

What service user and carer trainees said about the In-Sight Course:

“Over Christmas I had a slight episode and did what it said, and contacted my CPN and it worked, only on medication for about 10 days, much less than usual.”

“I need extra help, so when I began feeling ill again, got the (In-Sight) book out and starting reading it and putting it into practice, it was hard work, but I got through it.”

“I have learnt a lot about the mental illness for my own understanding, but also to better support my daughter in her recovery”.

What consultant psychiatrists said about the In-Sight course:

“My patient found attending the In-Sight group to be extremely helpful, partly because the psychological approach was good and partly because of being involved with people with the same condition. Not professionals, who have the practice but not the sensation of the illness”.

“My patient is now owning the illness, he felt optimistic. He takes responsibility for himself. He had gone through a major psychosis and hadn't understood it before. Now he is owning it, and taking stock.”

*** Our innovative training:** In-Sight has been developed and tested to PhD by Dr Heather Straughan in a research study at the University of Hertfordshire. It has been demonstrated to be effective in enabling recovery, compared to people receiving their usual care whose health deteriorated. People found their mood was more stable, they had better coping strategies, greater empowerment and resilience, and they had a better quality of life, after following the training. The complete study is available on our website.

Group Information

We also offer two self-help groups in Hertfordshire

Central Herts Bipolar Group

The Friends Meeting House

21 Cuttys Lane

Stevenage

Herts SG1 1UP

For further details please contact: Ruth 07727 725311

Or email enquiries to

Recoveryinsightbipolargroup@Gmail.com

West Herts Bipolar Group

The Friends Meeting House

150 Church Road

Watford

Herts WD17 4QB

For further details please contact: Laura, Gwyn or Carolyn
07504335722

For further information about the training contact:



Recovery In-Sight

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RECOVERY in Sight
for better mental health®

IN-SIGHT TRAINING

Enhancing and
sustaining recovery
for service users,
carers and mental
health staff

Who we are?

The Recovery In-Sight Centre is a socially-orientated enterprise, offering a range of services from training, self-help, peer support to research, and advisory services, on mental health wellbeing and service development.



Our Team

We have 20 qualified individuals who draw from their personal recovery in the development of new training materials and its delivery to others. Our own in-house training team have decades of experience working in mental health service provision and as researchers.

Our unique expertise is that we have combined personal experience with traditional qualifications to assist people on a personal level, in both social and work environments. The training is individualised according to a person's needs and context. We continually aim to improve the services provided by valuing the input from all the people we work with.

What do we mean by Recovery?

We consider recovery to be a personal journey, a growth through emotional distress to restoring good mental health. Therefore, we believe recovery includes increasing mental health awareness and coping strategies.

Our Innovative Training

In-Sight training is a group-based comprehensive lifestyle development course. It enables recovery for service users and support for carers in all walks of mental health issues. It also enables staff to extend their knowledge and skills, to better support service users in their recovery.

The effectiveness of the training has been demonstrated in a research study*.

In-Sight combines the quality of clinical therapies in the area of mental health with the lived experience of what is needed for recovery.



Learning to cope together in a relaxed atmosphere

Benefits of the training — for users and carers

In-Sight service user trainees found their mood to be more stable with increased awareness, leading to a better quality of life. The training improved their coping strategies and enabled them to increase control over their lives, leading to long-term benefits of mental wellbeing. These include reduced hospitalisation, greater resilience and fulfilling of potential.

Carers who followed the course found their knowledge of mental health issues increased, and their skills and ability to support their family member were enhanced.

The benefits of the training - for staff

Mental health staff found the range of practical tools, interpersonal skills and mood management techniques they learned on the course, to be invaluable in their own understanding of mental health issues. In their later application of these, they were better able to support their clients, who were then taught these tools to apply them in their own recovery.

What will you learn?

Mood management – coping with depression and elation.

Healthier lifestyle – sleep, diet, exercise, social support, medication, meaningful activities.

Life skills – negative thoughts, communication techniques, assertiveness, anger management, goal-planning, stress management and coping with major life changes.

Tools and wellness planning – a range of practical techniques for use in day-to-day life, to enhance and sustain recovery, long after the course has finished.

Want to know more..?

Whether you are a service-user, a carer, or a staff member supporting service users, simply get in touch with us.

We can help you with funding applications, use of direct payments or individual budgets, to access this unique training opportunity.

We can also offer informal group support through our two peer support groups.