



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



HSE
Mental Health
Engagement
& Recovery

National Mental Health Nursing Conference 2023

Michael Ryan

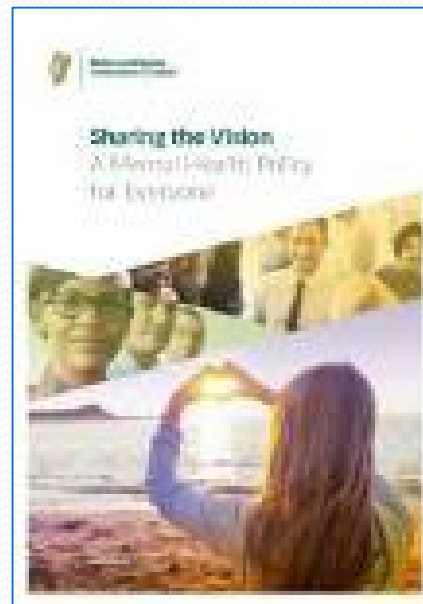
National Lead Mental Health Engagement &
Recovery

HSE Community Health Organisation



Role of Engagement & Recovery

- Member of the National Youth & Adult National MH Operations team.
- YMH AND Donan Kelly
- AMH AND Dervila Eyres
- Policy Implementation
- Compliance & regulations
- Quality & standards
- HR
- Operational support
Budget & financial
- Head of Engagement & Recovery (lived Experience Role)



Mental illness at a human level

- **Lived Experience: living with, recovering from MH challenges & using MH services**

No Island is a man....

- *Fear, confusion, shame*
- *People treating you differently*
- *Simple things becoming impossible*
- *Loss of confidence*
- *hospitalisation*
- *Breakdown of basic life structures- poverty, unemployment, No where to live*
- *Social outcast*



Understanding Recovery

- *Employment*
- *Education*
- *Husband*
- *Father*
- *Community council*
- *Organic Gardener*
- *Football coach*
- *Sea swimmer*
- *CHIME*
- *Leamy et al BJP 2011, 199:445-452*
- *Someone to love..*
- *Somewhere to live...*
- *Something to do...*
- *Recovery is being the best version of yourself*



Recovery Orientated Services

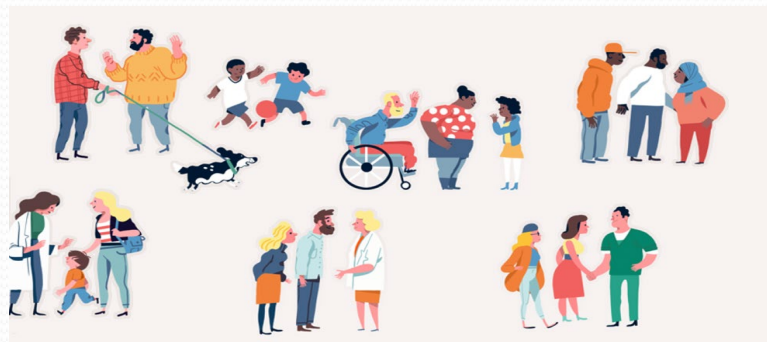
- *Helping people achieve recovery is the goal of services...*
- Achieved through Clinical Excellence and the centrality of Lived Experience ... (Framework for Recovery 2018)
- Lived Experience Applications:
 - (1) Service improvement – Engagement structures
 - (2) Therapeutic value – Peer support & Recovery Education
 - (3) Developing Recovery Innovations.. ..



- **MHER National Office Strategic plan 2023-2026**
- <https://www.hse.ie/eng/services/list/4/mental-health-services/mental-health-engagement-and-recovery/mher-strategic-plan-engaged-in-recovery.pdf>.
- 1. To co-produce an enhanced good practice model for meaningful engagement in mental health services.
- 2. To co-produce structures and systems that will ensure recovery education is embedded within mental health services.
- 3. To support and enhance the role of peer and family support working in mental health services.
- 4. To lead and support the implementation of recommendations from 'Sharing the Vision'.
- 5. To embed a sustainable model for Individualised Placement Support (IPS).

Value centred approach

- Close and valued relationship with nursing..
- *Complementary values...*
- **Person centred Nursing Values** : Care, Compassion, Competence, Communication, Courage and Commitment;
- MHER values Empowerment, Co-Production, Change and Courage.



Values centred approach

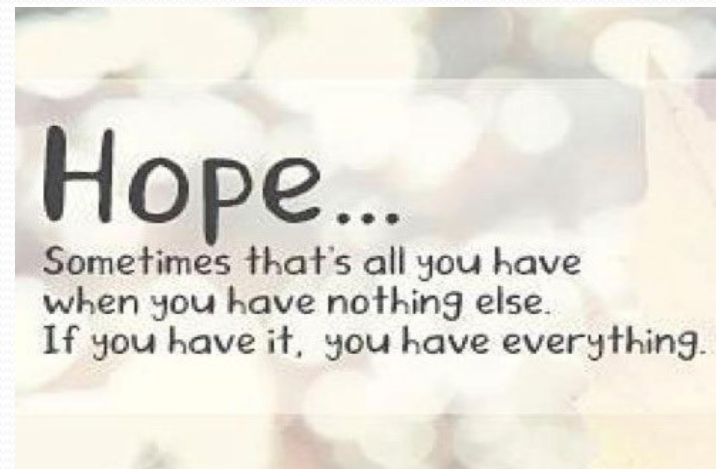
- *Without Care and Compassion we cannot have Empowerment...*
- *Without Competence and Commitment and Courage we cannot have Change.....*
- *Without Communication we cannot have Co-production.....*
- *Without Courage the journey of recovery cannot begin...*



Our values must inspire recovery...

Hope...

- Hope is often extinguished...
- Hope cornerstone of Recovery...
- We must believe we can get better...
- Holders of Hope....?
- Nurses in unique position to inspire hope through their **practice wisdom...**
- How can I prescribe hope today...



Our values must inspire recovery...

Strengths....

What do we see....

- Past or the future....
- Strength or the deficit...
- Person or the symptom...
- Sickness or the resilience...
- Despair or the hope....





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Invitation from MHER...

Read our MHER strategy ...

<https://www.hse.ie/eng/services/list/4/mental-health-services/mental-health-engagement-and-recovery/mher-strategic-plan-engaged-in-recovery.pdf>

Become involved...

Recovery Education...Recovery College. Eolas

Have you taken RPP....

Would you like to know more about

Engagement

IPS

Peer support

Contact us at Mhengae@hse.ie

<https://www.hse.ie/eng/services/list/4/mental-health-services/mental-health-engagement-and-recovery/>



THANK YOU

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- Thank you for listening....

