



Emboding an **E**mancipatory **E**ducational **F**ramework in **C**ommunities for people marginalized and excluded because of mental health and/or substance misuse issues

EEEFCom Webinar II:

Presentation of Educational Toolkit by Recovery Academy Ireland

Chaque Jour Compte, France
Online 27th juin 2024





11:00 am - 12:30 pm (Irish & Scottish Time)

12:00 am – 01:30 pm (French time)

01:00 pm – 02:30 pm (Finnish time)

Program:

- 12:00 – 12:20 Welcome and Project presentation by Sabine Dick and Jhon Bikai (Chaque Jour Compte)
- 12:20 – 12:45 Partner organization introductions
- 12:45 – 12:50 Break
- 12:50 – 13:10 **Presentation Educational Toolkit by Triona Byrne and Claire Naughton (Recovery Academy Ireland)**
- 13:10 – 13:25 Interactive Discussion with Partners and all participants, Q&A Session
- 13:25 – 13:30 Event Conclusion and Closing

We encourage you to discuss with us and look forward to an informative event!

WHO AND WHAT IS THE **EEEF COM CONSORTIUM** – ERASMUS+ COOPERATIVE PARTNERSHIP ?

Under the lead of Dublin City University (DCU), EEEFCom is made of a consortium of 5 european partners:

The Co-operative Partnership

 Penumbra

 Evipro



Finland:

Evipro

France:

Chaque Jour Compte

Ireland:

*Recovery Academy Ireland and
Dublin North, North East
Recovery College (DNNRC)*

Scotland:

Penumbra



What is the project about ?

- Adult education: Educational program/courses
- PAR: Participatory Action Research
- Everything is done in a co-creative and co-productive process among the project partners
- Themes relevant to people with lived experience (mental health, substance misuse)
- From course participant to facilitator
- Trialogue, Open dialogue fora on different levels
- From CHIME to CHIMER
- Proof of concept



Why adult education ?

- Limitations of clinical interventions for personal and social recovery
- Introspective philosophy within mental health and medicalised bubbles
- Need for emphasis on social and personal recovery for citizen parity
- Global lens of citizen engagement, self determinations and public participation
- A new paradigm for mental health and disabilities that services cannot yet respond to
- Overcoming exclusion, stigma, marginalisation, oppression and predetermination



During the project time, tasks are divided between the project partners in Workpackages :

- coordination and management
- educational framework
- evaluation framework
- dissemination and communication plan

Three cycles in the project:

... where we have been ...

where we are now and where we will be ...

Participatory Action Research (PAR) Process

Cycle 1

- Developing the Network
- Agreeing Educational Programme
- Agreeing Evaluation Framework
- Communication & Dissemination Plan
- Project Management Plan

Cycle 2

- Implementation of Educational Programme
- Dialogue Meetings with stakeholders
- Data gathering

Cycle 3

- Evaluation
- Educational Toolkit
- Best Practice Guidelines
- Proof of Concept



THE EDUCATIONAL PROGRAM: THE COURSES

- **Course I: *Connect, Create, Participate***

Improving community experience for people with mental health and/or substance use issues through learning, Training 18 h, Certificate

- **Course II: *Train the Trainer***

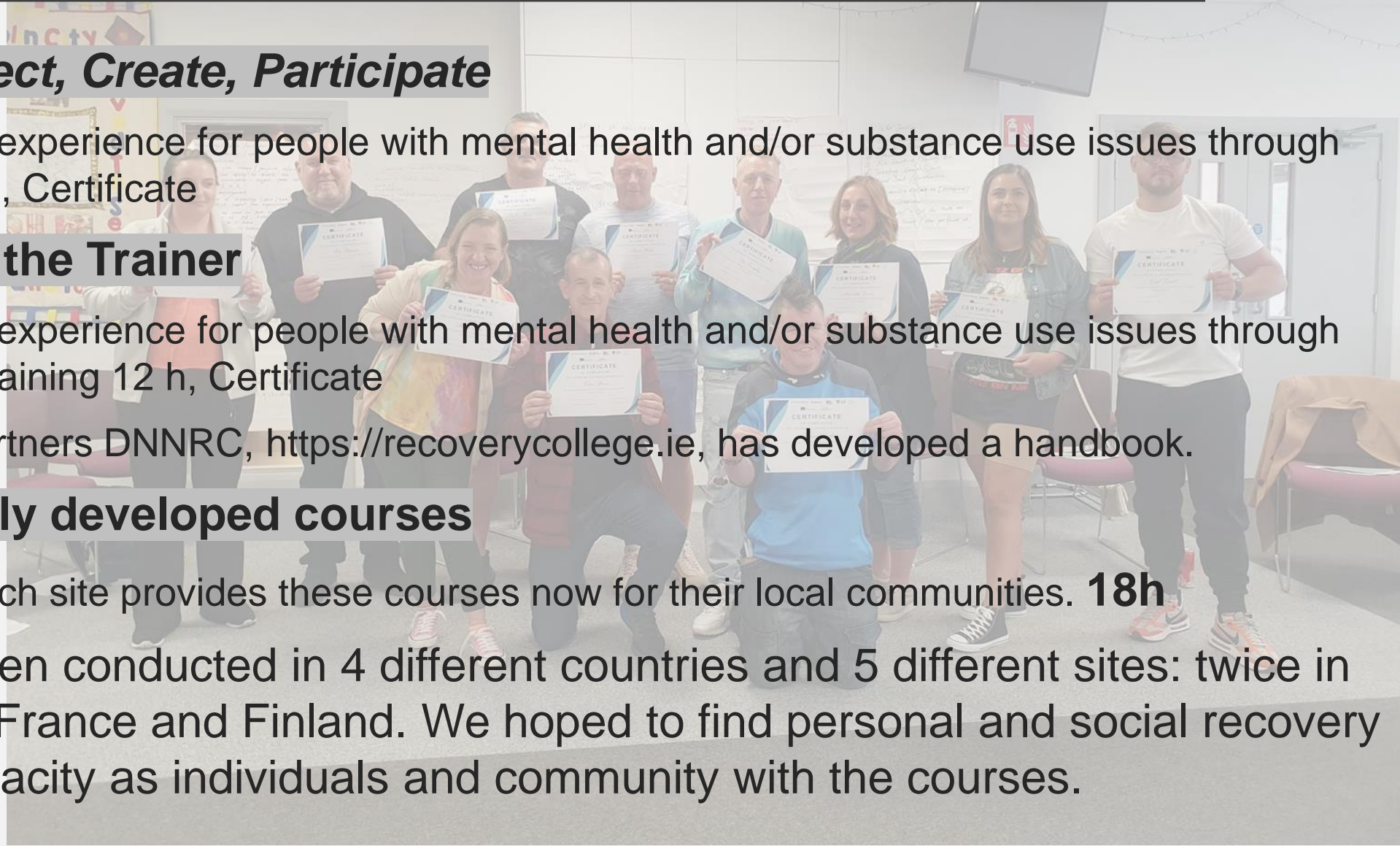
Improving community experience for people with mental health and/or substance use issues through learning, Facilitation training 12 h, Certificate

For this, one of the partners DNNRC, <https://recoverycollege.ie>, has developed a handbook.

- **Course III: *locally developed courses***

Same but different, each site provides these courses now for their local communities. **18h**

All courses has been conducted in 4 different countries and 5 different sites: twice in Ireland, Scotland, France and Finland. We hoped to find personal and social recovery and enhanced capacity as individuals and community with the courses.



FLYERS FROM SCOTLAND AND FRANCE



Do you have lived or living experience of mental ill health and, or substance use?

Would you like to co-create a mental health programme to help empower people with their recovery?

Join us! for 6 development sessions in Edinburgh and if you wish you can go on to train to deliver the programme in your community (we cover lunch and expenses)

We'll explore what recovery means to you, share empowering resources, and together we'll create a course that offers hope and support

Dates will be arranged shortly. To register your interest, please email or call Nikki Kilburn

nikki.kilburn@penumbra.org.uk
07717 517 535

eeefc
www.eeefc.eu

 Erasmus+

A partnership between Penumbra Mental Health, the Spit it Out Project, Simon Community, and Health in Mind



Connecter, créer, participer!

Améliorer l'expérience communautaire des personnes ayant des problèmes de santé mentale et/ou d'abus de substances grâce à l'apprentissage.

eeefc
Embedding an Emancipatory Educational Framework in Communities

Ce cours s'adresse aux personnes ayant une expérience de problèmes de santé mentale et/ou d'abus de substances.
Nos communautés ont déjà les réponses, explorons-les ensemble.

Inscription / plus d'informations:
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Chaque Jour Compte

MARSEILLE
MAIRIE DE MARSEILLE

 **1&7**
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Cofinancé par l'Union européenne

Association Chaque Jour Compte
135, rue d'Aubagne
13006 Marseille
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SOME MATERIALS WE USED:

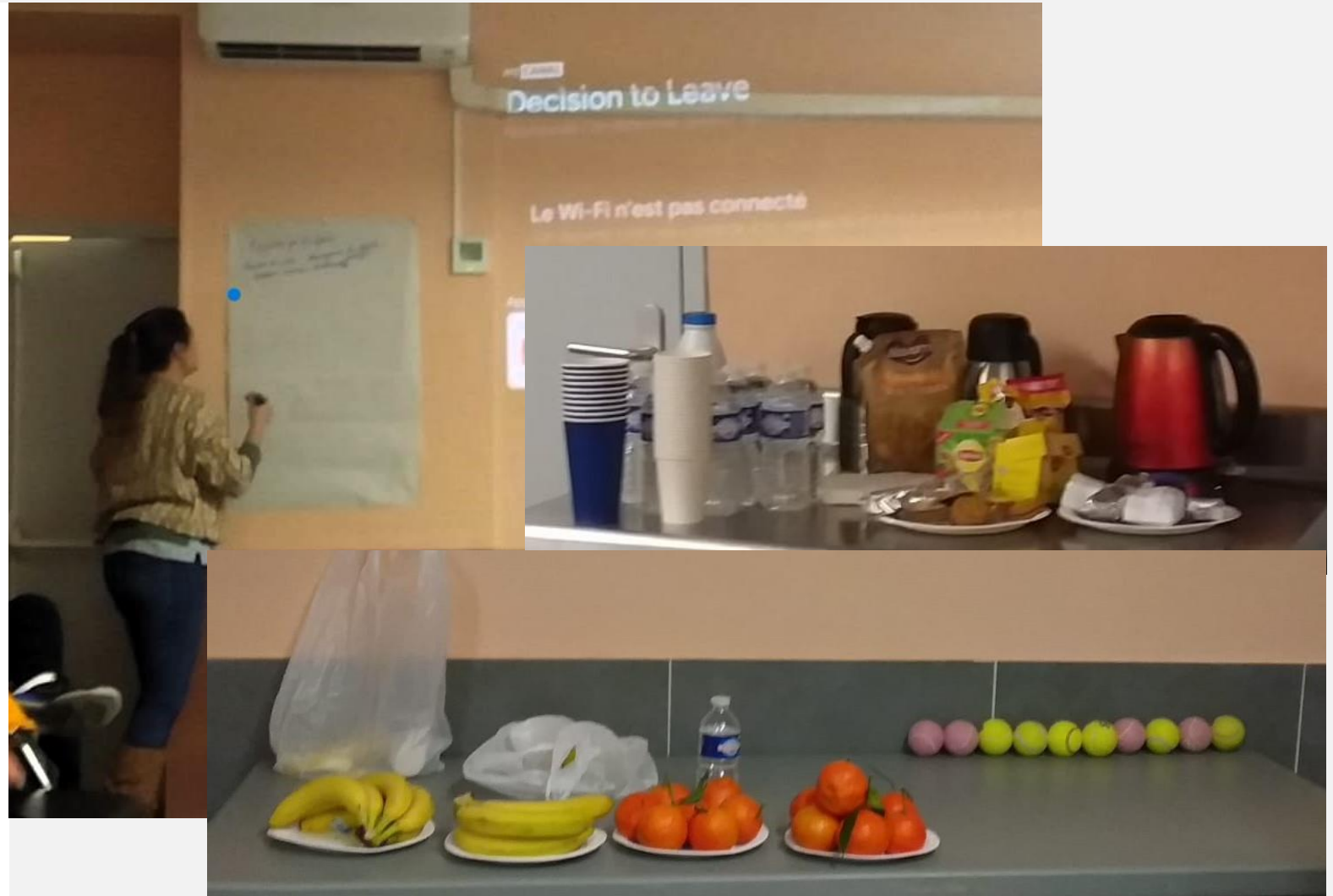
Dublin North, North East Recovery College
Creative Facilitation Skills Training Handbook



Exploring the Roles, skills, methods and
challenges of creative group facilitation.



This training handbook has been produced by students and staff of the Dublin North, North East Recovery College, as a capacity building tool designed to support student participation on course facilitation teams.



COURSE I: CONNECT CREATE PARTICIPATE !

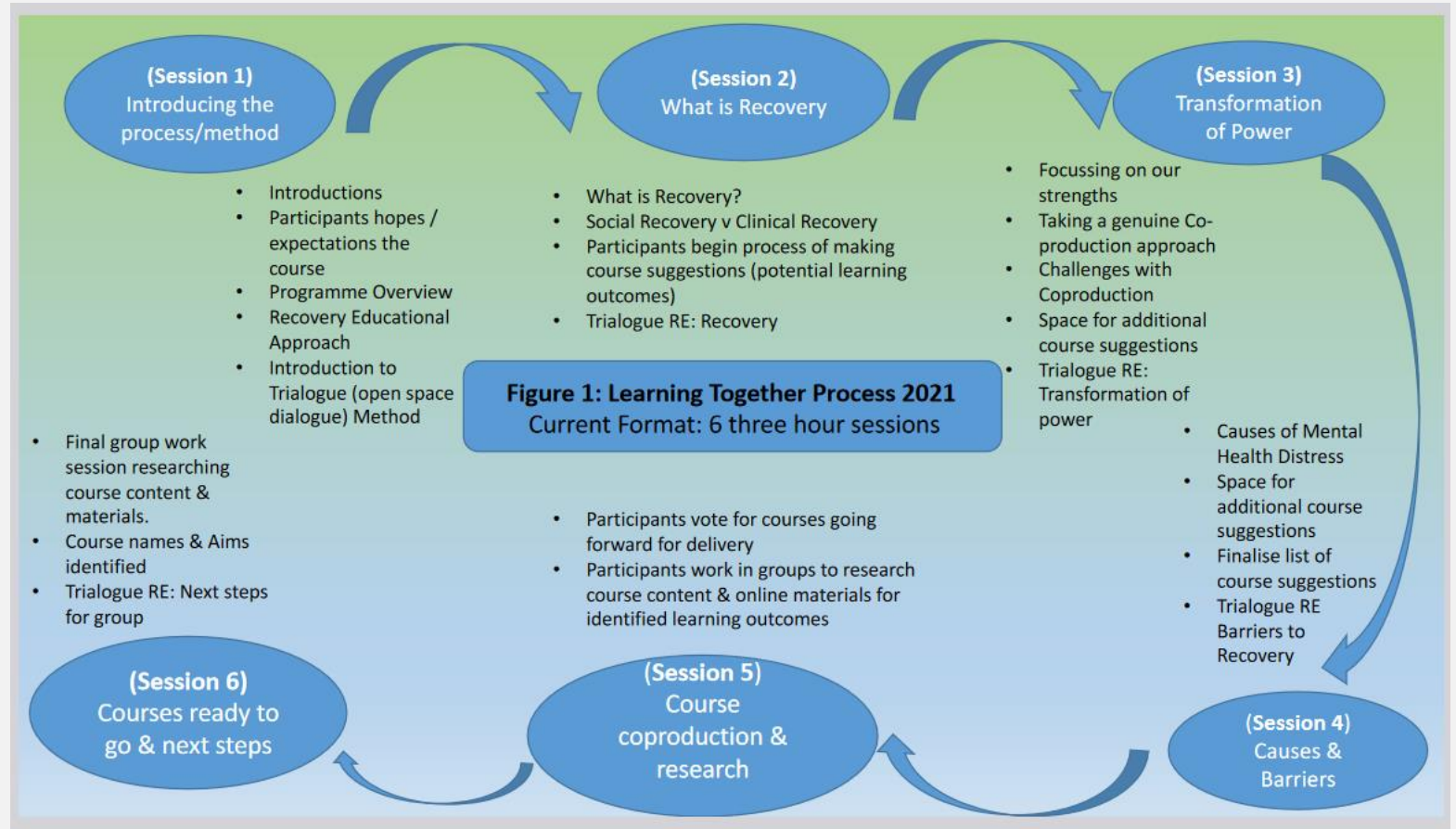
EXEMPLE PLAN DE SESSION CONNECTER, CRÉER, PARTICIPER !

**(Session 1)
Introduire le processus/méthode**

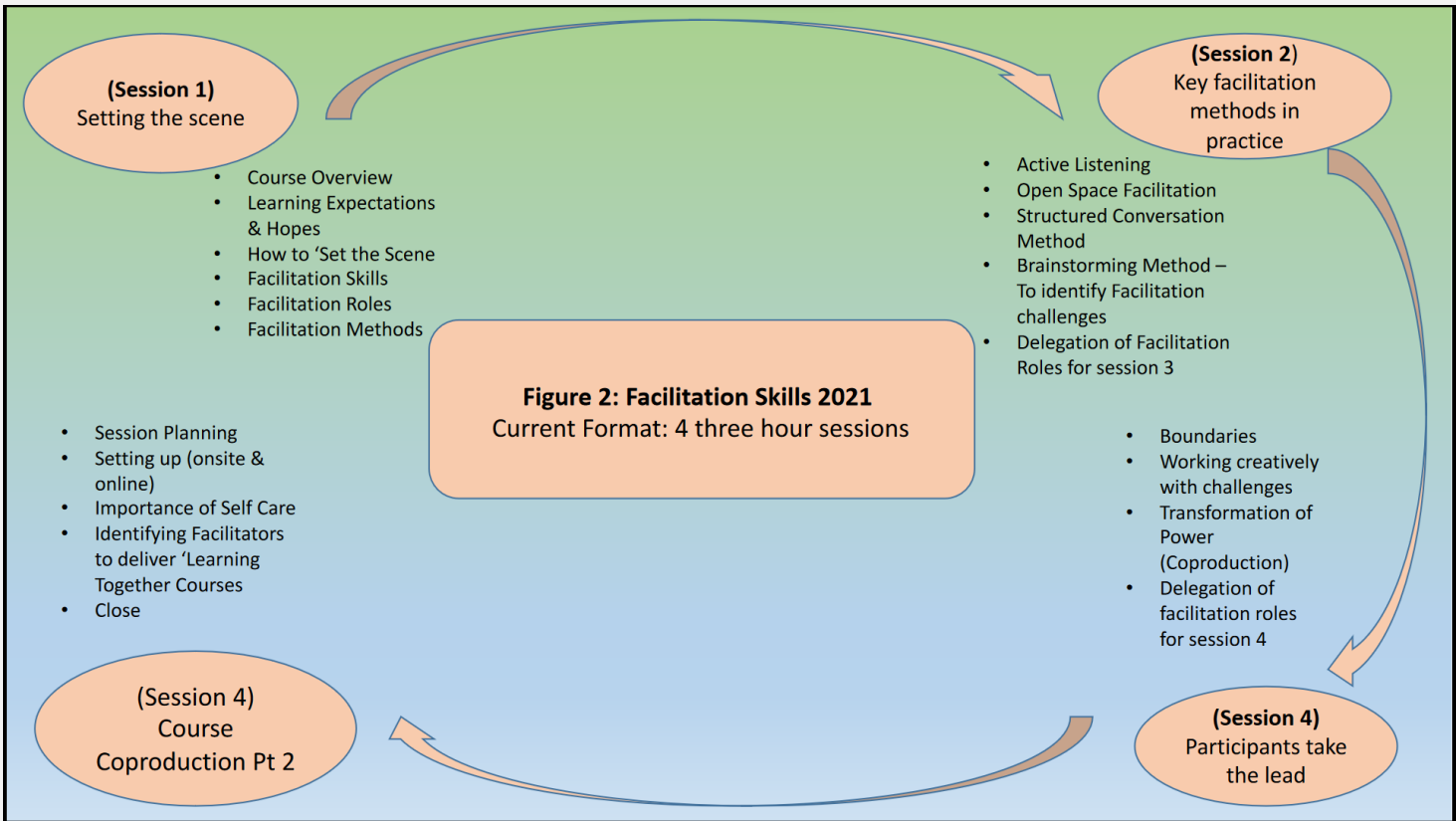
- Introductions
- fixer des objectifs, explorer les avantages de la connexion
- Espoirs / attentes des participants par rapport au cours, utiliser l'exercice pour construire l'espoir d'inclure une image de moi, fournir un processus pour trouver sa propre identité, la croyance en soi.
- Explorer les droits individuels
- Développer un contrat mutuel
- Aperçu du programme
- Approche éducative du rétablissement
- Introduction à la méthode du Trialogue (dialogue en espace ouvert / open space dialogue)

Session 1 – Ordre du jour	Format / Prompts	Facilitateur	Horaires	Méthode
Planter le décor	Groupe entier	Ouvert	9 H 00	
- Accueil informel - Entretien ménage - Présentation des facilitateurs		Sabine Jhon Belkacem		
- Présentations Jeu de noms	Groupe entier 2 min exercice de reveille ballon gonflable, jeu de présentation, passage de parole, un mot pour se décrire plus nom (3 min), 2 passages	Belka	9 H 10	Brise glace – en paires - se présenter l'un à l'autre, présenter le

eeefc Erasmus+ Choose Your Course



COURSE II: TRAIN THE TRAINER



Facilitation Skills Training

2023 The Cycles

Materials: Flip chart/markers/clip boards/prompts for student facilitators/copy of the facilitation handbook (this has answers to questions being posed!)

Activity	Facilitator	Time
Cycle 1. Setting the scene:		
• Grounding Exercise	Liam	10.00 – 10.10
• Welcome	Martha	
• Name game – introduce yourself and everyone who has gone before you		
• Ground Rules / Terms of Engagement & Agreeing break times	Liam	10.15 – 10.30
• Hopes for the course/what would you like covered? Fears and Hopes – snowball.		
- Introduce Aim/objectives of the session. (Aim is the destination, Objective is the road map)	Martha	10.30 – 10.40
• Setting the scene		
• Facilitation Roles & Skills		
• Different facilitation methods		
• Challenges		
• Group dynamics.		
• Allowing wisdom to emerge from the group.		
Group discussion #1 'Setting the scene' – see week 1 prompts for group facilitators, same question to all groups.	Martha	10.40 – 11.00
• Identify the different elements of this 'setting the scene section' of the workshop.		

PROJECT MEETINGS AND EVENTS:

03/2022 Dublin, Ireland

05/2022, Dublin, Ireland

10/2022 Marseille, France

10/2023 Marseille, France

Multiplier Events 2024:

May 30, Finland online:

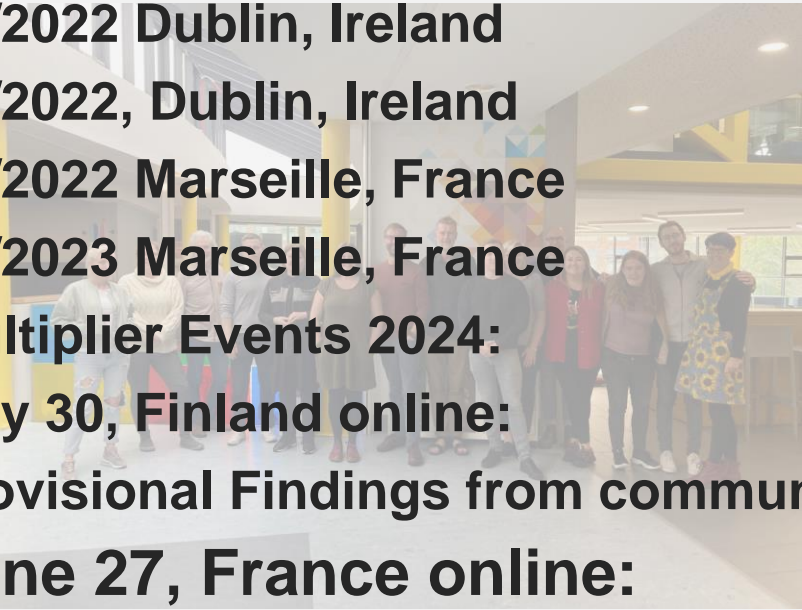
Provisional Findings from community project Evaluation and Open Dialogue Fora

June 27, France online:

Presentation of the Educational Toolkit
by Recovery Academy Ireland

Meeting: Best Practice Guidelines, September, Scotland

Final Meeting: 18 October 2024, Ireland



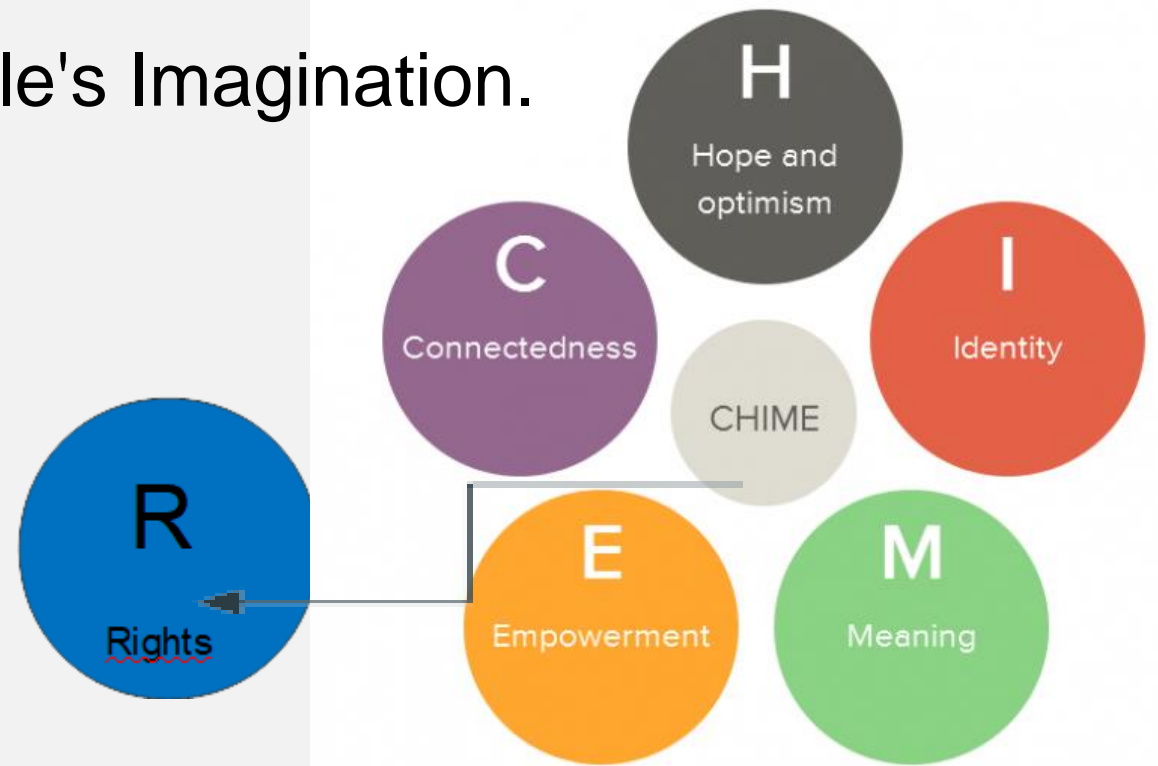
Multiple Meetings in Zoom ✨



CHIMER: Framework Captured People's Imagination.

The 'magic' Of CHIMER.

- **C** onnection
- **H** ope
- **I** dentity
- **M** eaning
- **E** mpowerment
- **R** ights



The CHIMER model was a central element of the educational experience, providing a framework that facilitated **connectedness, identity, and empowerment**.

Participants noted the initial scepticism followed by a strong belief in the model's effectiveness.

The **model's incorporation into the course curriculum** was seen as **transformative, making the process inclusive and engaging for all** participants.



Thank you for joining us today!
Please visit us at:

www.eeefc.eu

Facebook: EEEFCom

X: @EEEFCom

