



Faith in Recovery Report

1 May 2012, GLO Centre, Motherwell

**A collaboration between
NHS Lanarkshire & Lanarkshire Recovery Network**

Prepared by:
Avril Cutler – Development Officer
Lanarkshire Recovery Network & Lanarkshire 'see me' Partnership

1. Background

Spirituality is seen as an important factor in wellbeing and recovery and is now fixed firmly within the health agenda. With this in mind NHS Lanarkshire's Spiritual Care Committee and Lanarkshire Recovery Network teamed up to explore how they can work together to deliver equality and diversity duties that recognises the spiritual needs of people in a meaningful way. From here the event 'Faith in Recovery' was born with a view to bring together service users, leaders from faith communities and health professionals.

This evaluation is based on feedback questionnaire returns from 75% of people who attended the 'Faith in Recovery' event on 1 May 2012.

Further delegate feedback can be found in Appendices 1 & 2.

A list of helpful websites can be found in Appendix 3.

'making links between faith communities and service providers'



2. Key Results

2.1. Numbers attending

Registrations at 30 April 2012 totalled 140 with interest in the event exceeding expectations. There was also a last minute rush from a number of people who were unable to be granted a place due to the lateness of their applications. On the day 79% of people who registered attended.

Organisations represented at the event included:

- Faith Communities – Baptist Church, Methodist Church, Lanarkshire Chinese Association, United Reformed Church
- Lanarkshire Links
- Lanarkshire Association for Mental Health
- Network
- NHS Lanarkshire staff – chaplaincy, health improvement, mental health nursing inpatient and community, occupational therapy, psychological therapies
- North Lanarkshire Council – social work
- Scottish Recovery Network
- South Lanarkshire Council – social work

*'I feel so encouraged to see today how the NHS and other services are acknowledging the essential role of spirituality in people's lives'
'such an event is long overdue'
'spirituality is at the centre of all that makes us function'*

2.2. Speakers

Speakers' presentations are available online through the eLament website at www.elament.org.uk.

- Jean Boustead – Author, *'Out of Clay'* who gave a personal account of her recovery journey
- Carol McGhee, Mental Health Nurse and Harry Brown, Social Worker & Mental Health Officer – both played a key role in Jean's recovery
- Simon Bradstreet – Director, Scottish Recovery Network
- Tony McLaren – Director, Breathing Space
- Marian McElhinney – Mental Health Chaplain, NHS Lanarkshire



*'the story of Jean touched my heart ...'
'you have to believe that you can get better'
'... you have to be well spiritually to be well mentally'*

2.3. Presentations

‘thoroughly enjoyed the day ... it was clear that the speakers had an empathetic understanding of the importance of spirituality and demonstrated compassion and sincerity’
‘good to hear Simon & Tony speaking from a perspective where spirituality is personally meaningful’

Delegates’ feedback on speakers was collated (fig 1) with positive results; delegates found that speakers provided valuable insight into the topic from different perspectives. However, not everyone returning evaluation forms commented on all speakers.

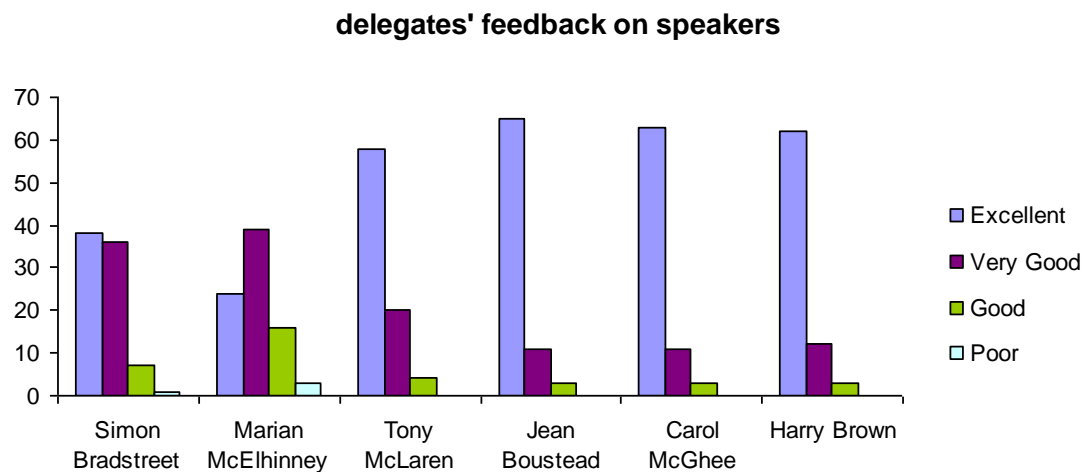


Fig 1

3. Lanarkshire Recovery Network (LRN) Registrations

Following the event, 52% of delegates requested to be registered with Lanarkshire Recovery Network (fig 2). 24% people answered ‘no’ although a proportion are already registered with LRN. 24% of people did not respond to the question. This could, in part, be due to delegates not understanding the role of LRN and what they could contribute or gain from being a member as *‘there was no information about LRN on the form’*.

4. Working Together

Overall feedback shows an overwhelmingly positive response to the event and its context with 98% of people attending saying they found it worthwhile (fig 3) particularly in encouraging conversations around spirituality and mental health with service users, faith groups and health professionals.

‘how can faith communities support people in recovery?’
‘what training opportunities are there in mental health especially aimed at ministers?’
‘how willing are mental health professionals to work together with spiritual support workers in churches etc?’
‘NHS are trying hard, well done’

90% of people said they would like to attend future events (fig 4) and 61% of people provided their contact details. This provides an opportunity for follow up and promotional activity around forthcoming events.

LRN registrations

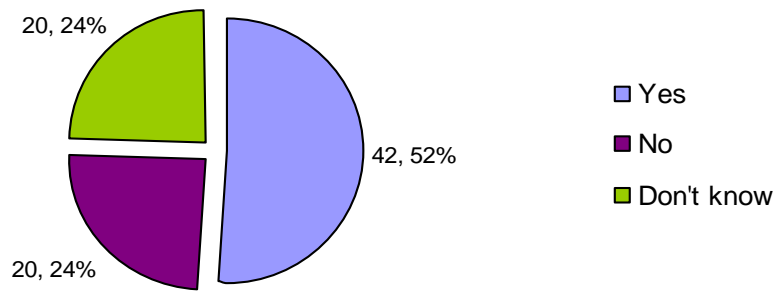


Fig 2

delegates who thought event worthwhile

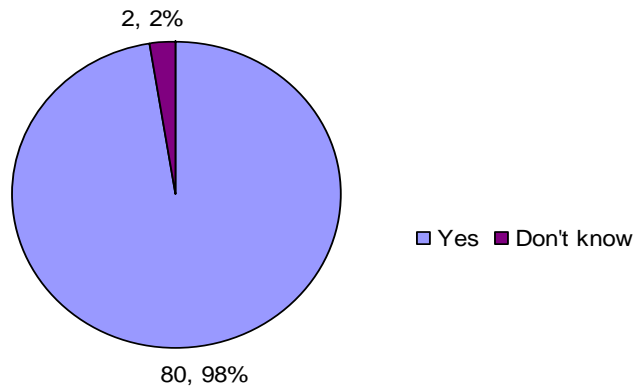


Fig 3

delegates who would come to a future event

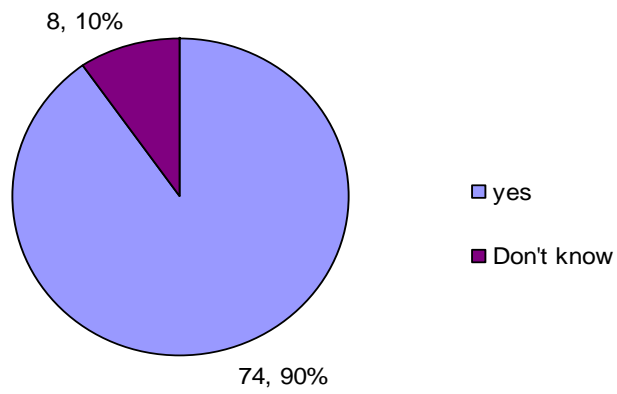


Fig 4

5. Conclusion

The success of Faith in Recovery and demand for places demonstrates an interest in spirituality, mental health and recovery amongst service users, faith groups and service providers.

Anecdotal feedback suggests that this event has helped open up positive conversations around the subject and its meaning and will inevitably inform future discussions amongst faith communities as they explore meaningful ways to implement their 'see me' action plans.

Feedback also shows that there is an understanding of the need to fully acknowledge and incorporate a person's spirituality to ensure holistic and person-centred care. However, there is also a consensus that further work needs to be done in terms of the mutual roles NHS staff and leaders and pastoral workers within faith communities can play to achieve it.

*'spirituality is too often underplayed or ignored by service providers'
'feel that staff not only feel uncomfortable talking about spirituality but may also be afraid that they overstep professional boundaries or of influencing the person'*

*'challenging the issues of our own staff bias'
'... is this in nurse training?'
'more awareness in hospital wards of the spiritual services'*



'there is a clear need for staff training and development in the area of spiritual care within mental health – spirituality is often seen as a 'no go' area'
'hold more events such as this to raise awareness of the level of interest and support around spirituality'
'develop inter-agency conversation'

6. Recommendations

- Continue to raise awareness of the important links between spirituality, mental health and recovery
- Work collaboratively with key stakeholders both locally and nationally to develop tools and training opportunities for faith group leaders and pastoral workers based on need and in line with their 'see me' action plan
- Encourage NHS staff to challenge stigma and negative approaches to spirituality through training to ensure an individual's spirituality is incorporated into care planning in a meaningful way from assessment through to discharge
- Ensure the role of chaplaincy is promoted throughout services
- Liaise with the University of the West of Scotland School of Health to ensure student nurses understand the importance of spirituality as part of holistic care
- Maintain momentum and interest by organising future events for health staff and faith community personnel
- For future events set a deadline for registrations noting late applications on a 'waiting list' in the event of cancellations
- Contact people 7 days before the event to confirm their attendance
- Maintain a list of interested parties, for example, those people who have shown an interest in attending future similar events but who do not wish to be registered with LRN
- Amend evaluation form to give brief outline of LRN's role, what it offers and what would be expected of people if they register

Question	Answers from Delegates
<p><i>Are there any issues around mental health and spirituality you would like to tell us about</i></p>	<p><i>At times my spirituality has not been recognised especially in early days of contact with mental health services – thankfully this is not the case today and I have had excellent support both from medical and spiritual staff of mental health services.</i></p> <p><i>I believe that it has to be the person's decision to get better and that they should be treated with dignity and listened to. Being open to people's spirituality and potential is helpful.</i></p> <p><i>There are many issues around mental health issues in my life and thereafter a spiritual recovery.</i></p> <p><i>There can be stigma on both issues.</i></p> <p><i>I have personal experience of depression/anxiety/recovery.</i></p> <p><i>I feel so encouraged to see today how the NHS and other services are acknowledging the essential role of spirituality in people's lives. As a therapeutic counsellor I have always valued this dimension of experience both personally and professionally but felt it was not taken seriously with those espousing a purely medical model of care.</i></p> <p><i>I returned to RC as a result of help from a local Priest who gave me hope.</i></p> <p><i>You have to believe that you can get better.</i></p> <p><i>I am a Christian woman who has suffered mental illness and my spiritual life has been vital in helping my with my recovery and today has really inspired me and given me hope for the future. I hope I can be of help in the future as I have a heart and passion to help others in their recovery when I am well enough to do so.</i></p> <p><i>Spirituality is too often underplayed or ignored in service providers. As a Christian I can say God is my 'salvation' even in mental health.</i></p> <p><i>Low confidence, stress and spirituality.</i></p> <p><i>Making links between faith communities and care providers.</i></p> <p><i>There is a clear need for staff training and development in the area of spiritual care within mental health. Spirituality is often seen as a 'no go' area.</i></p>

	<p><i>I feel staff not only feel uncomfortable talking about spirituality but may also be afraid that they overstep professional boundaries or of influencing the person.</i></p> <p><i>I would like some spiritual support as I don't really get very much.</i></p> <p><i>In draft copy of integrated care plan, it's good that the question is asked – do you belong to a religious or faith group rather than just what is your religion. Another question/alternative could be – how important is your faith to you?</i></p> <p><i>For some to be well mentally you have to be well spiritually</i></p> <p><i>The story about Jean touched my heart. She is such a lovely lady and came through such a horrific life.</i></p> <p><i>I suffer from mental health problems and depression and I have got family problems.</i></p> <p><i>Challenge the issues of our own staff's bias</i></p> <p><i>thoroughly enjoyed the day ... it was clear that the speakers had an empathetic understanding of the importance of spirituality and demonstrated compassion and sincerity</i></p>
<p>Are there any questions from today that you did not get a chance to ask</p>	<p><i>Yes I would welcome a chat with a member of staff from the day.</i></p> <p><i>How do we facilitate getting this – info/practice down to ward level in acute sector?</i></p> <p><i>When am I going to find someone within the mental health system who understands my particular problem?</i></p> <p><i>How to access anxiety management (Atholl House, EK).</i></p> <p><i>What is the Lanarkshire Spiritual Care committee doing practically to overcome the barriers to employment by people who have control over these issues?</i></p>

How widespread is practical spiritual help in hospitals and other services and how easy is it to access?

How can faith communities support people in recovery?

What training opportunities are there in mental health especially aimed at ministers?

*Are you aware of neurological evidence that shows that faith is most beneficial factor to a healthy brain eg
How God changes your brain?*

How do we grow 'spiritual' support in a secular context?

How willing are mental health professionals to work together with spiritual support workers in churches etc?

*How do, given all restraints, we get others to recognise the need for cognisance of the value of wellbeing
being linked to mental health?*

*How do we incorporate the lessons learned from people in recovery into the wider understanding of the
health 'family' other than these forums ie. Is this in nursing training?*

Question 1

What key messages have stood out for you today?

- Commitment to faith
- The importance of faith
- Learning about breathing space
- The importance of listening as well as hearing
- The importance of looking at a person as a whole
- There's always hope - even when you think all is lost
- Importance of spirituality in a person
- I now feel that people can recover fully from a mental health problem, it just takes time
- To be more hopeful and positive for the future
- Recovery is a process
- Hope and faith are key to recovery
- That spirituality is important
- Hope
- That there is hope for recovery
- Jean's story and hope for recovery
- Everyone has the potential to recover
- Spirituality not religion
- To have hope and faith
- Faith is an important part in recovery
- Always thinking of the whole person
- There is always hope and light at the end of the tunnel- faith works
- Good to hear both Simon and Tony speaking from a perspective where spirituality is personally meaningful
- Where recovery is possible (sometimes difficult)
- We all need to be allowed
- Spirituality can aid positivity and recovery
- Hope – more collaboration between religion and mental health
- What kind of success can be accomplished
- Faith is vital for recovery
- Sources available to aid recovery
- Hope is within everyone
- Spirituality does inspire hope
- Communication and listen
- Total recovery is possible with support
- Link with mental health and spirituality
- Help is out there
- Spirituality is an aspect of all our lives and must be acknowledged for physical and mental health purposes
- Recovery is possible
- NHS are really trying hard, well done

Question 2

What can we do to promote recovery generally?

- Person- centred- approach
- Tackling understanding and having faith
- Talk about it
- Listen, make time for others
- Communicate more by talks, leaflets (NOT A BIBLE THUMPING CLASS)
- Now know there is more resources out there
- Have hope
- To maintain pushing recovery as a option/answer
- Listen and take action/ offer support
- Hold more events such as this to raise awareness of the level of interest, support around spirituality.
- With helping the patients becoming more empowered and hopeful
- Give staff confidence to support
- Collaboration
- Keep it in the public domain
- Be aware of the potential
- Shift the control from professional to individual
- Ask the person about their journey
- Give people hope about recovery
- Promote recovery continue to support development and info sharing
- Listen and communicate
- Believe empower
- Raise awareness that some therapists are already working with the spiritual dimensions in the NHS
- Be open and prepared to engage with ease and comfort with spiritual issues as the emerge
- Develop inter-agency conversation
- Be there to support everyone
- Be very much more aware of spiritual needs from outset
- Always talk about recovery
- Signpost the well-informed information service
- Be able to understand with help and belief
- Organise days like today but publicise them more
- More education for communities
- Talk about problems more
- Integrate fully with al areas of heath care – value supporting recovery

Question 3

What can we do to meet people's spiritual needs?

- Listen
- Positivity
- Be aware of them – ensure there is understanding and support
- Listen
- Link more with all the support systems in people lives
- Talk about it
- Get the message out there about the chaplains
- More awareness in hospital wards of the spiritual services
- Educating and informing religious groups
- Communicate and facilitate
- Be open
- Enable people to explore faith
- Ask them about it
- Listen/ explore and understand. Encourage them with their faith
- More communication between services/ the church etc
- Openly discuss it more
- More improvement in the resources
- Be more open to discuss spiritual matters event and help them support there needs
- Get the message across
- Make more meetings like this available
- Provide links to other organisations
- Spiritual leaders to be approachable
- More opportunities within workplaces
- Link in with those most able to help
- Take more initiative to ask about their situations and offer help
- Be there to listen
- More mental health chaplains in hospitals and community settings
- Listen to what they are
- Support all/ better links
- Listen, learn, provide what we can
- Training for staff to help them to recognise when someone's in requiring spiritual support
- Be more aware of the different natures of some
- Keep communication open
- Spirituality is at the centre of all that makes us function

Helpful Websites

Alzheimer Scotland

<http://www.alzscot.org/>

ASIST training

<http://www.chooselife.net/Training/asist.aspx>

Breathing Space http://www.breathingspacescotland.co.uk/bspace/CCC_FirstPage.jsp

Childline

<http://www.childline.org.uk/Pages/Home.aspx>

Choose Life

<http://www.chooselife.net/>

Elament

<http://www.elament.org.uk/>

Lanarkshire Carers

<http://www.carers.org/local-service/lanarkshire>

Lanarkshire Links

<http://www.lanarkshirelinks.org.uk/>

Mind

<http://www.mind.org.uk/>

NHS24

<http://www.nhs24.com/>

Rethink

<http://www.rethink.org/>

safeTALK training

<http://www.chooselife.net/Training/safetalk.aspx>

Samaritans

<http://www.samaritans.org/>

Scottish Mental Health Arts & Film Festival

<http://www.mhfestival.com/>

Scottish Mental Health First Aid

<http://www.smhfa.com/>

Scottish Recovery Network

<http://www.scottishrecovery.net/>

See me

<http://www.seemescotland.org/>

Self-help

<http://www.elament.org.uk/self-help-resources.aspx>

Young Minds Scotland

<http://www.youngminds.org.uk/>

Other Resources & Training

Religion and Belief Matter: An Information Resource for Healthcare Staff

<http://www.nes.scot.nhs.uk/media/3722/religionandbelief.pdf>

Spiritual Care Matters: An Introductory Resource for all NHS staff

<http://www.nes.scot.nhs.uk/media/3723/spiritualcaremattersfinal.pdf>

A Multi-Faith Resource for NHS Staff

<http://www.nhs-chaplaincy-spiritualcare.org.uk/multifaithresourceforhealthcarechaplains.pdf>

The Ten Essential Shared Capabilities (2011 version)

http://www.nes.scot.nhs.uk/media/351385/10_essential_shared_capabilities_2011.pdf

Realising Recovery Modules

<http://www.scottishrecovery.net/Realising-Recovery/realising-recovery.html>