



Centre for **Recovery
Oriented Practice**

A Neami National Service

Collaborative Recovery Model Training Program Outline

2017

Collaborative Recovery Model (CRM)

The Collaborative Recovery Model (CRM) was developed over a number of years at the University of Wollongong and incorporates evidence of practices that have previously assisted people living with enduring mental illness. Influences include Positive Psychology, Psychosocial Rehabilitation principles, Motivational Interviewing and the Stages of Change model, resilience theory and Self – Determination Theory. The Collaborative Recovery Model is consistent with the values of the Recovery Movement and meets the criteria for a Recovery Oriented Practice approach outlined in various Australian governments' frameworks for Recovery Oriented Practice.

The model employs two guiding principles in every engagement:

Recovery as an Individual Process

Recovery is described as a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness (Anthony, 1993).

Collaboration and Autonomy Support

Research consistently shows there is a correlation between the strength of the working relationship between a person who is recovering and people who are assisting this process and mental health outcomes (e.g. Martin, et al., 2000). The Collaborative Recovery Model uses a coaching framework to guide all interactions between consumers and service providers, emphasising and supporting self determination and efficacy as well as calibrating relational dynamics in a power neutral stance.

Components of the Model

The model has four key components. The first component, Change Enhancement, involves supporting the individual to explore their relationship with change and build confidence and capacity to engage in a change process. The model recognises that each individual is different and that change is a very individual process. The second component, Collaborative Strengths and Values Identification, focuses on identifying and bringing into focus the personal strengths and values of the individual as they start to vision a life of meaning and purpose for themselves. The third component, Collaborative Visioning and Goal Striving, involves setting goals to support the individual to further express their strengths and values in their day to day lives. The fourth component, Collaborative Action and Monitoring, supports the realisation of goals through the development of action plans including the supports the person will need to achieve their goals.

Requirements to maintain certification as a Registered Service Provider of the Collaborative Recovery Model Coach Practitioner for Individuals and Organisations

As the National Accredited Collaborative Recovery Model Training Provider, Neami National's Centre for Recovery Oriented Practice has a contractual obligation to ensure organisations and individuals meet the requirements for registration that the University of Wollongong has detailed in the Licensing Agreement.

These obligations include:

Initial Registration Requirement

- 2 Day Coach Practitioner workshop + 1 Day 6 Month Booster

Annual Re Registration Requirement

- 1/2 Day Annual Booster

Organisations

Seventy five percent of relevant service delivery staff are required to have completed the training at all times in order for the organization to maintain registration.

Organisations achieving registration will receive an annual Certificate of Registration from the University of Wollongong for display in their place of work and for use in promotional activities.

Staff training can either be provided by Neami National's Centre for Recovery Oriented Practice accredited trainers or by their own accredited trainers who have completed the Train the Trainer Program.

Individuals

Individual participants can complete all Collaborative Recovery Model training requirements by attending a public calendar training event.

Collaborative Recovery Model trainings are held throughout the year in Sydney, Melbourne, Brisbane, Perth and Adelaide.

Individuals achieving registration will receive an annual Certificate of Registration from the University of Wollongong for display in their place of work and for use in promotional activities.

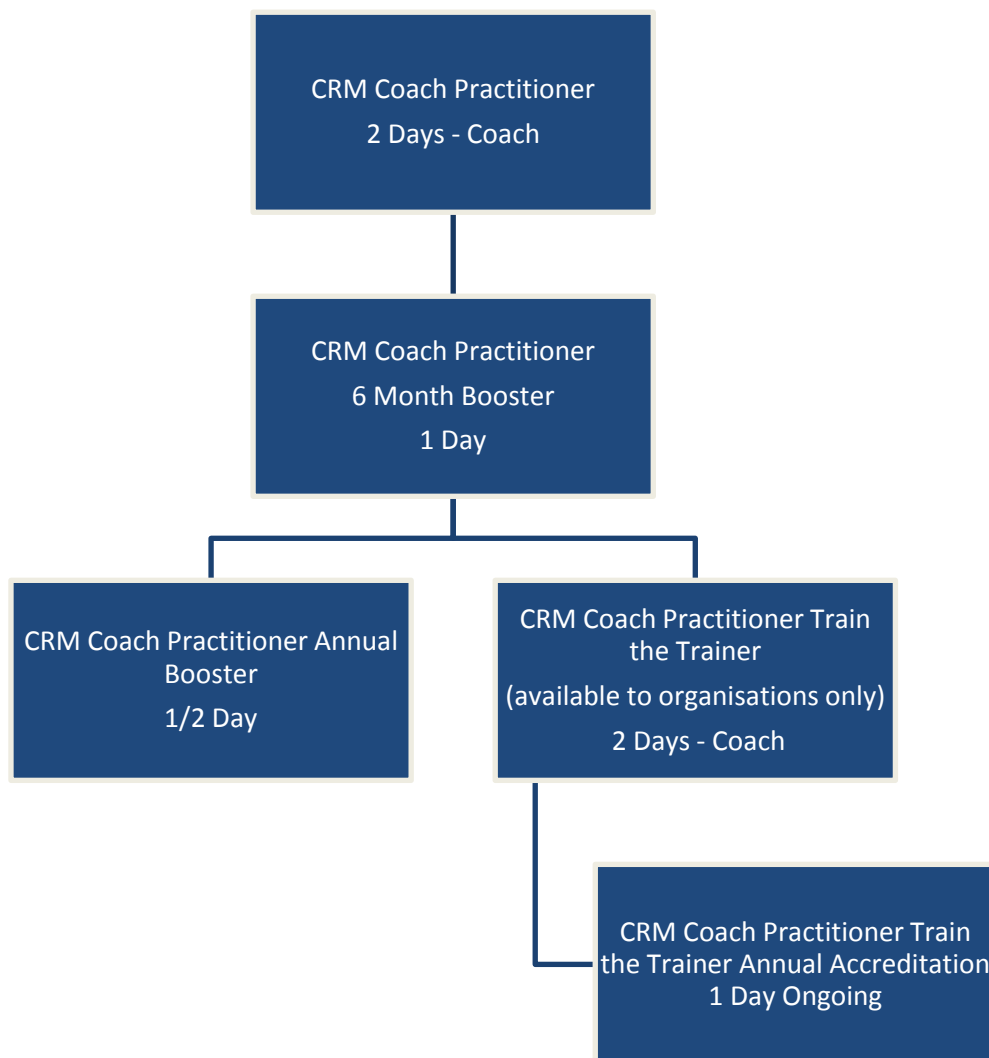
CRM Training Program Overview

Coach Practitioner Training Program

This is the training program required for support workers/clinicians to implement the CRM on a one- on-one basis with service users. The workshop is delivered in an interactive experiential learning environment facilitated by an accredited CRM trainer.

For organisations there is a minimum of 6 participants and a maximum of 16 participants in a single group training session.

CRM Coach Practitioner Accreditation and Credentialing Pathway for Individuals and Organisations



COACH Practitioner Training Program Overview

Clarifying Recovery, Resilience and Wellbeing

Learning outcomes:

- Apply an holistic wellbeing approach to recovery oriented practice
- Discuss and explain the concept of recovery, resilience and wellbeing with consumers

Guiding Principle # 1: Recovery as an Individual Process

Learning outcomes:

- Explain the principles of recovery and recovery oriented practice
- Work from a personal recovery perspective
- Explore with consumers the processes of recovery
- Hold hope

Guiding Principle # 2: Collaboration and Autonomy Support

Learning outcomes:

- Establish and maintain collaborative working alliances
- Reflect on and regulate own use of power
- Define the pillars and skills of a coaching framework
- Differentiate between coaching and other forms of engagement
- Create a safe learning environment
- Understand Self Determination Theory
- Support the development of autonomy and self- efficacy

Change Enhancement: Protocol - Decisional Balance

Learning outcomes:

- Understand the links between meaning, mastery and motivation
- Facilitate a change focused conversation
- Facilitate a Decisional Balance protocol

Introduction to the LifeJETs

Learning outcomes:

- Explain and explore with consumers the LifeJET metaphor

Collaborative Strengths and Values Identification: Protocol - Camera

Learning outcomes:

- Elicit values as sources of motivation
- Identify strengths as resources
- Demonstrate belief in the consumer's ability to recover
- Facilitate a Camera conversation and protocol

Collaborative Visioning and Goal Striving: Protocol - Compass

Learning outcomes:

- Establish value directions in service of a life vision
- Describe the components of successful goal setting
- Facilitate a Compass conversation and protocol

Collaborative Action and Monitoring: Protocol - MAP

Learning outcomes:

- Understand the link between pathway thinking and hope
- Identify the relationship between therapeutic outcomes and between session activities
- Explore current and potential social and emotional support options
- Facilitate a MAP conversation and protocol

Collaborative Visioning: Protocol - Good Life Album

Learning outcomes:

- Facilitate a visioning conversation
- Create a life vision
- Review
- Learning outcomes:
- Review learning outcomes from use of the protocols
- Collaboratively modify LifeJET protocols in response to feedback
- Facilitate a reflective process in relation to the process and stages of recovery
- Celebrate success and signpost achievements

For more information

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