



# A new future for mental health

## Scottish Recovery Network Strategic Plan 2021-2024



## What's next for mental health recovery?

Scottish Recovery Network has been promoting and supporting recovery since 2004. Over the past 16 years there have been a wide range of activities with many successes. For example:

- Policy and practice now generally accept mental health recovery as a concept and reality
- People with lived experience of mental health problems have more opportunities to speak out and share their skills and learning
- Many services, organisations and communities have good examples of recovery focused practice
- Good connections have been made with those supporting recovery in other parts of the UK, Europe and further afield

However, our recent engagement on the [future of mental health recovery in Scotland](#) identified there is still a lot to do. Examples of good practice are far from universal. Mental health recovery is still not a day-to-day part of the development and provision of mental health support.

A recovery focused mental health system should be powered by lived experience. There needs to be visible leadership and buy in from decision makers at all levels. We need to work together to create a system that:

- Takes a whole person approach
- Champions and values lived experience by integrating it into all parts of the system
- Embeds peer support approaches and roles in mental health services and supports
- Offers more community-based supports and choices so everyone can be supported when and where they need it
- Works with others to create a more equal society where good mental health and wellbeing can flourish

People across the country are calling for a joined-up approach which works across different sectors and services. An approach that is based on the needs and preferences of those seeking support.

This Scottish Recovery Network Strategic Plan (2021 -2024) sets out our vision, mission, values and strategic aims. It outlines how we will work with others to bring about the changes needed to transform Scotland's mental health system.

## **The policy context**

The health and social care policy context in Scotland inform and guide our work to promote and support mental health recovery. Good mental health and wellbeing is increasingly seen as an essential component of a functioning society and economy. The National Performance Framework seeks to create 'a more successful country with opportunities for all of Scotland to flourish through increased wellbeing and sustainable and inclusive economic growth'. Scotland's Public Health Priorities include a commitment to 'good mental health and wellbeing.'

The Scottish Government Mental Health Strategy (2017-2027) has a vision of 'A Scotland where people can get the right help at the right time, expect recovery and fully enjoy their rights free from stigma and discrimination'. The Mental Health Delivery Plan highlighted the need for a broader range of services and an approach that is preventative and based on early intervention.

The availability of funding to support developments in Primary Care and the recruitment of new mental health workers has provided opportunities. There has been an increase in the range of community-based supports and the development of new roles in mental health including Link Workers and Peer Workers.

Scotland's Mental Health Transition and Recovery Plan (November 2020) built on this vision by emphasising the need for people to get the right support at the right time and in the right setting and stating that 'We will support mental

health recovery in a way that is personal to each individual's journey and focuses on their rights'. The Transition and Recovery Plan also highlighted that there was a need to work with stakeholders including people with lived experience of mental health problems in developing and implementing plans.

There are many other elements creating this policy context including those provided through Health and Social Care Integration, Self-Directed Support, the recommendations of the Independent Review of Adult Social Care and the Community Empowerment Act.

Underpinning much of the policy context is a need to reshape our thinking to develop new models of support which are preventative and intervene early; are less specialist and open to far more people. Support that is delivered in different ways across a range of services in the community. This requires strong leadership and a much stronger voice and place for lived experience in our mental health system.



## Our vision

Together we can make Scotland a place where people expect mental health recovery and are supported at all stages of their recovery journey.

## Our mission

To bring people, services and organisations across sectors together to create a mental health system powered by lived experience which supports everyone's recovery journey.

## Our values



### Compassion

We listen to, validate and support those we are working with to have a voice and to develop their capacity to engage in recovery-focused change.



### Curiosity

We value and explore different ideas and strive to learn from others to build coalitions that bring about positive change in our communities, services and wider system.



### Collaboration

We bring people together to explore and develop new ways of working that value different experiences, expertise and voices, and rebalance power.



### Courage

We believe in the possibility of change at a personal level but also in our organisations, services and society. We embrace a willingness to be open to all voices including those we do not always understand.

## Strategic aims

Over the next three years we will work with people, groups, services and organisations across Scotland:

1. **To improve the engagement of people with lived experience in the development of mental health strategy and implementation**
2. **To develop peer support opportunities and peer working roles across the mental health system**
3. **To support the transformation of mental health services and supports through the adoption of recovery concepts and approaches**

## What we will do

Our role is as a catalyst for recovery focused change and as a facilitator of new ways of working and shared learning.

Our approach is to work with a wide range of people and organisations at a local and national level to deliver collaborative recovery projects. From this we will share experiences and learning through our communications, by developing resources and delivering learning opportunities and events.

The experience of [Making Recovery Real](#), the pilot of [Taking Peer2Peer online](#) and feedback from the What's next for recovery? engagement highlighted the advantages of proactively seeking expressions of interest to work with us.

As part of our strategy, we will approach potential partners and advertise opportunities to be involved in collaborative projects which will contribute to meeting our strategic aims.

## Improve the engagement of people with lived experience in the development of mental health strategy and implementation

We will:

- Work across sectors to facilitate and support new approaches to engaging people with lived experience in mental health strategy and implementation in six Health and Social Care Partnership areas
- Hold regular learning events to bring people from different backgrounds together to explore how new approaches to engagement can be adapted and developed in their areas
- Develop and promote a guide to using a conversation café approach to improve the quality of engagement in mental health strategy and service development across Scotland
- Work with decision-makers at a local and national level to explore how the [CHIME framework](#) (Connections, Hope, Identity, Meaning, Empowerment) can be used to support strategic planning, service design and commissioning



## Develop peer support opportunities and peer working roles across the mental health system

We will establish a Peer Recovery Hub and co-ordinate a programme of work to support the development of peer support, peer-led services/support and peer roles in services and organisations. The Peer Recovery Hub will:

- Support the development of a peer workforce by:
  - Bringing people together to create and pilot training resources
  - Supporting organisations and learning centres to offer peer recovery learning programmes
- Bring those involved in developing and managing peer roles together to share experiences and learning. This is with the intention of producing guidance to inspire and inform the development of peer support and peer roles
- Build the case for peer recovery by highlighting and sharing learning from Scotland and further afield



## Support the transformation of mental health services and supports through the adoption of recovery concepts and approaches

We will:

- Work with lived experience, government and services to develop a shared vision and action plan for mental health recovery in Scotland
- Develop a package of materials and guidance to support services to embed recovery in day-to-day practice
- Work with service commissioners and the Care Inspectorate to develop guidance on commissioning and inspecting for recovery
- Bring people together through a programme of learning from new recovery approaches and explore how this can inform developments in their organisation, service or area



## Review and evaluation

Review and evaluation are built into our Strategy. The evaluation framework is based on the strategic outcomes and milestones identified. It is our intention to work with researchers to embed evaluation into our activities so that we can effectively assess progress towards our strategic outcomes and better understand the impact of our activities.

## Get in touch

Over the next three years we look forward to working with a wide range of people, organisations and services at a local and national level to deliver collaborative recovery projects.

Get in touch for an informal chat about how you can make recovery real in your community.

- 0300 323 9956
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British Sign Language (BSL) users can contact us directly using [contactScotlandBSL](#)

A BSL filmed version of this Strategic Plan is available on our YouTube channel. If you need this resource in a different format, please contact us.

