

RECOVERY

HOUSING

EMPLOYMENT

Dear readers,

We hope you are all keeping well and taking care of yourselves in this difficult time. The SRF team quarterly newsletter is to keep you updated on the three streams of the SECH SRF Programme in the mental health service.

Advancing Recovery

The SRF Advancing Recovery lead, **Fiona McKernan**, continues to co-facilitate online **recovery education** modules with the Recovery College SE. Providing a platform for those in our communities during these times has never been more important and has been received very positively. See updates on the RCSE time table on Facebook and on www.recoverycollegesoutheast.com.

We are delighted to welcome **Anne Eustace**, SRF funded Peer Educator and Development Officer for Recovery Education in the Wexford Mental Services. Anne has been working closely with the Recovery College South East and Wexford Mental Health Association to progress recovery education, development and engagement.

We would like to wish **Michael Norton** the very best in his new role as National Lead with the office of MH Engagement and Recovery. Michael has been with the SRF team since early 2019 and has supported Recovery Education in the DOP in UHW and the MHS in Waterford and Wexford.

Family Recovery

We also want to welcome **Belinda Coyle** in her new SRF role as Family Peer Educator for the DOP, St Luke's Kilkenny. Belinda will provide information and recovery education to family members of those admitted to the DOP Kilkenny.

National Framework for Recovery

Thank you to all the CMHT and Rehab & Recovery Teams who are supporting the implementation of National Framework for Recovery across CHO5. **Fiona McKernan**, SRF lead and **David Dwyer**, Lead Peer Educator, RCSE look forward to meeting with you again in the future.

Supporting staff wellbeing

Two very powerful **Schwartz Rounds** were held in the DOP, Kilkenny to promote staff wellbeing. For more information on Schwartz go to www.hse.ie>staff-engagement. A huge THANK-YOU also to the Schwartz round steering group in the DOP, Waterford. Unfortunately, the rounds have been temporarily put on hold but we will be back as soon as possible. We are exploring other options to provide support teams and staff during this crisis.

Do we have the "right" story? -

Story telling workshops for staff and service users were held across SECH to share experiences of living and working in community residences. **Joe Brennan**, professional story teller, Waterford Healing Arts Trust and WIT researchers have collated the stories and themes shared in the workshops. Post COVID 19, we are looking forward to getting back to all the participants for a live performance of the narratives for reflection.

Community Residence Profiling and Housing Needs Assessments

Paula Lowney, SRF lead, is gathering data on the **profiles** of those living in the 46 community Mental Health residences across SECH. This will build a picture of the current population and how their mental health and housing needs are met. Sincere thanks to all the community residence staff and rehabilitation and recovery teams that have facilitated this process. The engagement has been extremely positive.

SRF have a service level agreement with Focus Ireland to employ workers to complete **person centered community living assessments** using a standardised protocol. We will begin recruitment for these posts when restrictions are lifted.

Anne Barrett, PMHC has developed the **START (Support for Tenancy And Recovery Targets)** programme which is a partnership with the Local Authorities, Approved Housing Bodies and SRF. The target is to obtain **36 secure tenancies** for MH service users in need of housing with support. The Good Shepherd Centre in Kilkenny and Focus Ireland are the Approved Housing Bodies to roll out START in Carlow, South Tipperary and Wexford. 4 START Steering groups have been established with agreed Terms of Reference, Key Performance Indicators and Standard Operational Procedures. To date 12 people have been housed and are engaging with START.

We look forward to welcoming **Junior Keoghan**, who starts on May 18th in the dual role of Support worker for Co. Carlow and SRF Project Team Lead. Recruitment of a Support Worker is underway for Co. Wexford.

The **START housing support workers** have backgrounds in Social Care. Some of you have met **Roza Krzak-Marc**, who was appointed in July 2019 and is based in the Good Shepherd Centre, Kilkenny. We would like to welcome **Lorna Bermingham**, who was appointed in February 2020. She is based in the Local Authority Offices in Clonmel; half her time is dedicated to START in South Tipperary.

COVID 19 has impacted strongly: The Local Authorities are suspending housing allocations and the purchase of essential household items is not possible. Self-isolation is challenging for some of the new tenants, and how the support workers and Service Users interact. The Steering groups continue to meet via video/tele conference. **Acquisition of suitable properties** in the right locations is challenging but work on this is progressing. WIT has collaborated with the stakeholders to **evaluate** START, ethical approval is imminent. This will inform a sustainability strategy.

Individual Placement and Support

Well done to **Marion Barry**, IPS Coordinator in Wexford, and **Heather Hadrill** and **Alison Martin**, part time Employment Specialists with the Wexford Mental Health Association, who work with all the CHMTs and Rehabilitation and Recovery team in Wexford. Well done also to **Jamie Power**, Employment Specialist from the National Learning Network, who works with the CMHT in Waterford city. So far, **33** mental health service users have secured **paid employment** with the support of the IPS programme. The IPS service users have all been extremely positive about the programme and how obtaining paid employment has positively impacted on their mental health, confidence and wellbeing.

The IPS Employment Specialists continue to support service users via telephone support during the COVID 19 Crisis. This is particularly important in relation to changes in employment status as a result of COVID 19 and Emergency social welfare payments.

The IPS programme has undergone a rigorous independent fidelity review carried out by the Centre for Mental Health UK. All three sites achieved "Fair Fidelity", two sites scored within very close range of good fidelity which is within expectations for the first review. We would like to thank all service users, clinicians and management team members who actively participated in the fidelity review process. The SECH Regional IPS Implementation Group will develop plans to implement the recommendations from the review and to ensure ongoing quality and alignment with fidelity.

Keep well and best wishes from the SRF team. If you would like further information on SRF or would like a copy of the SRF Directory, Contact: Sheila Kissane, SRF Programme Manager at 087-6297087 or sheilab.kissane@hse.ie.