

Having the **Opportunity** to build the meaningful life that you want for yourself, irrespective of illness

Recovery Approach

Hope that it is possible to work towards your own personal self-defined goals

Agency (control) over your own symptoms, support and future

Five Principles of Recovery

Hope - It is important to remember that people who experience mental health difficulties are able to achieve a life worth living and go on to meet their life dreams and goals

Personal Responsibility - It's up to you (with support from others when you need it) to take action and control over your wellbeing and do what you feel you need to do to keep yourself well

Education - Learning all you can about what you are experiencing (or that someone you care for is experiencing) so you can make informed decisions about all aspects of your life, and learn about new ways to help keep yourself well and advocate for your needs and rights.

Self Advocacy - Effectively reaching out to others (with help when you need it) so that you can get what it is that you need, want and deserve from others to support your wellness and recovery

Support - Whilst on your recovery journey, receiving and giving support from others in a similar position in a safe environment can enhance a sense of personal wellbeing and encourage a better quality of life

Humber Wellbeing and Recovery College

The Humber Recovery and Wellbeing College uses an educational model with a focus on lived experience and personal strength to promote mental wellbeing and challenge stigmatising attitudes.

Using a collaborative and recovery-orientated approach, we empower one another by welcoming **anyone over the age of 16** who has an interest in keeping themselves mentally and emotionally well onto our courses and workshops, regardless of if they identify with having experienced mental health difficulties or not. Students, facilitators and volunteers with lived experience and other mental health professionals work with local communities to co-productively design and deliver original and innovative workshops and courses.



Recovery is...

- ... about discovering meaning in and growing from your own personal experiences
- ... finding a new sense of who you are and what your purpose is
- ... discovering and using your own resources and resourcefulness to take back control over your life
- ... a person-centred approach to mental wellbeing using a social model of disability as opposed to paternalistic medical models
- ... about recognising that each person has a rich lived experience to bring to the table (*both in and outside of healthcare*)

Recovery is NOT...

- ... a theory about what causes mental health problems.
- ... about an end product or result
- ... about making someone 'better'
- ... a linear process
- ... just for people who have experienced mental health difficulties
- ... the same thing as a 'cure'
- ... a professional clinical treatment or intervention

The Humber Recovery College in Context

The concept of 'recovery' was developed by the Psychiatric Survivor Movement (more broadly the consumer/survivor/ex-patient movement, a diverse group of individuals who access/have accessed mental health services or who consider themselves survivors of psychiatric interventions) during the 1990s to challenge psychiatry and the oppression they experienced within clinical mental health services and society. The approach they developed instead promotes taking control of ones person-led mental health care, self-determination, 'talking back to psychiatry', challenging prescriptive frameworks and attitudes, fighting for rights protection/advocacy and supporting others in similar situations... which is now championed by progressive mental health teams as a quality, holistic approach to good mental health care. Moving away from the clinical and paternalistic medical model, the recovery approach is about crafting a meaningful life for yourself, reaching goals as defined by you, recognising that mental health recovery is a journey... and so is not about 'getting better'. In the recovery community, people from all backgrounds are encouraged to share their experiences and support others going through similar things.



Who we are

The Humber Wellbeing and Recovery College (HR&WC) is a team within the Humber Teaching NHS Foundation Trust and we are the only Recovery College in the Humber Vale & Coast Sustainability and Transformation (STP) footprint. We are a small, talented team of paid/volunteer tutors and peer supporters who work in partnership with our students and other local organisations.

What we do

We utilise an educational model, a strong focus on lived experience and personal strengths to celebrate these principles, challenge stigmas and injustices associated with mental health and promote good mental wellbeing within our shared communities.

We release prospectuses full of various free/low cost courses about 3 times a year. The educational courses (some of which are accredited) that are on offer at any given time are reflective of the expertise of tutors, volunteers and partners and we aim to always have a variety of courses that can help support you at different stages during your own self-defined recovery journey and goals. However, we recognise that better personal mental health cannot be purely down to the 'will' of the individual; we understand the impact that social, economic and political injustices/oppression/stigmas can have on good mental wellbeing and so run courses that also address these complex issues when possible.

The HR&WC and its courses are co-designed, co-produced and co-delivered by Experts by Experience (individuals with lived experience) and Experts by Training (clinicians and other professionals) - including people who happen to be experts in both. These courses run during school term times (mostly) and predominantly between 9-5pm, although we do run some courses on evenings and in half terms. We do not have a building that we work out of (like a regular college) but instead we travel to community-based venues across Hull & East Riding.

The HR&WC is not a replacement or alternative service to other support, is not a clinical intervention (we don't take 'referrals'), does not have all the answers or promises quick fixes... but it is a safe, supportive space in which people who 'get it' can share skills and learn new perspectives from each other. We offer a space in which you can rediscover YOUR own resourcefulness, talents and abilities whilst also arming you with useful knowledge, helpful tools and strengthened networks in order to become more of an expert in your own care.

Anyone over the age of 16 can come to any of the courses, regardless of where they live, their background, perspective or whether they experience mental distress or not. If you feel like you would benefit from a course, you are welcome to come!