



# *Recovery: Learning Together Training for Trainers*

## *Educational toolkit*



**Recovery  
Academy  
Ireland**

Promoting and Facilitating  
Addiction Recovery

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# Introduction

## Overview of the toolkit

The Toolkit has been designed to assist in the delivery of the full Eeefcom programme from start to finish

Designed so that communities can use content, materials and resources to develop a localized version of the programme





# Introduction(Cont'd)

## Purpose of the toolkit

- To provide a step-by-step guide on how to deliver a full 3 module programme that improves mental health and wellbeing outcomes at individual and collective levels across communities
- Build the capacity and awareness of local community partners to deliver emancipatory education

## Who can use this toolkit

- Existing organisations that offer learning, education and community engagement initiatives e.g Civil society groups and organisations, Employment services, Educational s supports, Mental Health and Addiction Recovery Support services
- Individuals with Lived experience of Mental Health and/or Substance use issues
- Professionals and advocates who work to support people
- Newly developed community groups



# Overall Objectives

- To provide a clear step by step guide for organisations and facilitators to develop a programme that supports recovery in the community
- To provide facilitators with resources for effective delivery of the programme using the CHIME Framework and creative co-production methods
- To enhance the Facilitator – Participant experience through tools and tips that create a positive co learning environment that encourages meaningful participation and self empowerment



# Content and Resources

## Background and context of toolkit and European partnership

- Designed to meet the need of creating educational recovery supports for individuals and communities marginalized due to experience of mental health and/or addiction issues
- Five partner organisations across Europe each delivering one or more rounds of the 3 module course and currently evaluating
- Three-year project from project development to evaluation stage
- Toolkit created as a result of what the Eeefcom team have learnt so far
- Complimentary to the Best Practice Guidelines currently being created by Scottish Partner Penumbra



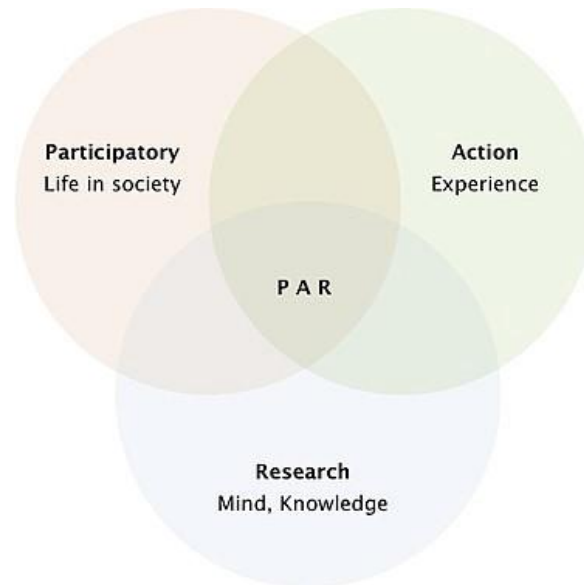
# Content and Resources

- **Overview of models and approaches that support emancipatory recovery education – CHIME-R, Participatory Action Research(PAR), Co-Production**
- **Session Topics with supporting material to enhance learning outcomes**
  - What is Recovery
  - Transformation of Power
  - Causes of mental Distress
  - Barriers to Recovery
- **Session formats and layouts**
- **Step by Step creative facilitator training content including suggested methods to encourage maximum personal development through learning (Open Dialogue, Brainstorming etc.)**
- **Sample session plans and supportive activities that can be used to enhance participation**

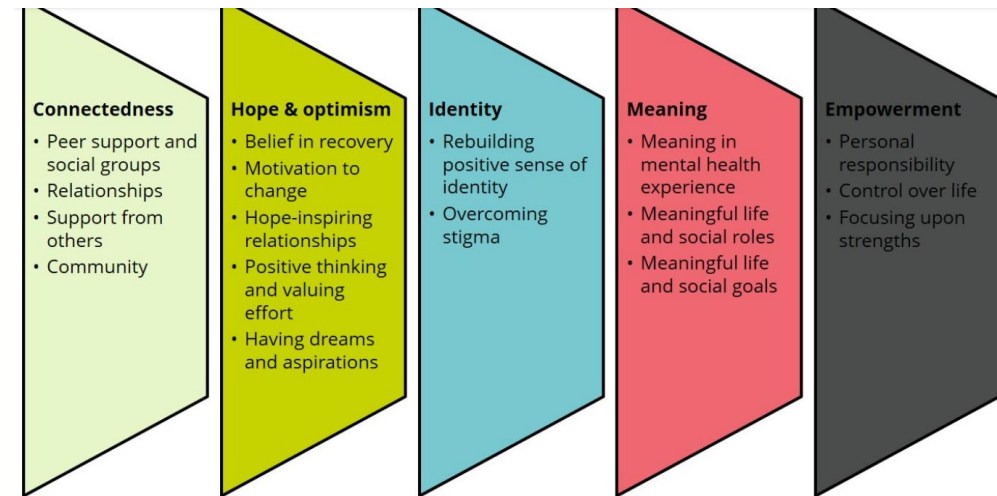
# Content and Resources

## Overview of Framework and approaches

### Participatory Action Research (PAR)



### CHIMER

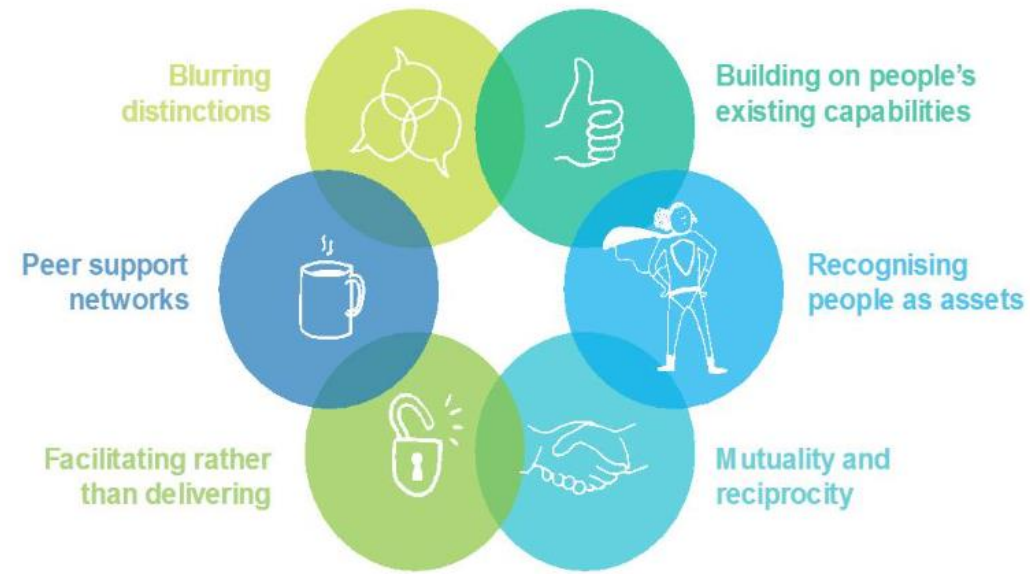




# Content and Resources

## Overview of Framework and approaches

### Co-Production







# Content and Resources

- **Aims and outputs of each module**
  - Module 1
  - Module 2
- **Learner profile**
  - Learner's journey (visual)
- **Calling for community partners**
  - Desired Partner profile

# Content and Resources

- **Preparing for workshop**
  - Checklist
- **Delivery of workshop**
  - Principles
  - Facilitation techniques
  - Session planning
  - Creative facilitation skills
- **After the workshop**
  - Monitoring and evaluation
- **Resources**
  - Sample Session plans and activities

**Energizer 1 – Stuck in the middle.**

**What to do:** All members of the group bring their chairs around in a circle. One Member of the group stands in the center of the group (that persons chair is taken away.) The person in the middle gets to ask 'Have you ever...? Questions. Such as *Have you ever been to Italy, have you ever lost your phone, have you ever read Ulysses?* Anyone that 'has' must switch seats. The objective of the game is not being in the middle.

**Time Needed: 3-5 minutes**

**Energizer 2 – The line up (at least 8 participants – working in two groups)**

**Materials:** each participant needs a note pad / card and pen / pencil.

**What to do:** The facilitator tells the participants that in the Line Up they will have a chance to learn things about one another they may never think to ask. This is a competition, so when groups line-up in a particular way the first group to do so wins.

**For example:** Tell the groups to line up by height (shortest to tallest) and to all clap when they have finished.

**Other line up criteria possibilities:**  
 Line up in order by shoe size, Line up in order by length of arm's reach, Line up in order alphabetically by first name, Line up in order by date of birth from January to December  
 Line up in order by number of brothers and sisters you have, Line up in order by age.

**Time Needed: 5-10 minutes**

**Energizer 3 – Truth & Lies (AKA truth and spoof)**

**Materials:** Each participant needs a note pad / card and pen / pencil.

Module 1			
Session 1 - Introducing the process and Method			
Session 1	Topic/Format / Prompts	Time	Who
Open Session	Informal welcome /Housekeeping /Facilitator Intros / Course Overview	10:00	Whole Group
Movement/ Icebreaker Introductions /Name Game	Icebreaker - Pairs - introduce to each other, introduce partner, talk about a topic e.g. favourite place/film	10:10	Whole Group
Session Overview	Informal, handout with some core concepts like open dialogue	10:40	Facilitators
Learning Expectations & Hopes for the group	Each person writes personal goals and expectations What do you expect to learn from this course? What are your hopes for this group when working together? what are your hopes for yourself?	10:55	Whole Group
Break	Break	11:15	Break
Working together	What will the process look like? what will tell us if it's going well? Draw out expectations and collective responsibilities (what we want, what we don't want) Create Group contract	11:35	Break out groups
Setting the scene Introduction to open dialogue Method	Open Dialogue on "Working Together" following on from smaller group discussions Challenges and strengths, why work together	12:00	Whole Group
Check Out	One word go around	12:55	Whole Group

# Next Steps

## When is it available

Toolkit will be disseminated alongside Best Practice Guidelines and be made available at the end of the Eeefcom project cycle in Autumn 2024

Toolkit = What to do

Best Practice Guidelines =  
How to do





# Thank you

## Questions?

### Contact Details

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