

### Service-user & carer trainee feedback:

“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 do consultant psychiatrists say about In-Sight:

“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:** Dr Heather Straughan has tested the effectiveness of In-Sight in a PhD research study at the University of Hertfordshire. The findings prove In-Sight to be effective in enabling recovery six months after course completion, compared to individuals receiving their usual care, whose health deteriorated. Trainees highlighted they had more mood stability, better coping strategies, and greater empowerment and resilience. Most importantly though, trainees felt they had a better quality of life, after completing the course. Nine courses have been delivered from 2008-2011 in Hertfordshire with similar results. Two further courses are planned for 2012. This will result in over 100 people having been trained. The results of this meta-analysis are available on the website.

### What other services does R.I.S.E offer?

Two bipolar self-help groups in Hertfordshire, one in Watford and one in Stevenage. Both have been running respectively since 2006 and 2008, and have amassed over 300 members. We also advise on self-help group start-up and management.

Job skills training and work placements for service-users wishing to return to work in a supportive user-led environment at R.I.S.E's offices based in Watford. These are accessible either directly through Individual Budgets or a referral from the Jobcentre Plus for Work Choice. R.I.S.E is a Tier 3 provider for Work Choice.

R.I.S.E offers research from a service-user perspective, advisory services on mental health practice and service development. The team is available to present at conferences and deliver workshops on recovery, research and user involvement.

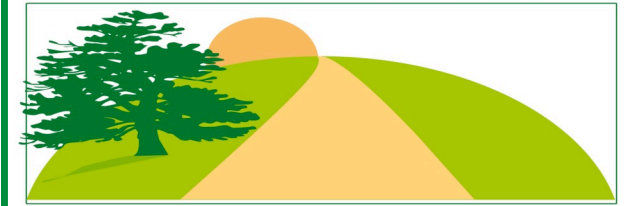
### Interested?

If you would like to know more about the training or any of these services please contact us.

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### Find Us On:



**RECOVERY in Sight**  
for better mental health

**R.I.S.E**

**The Recovery In-Sight  
Social Enterprise**

**In-Sight  
Recovery  
Training**

**Enhancing &  
Sustaining Recovery  
For Service-Users,  
Carers & Mental  
Health Staff**

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## Who are we?

The Recovery In-Sight Social Enterprise (R.I.S.E) was formed in August 2010, as a not-for-profit organisation. This followed on from the success of the socially-orientated company, The Recovery In-Sight Centre, which was formed in 2009.

## The team

We have 20 qualified individuals who draw from their personal recovery to develop new training materials, and enhance its delivery to others. We have many years experience working in mental health service provision and as researchers.

Our unique expertise is that we combine personal experience with traditional qualifications to assist people in their recovery, both in social and work environments. The training is individualised according to a person's needs and context.



## What do we mean by 'recovery'?

R.I.S.E sees recovery as a personal journey, a growth through emotional distress to restoring good mental health. We believe recovery includes increasing mental health awareness, coping strategies, and greater personal development

## Our innovative recovery training

In-Sight is a group based comprehensive lifestyle development course, designed to assist service-users in their recovery from mental ill health, and provide support for carers. It also enables mental health staff to broaden their skill set, to better support the service-users they work with.

In-Sight achieves this by combining the best of therapies already used in the mental health sector, with personal experience of what is needed for recovery.

## University accreditation

Our training is accredited with Middlesex University and provides trainees with a degree level qualification (Level 3), worth 20 points. These can be put towards a qualification if trainees decide to enter or return to higher education.



The effectiveness of In-Sight has been demonstrated in continuing research studies\*.

## How is In-Sight delivered?

It is delivered during three-hour sessions over 16 consecutive weeks, or full days over 8 consecutive weeks. Follow-up sessions are arranged to continue the mastery of the skills trainees have learnt, thus sustaining the benefits. Feedback from trainers and trainees enhances the quality of the training.



Our training room

All sessions are delivered by at least two experienced trainers who have completed the training and are as a minimum City and Guilds qualified in Preparing to Teach in the Lifelong Learning Sector (PTTILS).



## Topics covered

Mood management: coping with depression and elation.

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

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

Wellness planning: practical techniques for daily use to enhance and sustain recovery, after the course has finished.

## In-Sight benefits for

### Users & Carers

Service-user trainees found their mood to be more stable due to increased mood awareness, leading to a better quality of life. Learning additional coping strategies also enabled service-user trainees to take greater control over their lives, providing long-term benefits on mental wellbeing. This led to reduced hospitalisation, greater resilience and fulfilling their potential.

Carer trainees benefitted from increased knowledge of mental health issues and found their skills and ability to support a service-user were enhanced.

### Mental health staff

Mental health staff found the range of practical tools, interpersonal skills and mood management techniques learnt on the course to be invaluable in their own understanding of mental health issues.

When staff applied these techniques, they felt more confident in their ability to support their clients, and later to teach them these tools, so that they could apply them in their own recovery.