of their lives are the most important for mental well being and recovery. Ten facilitators, drawn from the stakeholder group in each site, will be trained to support RCI implementation and assist those service users who wish to use the RCI Recovery Planning Workbook and develop self-directed personal recovery action plans.

## What is Recovery?

"Recovery is a process; a vision; a belief which infuses a system...which providers can hold for service users...grounded on the idea that people can recover from 'mental illness', and that the service delivery system must be constructed based on this knowledge..."

(Anthony, 2000)

## What is 'A Vision for Change'?

A *Vision for Change* was commissioned in response to a widespread felt need for an improvement to Irish mental health services. It identifies the critical structural, human and financial resources required to make this a reality.

(DoHC, 2006)

## What is ImROC?

The Implementing Recovery through Organisational Change (ImROC) programme is a new approach to helping people with mental health problems.

For more information please contact the ARI Project co-ordinator in the Dublin South Central MHS on (01) 6250710 or Email: [Brendan.power1@hse.ie](mailto:Brendan.power1@hse.ie)

## Useful web links:

**ImROC (UK)**  
<http://www.imroc.org/>

**Centre for Mental Health (UK)**  
<http://www.centreformentalhealth.org.uk/>



## So how did the Dublin South Central MHS become involved with ARI?

Expressions of interest were broadcasted to mental health services around Ireland by ARI, where the interested services submitted a site readiness questionnaire. From here seven geographically diverse sites were selected through a combination of written submissions and meeting with members of the National Project Team. The most important criteria for selection was the presence of a clear, multi-agency commitment towards improving the quality of services to support the recovery of those using them and the readiness of the local system to pursue a programme of organizational change.

With the ARI programme there was also the need for senior local HSE management to act as project sponsor and identify a project lead for the local ARI project team.



The Dublin South Central MHS project team is made up of a service user, carer/family and voluntary sector representative with all members being equal partners.

A part of the ARI process is for local stakeholders to review their current recovery innovations with reference to the 10 key organizational challenges set out in the ImROC methodology.

## So what happens now?

ARI Information sessions will be occurring very soon and will be presented in two formats. Firstly local community mental health teams within the Dublin South Central Areas (St James and Dublin West/South West Areas) will have a two-way information session presented to them. These sessions will be an interactive information forum of liaising with local areas to identify current recovery focused innovations and the beginning process of establishing local ARI and stakeholder groups. From here secondary information sessions will be undertaken collaboratively by the service-user and family/carer representatives with a target audience of service-users, family/carers, voluntary and partner organizations. The primary aim of both information sessions is to begin the process of establishing local ARI committees and stakeholder forums and to propel ARI forward within local areas. Venues for presentations will be advertised locally or for more information please email the ARI project co-ordinator on [Brendan.power1@hse.ie](mailto:Brendan.power1@hse.ie) or Phone (01) 6250710



## 10 Key Organisational Challenges

1. **Changing the nature of day-to-day interactions and the quality of experience**
2. **Delivering comprehensive service user-led education and training programmes**
3. **Establishing a 'Recovery Education Centre' to drive the programmes forward.**
4. **Ensuring organisational commitment, creating 'culture'.**
5. **Increasing 'personalisation' and choice**
6. **Changing the way we approach risk assessment and management**
7. **Redefining service user involvement**
8. **Transforming the workforce**
9. **Supporting staff in their recovery journey**
10. **Increasing opportunities for building a life 'beyond illness'**

*Implementing Recovery: A new framework for organisational change, (Sainsbury Centre, 2009).*