

# Business Matters

The monthly staff bulletin of the Business Services Organisation



Business Services  
Organisation

Providing Support to Health and Social Care



INVESTORS  
IN PEOPLE

MAY 2013

## Clinical Education Centre 'Recovery In Action' Conference, March 2013

The HSC Clinical Education Centre in partnership with the Northern Ireland Association of Mental Health (NIAMH) held a Conference in March 2013. The theme was 'Recovery in Action', with a particular emphasis on the Wellness Recovery Action Planning approach, better known as WRAP. This approach is recognised as best practice in the Bamford Vision for Mental Health and Learning Disability Services.



LEFT: Matthew Federici, Peter McBride and Rona McBrierty



RIGHT: Maura Devlin, Sue Ramsey and Martin Bradley

The conference took place on 21 and 22 March at the Stormont Hotel in Belfast. Despite the heavy snow that paralysed most of the province during these two days, it was attended by more than 130 delegates from across the voluntary, community and statutory sectors.

The conference was opened with a welcoming address from Peter McBride, Chief Executive of NIAMH, together with Martin Bradley, the Chairman.

Matthew Federici was the keynote speaker on day one. Matthew is an Executive Director of the Copeland Centre in America, the recognised world-leading organisation on WRAP and other works developed by Dr Mary Ellen Copeland. He presented an International Perspective on Recovery, commending the Clinical Education Centre for driving forward the strategic plans for the implementation of Recovery-Based Planning in partnership with service users and other community organisations.

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## CEC 'Recovery In Action' Conference continued

The second speaker of the day was Rona McBrierty, an advanced level WRAP facilitator from Scotland, who has been working with the Clinical Education Centre to deliver WRAP facilitation training to staff from across five HSC Trusts. Rona outlined her personal recovery journey, from her involvement in Mental Health Services to her role as an advanced WRAP facilitator throughout the world. Her presentation gave real insight into the inextricable links between good mental health, lifestyle, environment and the degree of power that service users can exert over their own lives and recovery.

Delegates were delighted when Ms Sue Ramsey, Chair of the Northern Ireland Health Committee, joined the conference for a short time. She gave a short presentation to the conference outlining the Department's endeavours to target inequalities in health and her belief that WRAP training is a central component in this quest.

The final speaker of the morning was Lynette Hughes, Head of Research at NIAMH, who presented findings on the review of Day Services and Recovery.

The keynote speaker on day two was Simon Bradstreet, Director of the Scottish Recovery Network. He outlined the challenging journey of creating a National Recovery Network and the real benefit that such a paradigm shift in professional thinking and culture can bring to the lives of those suffering from poor mental health.



Conference Delegates

Throughout the two days there were a range of workshops covering a variety of recovery-based initiatives in Northern Ireland. These included a DVD entitled 'Recovery in Action' produced by the Southern Trust, a presentation on Recovery and WRAP in a Custodial Setting, the role of Service User Involvement, Recovery STAR, Organisational WRAP, and the Scottish Recovery Indicator.

The conference was brought to a close by Mrs Maura Devlin, Head of the HSC Clinical Education Centre, who provided an overview of the Centre's journey towards recognition as a leading organisation in Ireland for WRAP facilitation.

Feedback from delegates has been extremely positive and has provided confirmation that the demand and recognition of recovery-based approaches in Mental Health brings hope and the ability for those suffering from mental health illness to lead fulfilling lives despite on-going mental health challenges. "Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual's recovery... is a unique and deeply personal process." (Scottish Recovery Network).

The Conference was organised by Mr John O'Grady from the Clinical Education Centre and Mr Billy Murphy, NIAMH.



RIGHT: Billy Murphy, Maura Devlin, Peter McBride and John O'Grady

## The Clinical Education Centre welcomes delegates from around the world for the Advanced Level WRAP Facilitators Course

The Clinical Education Centre was honoured to welcome course participants from around the globe, including Australia, Canada, USA, Scotland, England, Republic of Ireland as well as Northern Ireland.



Following the success of the international conference on Recovery in Action in March, the Clinical Education Centre commissioned the Copeland Centre in America to provide the first ever Advanced WRAP Facilitators Workshop in Ireland. This was an opportunity for people experienced in the ethos of WRAP to undergo advanced-level training in order to present five-day WRAP facilitation programmes.

It was led by Matthew Federici, Executive Director of the Copeland Centre, and Rona McBrierty, advanced level WRAP facilitator.

John O'Grady, Eilish Boyle and Damien McAleer from the Clinical Education Centre completed the course and will now offer WRAP facilitation across five Health and Social Care Trusts. Ann Butler from the Southern Trust and Gordon Higham from NIAMH also completed the course.

The Clinical Education Centre views WRAP as useful not only for people with mental health difficulties; it has wide applicability to include people with physical difficulties, including diabetes, pain management and recovery from physical conditions. It can also be utilised in team and organisational approaches. This will be reflected in future programmes. The CEC will continue to adhere to the values and ethics of Recovery that essentially recovery is possible:

**Hope, Personal Responsibility, Education, Self Advocacy and Support are the key concepts of a recovery-based approach focusing on strengths rather than deficits.**

**Recovery is an idea whose time has come.  
Welcome to the Future.**

