

Building Resilience Mental Health Recovery College Course – 24 Nov 2021 – Online Resilience Forum

 boingboing.org.uk/resilience-forum-mental-health-recovery-college

24 November 2021



Topic Building Resilience Mental Health Recovery College Course – Developments and Reflections 6 years on. Dr Josh Cameron and Mr Paul Neale

Date Wednesday 24 November 2021

Time 16:00 – 17:30

Location Online (please arrive in the online platform 5 minutes prior)

The Resilience Forum is for ANYBODY (with a pulse!) involved with or interested in resilience research

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Session Summary

Our 'Building Resilience for Wellbeing and Recovery' course was co-developed by peer trainers, practitioners and an academic. Peer trainers are people with lived experience of mental health problems trained as tutors by a mental health Recovery College – in our case 'The Sussex Recovery College'. Mental health Recovery Colleges use an educative approach to addressing mental health challenges – aiming to empower people in a non-stigmatising way. We used the Resilience Framework and our personal, practice and research expertise to design the 8 session long course. It aimed to increase people's resilience to respond to mental health challenges using people's inner strengths *and*

support around them. In line with a social justice approach to resilience our course emphasises that there are some adversities (such as stigma and discrimination towards people with mental health problems) that need to be challenged and not simply 'coped with'.

Over 800 people have now completed the course which is in its 6th year which has seen the development of a shorter 'online' version. This was in response to the challenges of COVID-19 but has potential for future use too. Our session will share our experiences and evaluations – including of the advantages and disadvantages of the online version.

Presenters

Dr Josh Cameron

Josh worked as an occupational therapist in mental health services before becoming a University of Brighton lecturer. His interest in resilience developed while researching return-to-work experiences of workers with mental health problems for his PhD. He is a member of the Centre of Resilience for Social Justice research centre at the University of Brighton leading the Adult Resilience strand. He is also a member of 'BoingBoing' the resilience research and practice development network. He was a co-developer of the Building Resilience for Wellbeing and Recovery course at the Sussex Recovery College. He is a co-leader of the research evaluation of Blackpool's 'Resilience Revolution'.

Mr Paul Neale

Paul is an experienced Senior Peer Tutor with the Sussex Recovery College and co-developer of the Building Resilience for Wellbeing and Recovery course. He also has extensive experience of co-producing and delivery a broad range of other Recovery College courses drawing on his lived experience of mental health challenges and training as a Peer Tutor.

Who might be most interested

Academics, practitioners, researchers, students, carers, community workers, service users, people with lived experience of mental health problems, adults, all ages.

Useful links

[The Resilience Framework](#)

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Access Information The forum will be held online on Microsoft Teams. Please arrive in the online platform 5 minutes prior. An email with instructions will be sent out the day before the event. We have chosen this platform as it appears to be more secure and transparent in its data practices than many others. Please see our [privacy statement](#) for more information about Microsoft Teams terms and conditions.

Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
		Help child/YP understand their place in the world			
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Being brave	Support the child/YP to understand other people's feelings
				Solving problems	
	Being safe	Keep relationships going	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
		The more healthy relationships the better			
	Access & transport	Take what you can from relationships where there is some hope	Help the child/YP to organise her/himself	Fostering their interests	Help the child/YP take responsibility for her/himself
		Get together people the child/YP can count on		Calming down & self-soothing	
	Healthy diet	Responsibilities & obligations	Highlight achievements	Remember tomorrow is another day	Foster their talents
		Focus on good times and places		Lean on others when necessary	
	Exercise and fresh air	Make sense of where child/YP has come from	Develop life skills	Have a laugh	There are tried and tested treatments for specific problems, use them
		Predict a good experience of someone or something new			
Enough sleep	Make friends and mix with other children/YPs				
Play & leisure					
Being free from prejudice & discrimination					
NOBLE TRUTHS					
ACCEPTING		CONSERVING	COMMITMENT		ENLISTING

If you like what you see and you want more, More, MORE, why not [subscribe to our mailing list](#)? You'll receive our email newsletter with details of our upcoming Resilience Forums, training and other events, news and resources (most of which are free!), and any other products and services that might be of interest. This is a web-based service and it is very easy to subscribe, unsubscribe or update your email address at any time.

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Previous Resilience Forums

You can find information about our previous Resilience Forums in Brighton, Blackpool, Hastings and online here. Many of our previous Resilience Forums and Centre meetings have slides you can download, blogs you can read, or short films you can watch.