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STAR Learning Centre – Recovery Education Centres

#MHCChopelives

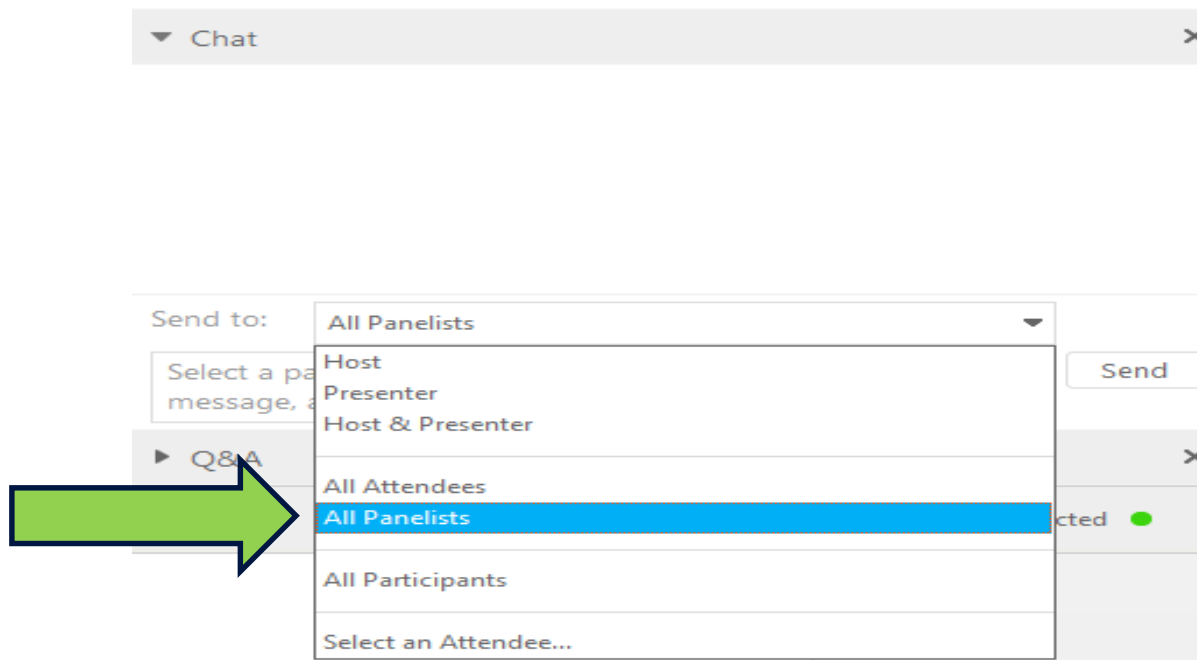
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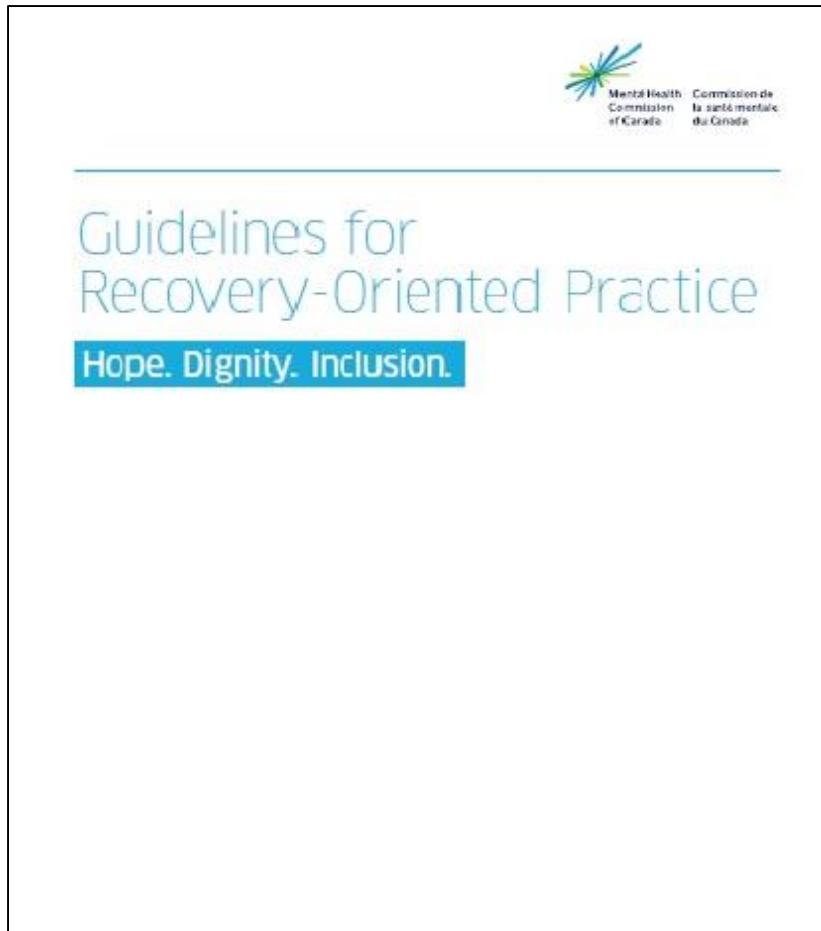
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Important! Send questions/comments to 'All Panelists'



Guidelines for Recovery-Oriented Practice



The *Guidelines* were released in June 2015 to provide a comprehensive document to understand recovery practice and promote a consistent application of recovery principles across Canada

<http://www.mentalhealthcommission.ca/English/initiatives/RecoveryGuidelines>

Six Dimensions of Recovery-Oriented Practice

1. Creating a Culture and Language of Hope
2. Recovery is Personal
3. Recovery Occurs in the Context of One's Life
4. Responding to the Diverse Needs of Everyone Living in Canada
5. Working with First Nations, Inuit, Métis
6. Recovery is about Transforming Services and Systems



Presenters



Brian Nichol – Team Leader, STAR
Learning Centre, St. Michael's Hospital



Samuel Gruszecki – Peer Support
Specialist, STAR Learning Centre



David Nolting – Member, STAR
Learning Centre



The STAR Learning Centre
Supporting Transitions and Recovery
A project of the Urban Angel Fund for Homeless People

Recovery Webinar - Recovery Education Centres
MHCC Recovery-Oriented Practice Webinar
September 15, 2016

Outline

- Recovery Education Centre model background
- Evolution of STAR Learning Centre
- Co-production Model
- Course offerings & Graduation pathways
- Member Experience
- Questions and discussion



Objectives

- Provide an understanding of the recovery education centre model, including co-production
- Provide an overview of STAR Learning Centre
- Share a STAR participant's experience



Recovery Education Centre Model

- Recovery: building a meaningful and satisfying life, as defined by the individual
- Emergent model developing in the US and UK
- Providing recovery-oriented services through adult education, rather than through traditional health care services



Recovery Education Centre Model

- Core features
 - Members, not patients
 - Emphasis on goal oriented/self directed recovery
 - Peer leadership
 - Co-production by professionals and people with lived experience
 - Holistic approach



The Louis L . Odette Family Urban Angel Fund

- Innovation incubator for homelessness and mental health
- Inaugural project: STAR Learning Centre
- Urban Angel Fund Annual Lecture
- Housing First – Now What?



STAR Learning Centre



Evolution of STAR

- First class offered in April 2014
- 5 courses per month
- 20 registered participants
- 3 staff including one peer support specialist
- Advisory committee
- Program operated at 3 sites



Evolution of STAR

- Currently using a trimester model
- Up to 22 courses and workshops per month
- 391 registered participants
- Participant facilitated classes
- Advisory committee
- Hub and spoke model realized
- In collaboration with multiple organizations and classes run in 7 locations



Who can attend STAR?

- Individuals who are currently homeless.
- Individuals who have transitioned recently into housing from homelessness.
- Do not have to be a client of St Michael's Hospital
- No catchment area



Individualized Learning Plans (ILP)

- Work towards self determined goals
- Track progress
- Allows STAR staff an opportunity to suggest courses that are relevant to members' current situation
- Assist in driving future content that meets members' needs
- Updated once per semester



STAR Learning Centre Team

- 4 Peer Support Specialists
- Team Leader
- Administrative Assistant
- Chief of Psychiatry and community team psychiatrist
- Clinical Leader Manager
- Research Coordinator
- Community Advisory Committee, including one current and one alumni STAR member



Dual Aim of Recovery Education Centres

- 1) Supporting the recovery of members/participants
- 2) Supporting organizational transformation and embracing recovery principles by bringing together clinicians and people with lived experience to co-produce, co-deliver and co-learn



Peer Support & Peer Leadership

- Staff members with lived experience, including 4 Peer Support Specialists
- Members deeply involved in program planning & development
- Transitioning from roles as members receiving peer support to those providing peer support and ultimately mutual support
- Informal peer support among members
 - *“ We feel, like we said, there’s that feeling of family. There’s that feeling of you know, a tight knit group. We’re very, very conscious of one another, we’re very fair when we think of the other people”*



The Importance of Collaboration and Co-production

- Allows service providers and users to see one another in a different context
- Helps bridge the power dynamic
- Brings systemic change
- Involves providers across the healthcare spectrum (social workers, doctors, residents...etc)



Co-production

- Programming lead by people with lived experience (peer staff and members) in conjunction with experts
- Peer driven and co-produced
- Member feedback sessions
- Member initiated courses



Co-production

- Training to facilitate programming within STAR
- Individual Learning Plans
- Advisory Council
- Focus groups



Co-producers say :

Working as a co-producer with a person with lived experience helps to “ground” any theory, intervention materials in “real world” lived experience including the ability to “translate” material so it is useable for participants if it isn’t clear. It allows for the workshop to be a mutual learning “conversation” rather than a “presentation”

Anonymous



Co-Producers also say :

“You get to teach *with* people not *about* people”

“We are held honest and accountable to our language”

“Learn from peers who are critically involved”

“I learn things from them!”

Anonymous



Upcoming Courses at STAR

Some of the upcoming courses:

- Getting The Future You Want
- Interpersonal Skills
- Creative Expression
- Cross-fit and Circuit Training
- Conflict Resolution/Anger Management
- WRAP Level 1 and 2
- Peer Support Groups (General, Youth, Harm Reduction)
- MUCH,MUCH, MORE!



Member Voices on Co-Production

“ One thing is... wanting to take on a role where we help co-facilitate [classes], I think we are at a point now where there’s six or seven of us that can easily step into the role and I think what I would like to see a better thing of is us being able to sit down with staff and being able to plan courses to co-deliver.”

Anonymous

“I’d really like to be part of that Advisory Committee, I think a lot of us would really love to help design, I think that’s the key word, design what the program can be.”

Anonymous



For more information

David



Member Voices

star.stmichaelshospital.com

STAR@smh.ca

647-302-STAR (7827)

1-855-592-STAR (7827)



For more information

QUESTIONS?





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Next Recovery-Oriented Practice Webinar

Date: Thursday, October 20, 2016 at 1:00pm to 2:30pm ET

To rewatch or share this webinar visit:
www.mentalhealthcommission.ca/English/recovery





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How did we do?

Please fill out the survey
that opens **after** you leave
the webinar





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Thank you!

Catharine Vandelinde, Program Manager,
Prevention and Promotion
cvandelinde@mentalhealthcommission.ca

Laura Mullaly, Program Coordinator
lmullaly@mentalhealthcommission.ca

Brian Nichol, Team Lead, STAR Learning
Centre

Samuel Gruszecki, Peer Support
Specialist, STAR Learning Centre

David Nolting, Member, STAR Learning
Centre

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