

A Warm Welcome to All from REGARI Recovery College



It is with great joy that we at Regari Recovery College return to our physical base in the Lodge, Roscommon Town. Over the last few months we've been through a lot as a nation and are indeed seeing the effects of the pandemic on our collective mental Health. To say the attack of Covid-19 into our communities, workplaces, families and homes changed the landscape of how we all normally function would be an understatement. This was no different for REGARI Recovery College and those of us working within Recovery Education. Staff had to find new ways to work remotely and keep our services operating virtually; all had to adapt to new ways of delivering modules, learning, and collaboration between staff had to be maintained despite the college closing. In a sense we were forced to reimagine our learning experience. We had to adapt speedily (as did everyone) to this sudden launch into the online working world. "Zooming" has become our new normal over recent months. One of the risks with moving online, was the potential that students might engage less and that their mental health could consequently suffer. However, due to a combination of technology coupled with the commitment of both REGARI students and staff, things worked out surprisingly well.



We have had old and new faces join us from around the country since March for online workshops via the Zoom platform twice weekly. It was a sweet and satisfying development for us to be able to open up REGARI workshops to those who ordinarily would not be able to attend our in-person workshops due to distance, location in the country etc. Working in this way during the Covid-19 Pandemic has opened us up to the possibility of providing greater inclusivity in delivering Recovery Education modules via online platforms into the futureso with every cloud comes a silver lining as they say!

Over the last 3 months we have been honoured to have the attendance and engagement of many students on our online workshops where we have explored many mental health related topics such as Resilience, Exploring Mindsets, Motivation, Self Esteem, Anxiety, Isolation and Loneliness, to name

a few. In fact, we have delivered content for 19 different modules and facilitated 36 workshop sessions during our time out of the office on lockdown. As a team we are both proud of the work carried out over these difficult few months and our ability to adapt to these new circumstances. We are also privileged to have had the engagement of the many students who showed up week on week to the modules to keep their own recovery and the conversation of mental health recovery going during this time. We wanted to ensure that our students were supported through these unprecedented times, and thankfully the right technology was in place to make all this possible.

We are now planning and very much looking forward to resuming face-to-face group workshops in the Autumn subject to Public Health and HSE advice at the time in relation to public gatherings. We hope to see old and new faces back in the room as we keep the Mental Health Recovery conversation going! Feedback has been extremely positive, many students **miss the social aspect of recovery education, but they** have adapted and thrived despite a very different way of learning. Last week the staff at REGARI Recovery College completed *The Return to Operations Practical Workshop*, so we're well equipped. This presentation was funded by Roscommon Leader Partnership and was very informative.



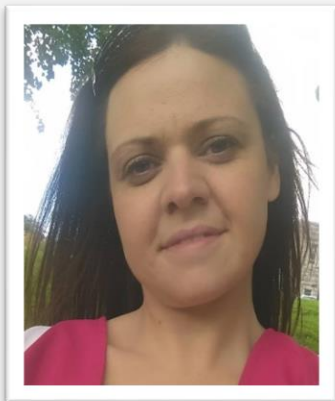
So as a whole, the experience has been challenging, yet encouraging as we feel everyone gained new skills while remaining connected and reassured. Returning to work will be different, but we'll take it as it comes. We'd image the future will embody a blended approach of both online and face to face recovery education whereby we hope each and every student has the opportunity to engage.

I would like to take this opportunity to welcome our new recovery educators Stephanie Hudson and Shane McHale. I would also like to thank our recovery college co-ordinator Orla O' Duinn for all her support, help and encouragement and to wish my previous co-worker Chloe Costello every success and happiness in her new role of Assistant Psychologist in APSI . Stay safe and go gently!

Amanda Hunt

Regari Recovery College Peer Educator

Meet The New Regari Recovery College Team



I am delighted to have the opportunity to introduce myself to you all as the new Recovery Education Facilitator in REGARI. My name is Stephanie Hudson. I have been working with REGARI in a voluntary capacity since 2018, so some may already know me. I became involved in REGARI in 2018 when I commenced a work placement required for completion of a Masters in Health Promotion which I undertook in National University of Ireland Galway. I was naturally led towards the area of mental health for this placement as I had my own Mental Health recovery journey for many years. My lived experience encompasses battles with Anorexia, Bulimia, Anxiety, Depression and PTSD. My healing journey has been extensive over the last 15+ years and I required many different forms of inpatient and outpatient treatment during that time. I consider myself to be ever learning but solid in my recovery and healing journey at this point!

I have thoroughly enjoyed all the work I have done over the last couple of years with REGARI and look forward to undertaking this new post alongside Amanda and Shane. REGARI is more than a place of work or 'education college'. It is an open door with welcoming understanding warm faces, a place of togetherness, connection and understanding. It has been energising and freeing for me to work from a place of lived experience within REGARI in the past and I am excited to have the opportunity now to move my career in this direction. I have completed various different educational courses over the years, but my greatest education and learning has come from my own healing. It is a great privilege to work with others now who are doing the same. I feel passionate about opening the very real conversations of the struggles of mental health difficulties. I believe the connection and knowledge that comes from shared experience is one of the greatest sources of learning for us in recovery. I hope that very soon we will all reconnect in person, I look forward to seeing old and new faces in the room when we return to workshops.

“Choose a job you love, and you will never have to work a day in your life.”

– Confucius

Soma

Warm Regards
Stephanie



Hello to all,

My name is Shane McHale and I am one of the new Recovery Education Facilitators in CHO 2/West, dividing my time between the Regari Recovery College in Roscommon and the Mayo Recovery College. After many years battling in silence, I finally sought help and was officially diagnosed with depression in 2011. It was utterly shocking for my family and friends. But for me, even in my depressed state, I felt that it was the beginning of regaining some control over my life which seemed to have spiralled away from me.

Education has played a significant role in my recovery. My time in GMIT Mayo's social studies degree helped me to regain confidence, realise what skills I had, what new skills I could learn and also helped me to build social bridges after a long time living an isolated life. That I was participating in "Recovery Education" or "Transformative learning" was something that I did not realise until much later!

I've had a strong sense of wanting to "give back" as my own mental health has improved in recent years. Now that I find myself in a better place, I want to give a hand to the next person on the climb. I was a support meeting facilitator for Aware in Castlebar for several years, and last year I offered my services to the Mayo Recovery College with the intention of facilitating one module. Long story short, that one module has turned into almost a year of volunteering and now I am happy to say, my new role in CHO West, which means I get the new experience of also working with Regari Recovery College. I look forward to working alongside Amanda and Stephanie, and meeting all the students of the Regari Recovery College in the weeks and months ahead, whether it be online or when we get back to our physical rooms. I consider it an incredible opportunity to now be able to facilitate our recovery college students as they experience their own transformative learning. Recovery is possible, I see our students prove that every day.

A PERSON WHO DANCES
WITH YOU IN
THE RAIN WILL MOST
LIKELY WALK
WITH YOU
IN THE STORM



Warm Regards,

Shane McHale

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health



Are you living with a long-term health condition?

Examples include (but are not limited to) diabetes, heart conditions, stroke, COPD, asthma, Crohn's disease, arthritis, kidney disease, Multiple sclerosis, anxiety, depression.



What is the Living Well* programme?

**Formerly known as the Self Care to Wellness Programme*

Living Well is a free online group programme, delivered over six workshops (2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term conditions. Living Well can help you develop the skills and confidence to manage your health condition(s).

Why join the Living Well programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider.

When: Wednesday 28th October, 4th, 11th, 18th, 25th November & 02nd December 2020

Time: 10.30am-1pm

How: For more information, contact the Programme Administrator:
Olga Maguire: 087-6078950 Email: olga.maguire@mayocil.ie
Visit: www.hse.ie/livingwell



Self-management
Support



Sláintecare



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.

An Exciting New Collaboration with APSI



Hello everyone,

My name is Chloe Costello. I first became involved in recovery education in 2017 when I volunteered as a Co-Producer/ Co-Facilitator in REGARI Recovery College and was then appointed the post of Recovery Educator. As I completed my Degree in Psychology and Masters in Health Psychology, mental health was always an area I wished to pursue a career in and REGARI provided me with a platform that I am so very grateful for. REGARI is truly something very special. It is a place where every person is welcomed through its doors like family. It is a community of support, knowledge and friendship.

I have recently taken up the post of Assistant Psychologist in APSI (Access to Psychological Services Ireland) and excited to announce the upcoming collaboration between the Recovery College and APSI. REGARI previously carried out a successful pilot of the Discovery College in Autumn 2019 and this included various workshops on mental health topics aimed at young adults.

In August we plan on running 4 one-hour online workshops (Sleep, Worry, Intro to CBT, and Stress) and 5 two-hour face-to-face group workshops throughout the months of September and October (Avoidance, Anxiety, Body Image, Understanding Depression, Building Self-Esteem). These workshops will be available for those aged 18-25 years and will be co-facilitated by APSI Practitioners and those with lived experience of mental health difficulties. To register please email regarirecoverycollege@gmail.com

Looking forward to the continued growth of recovery education in the future 😊

Chloe Costello
APSI Practitioner



Access to
Psychological
Services Ireland



Discovery College

FREE Mental Health, Recovery, and Wellbeing Workshops

Online Workshops:

- ♦ Getting a Better Nights Sleep: Wednesday Aug. 05th 11am-12pm
- ♦ Worrying Well: Wednesday Aug. 12th 11am-12pm
- ♦ Intro to CBT: Wednesday Aug. 19th 11am-12pm
- ♦ Understanding Stress Wednesday Aug. 26th 11am-12pm



Roscommon Workshops (Venue TBA):

- 1) Anxiety and Me: Wednesday Sept. 16th 11am-12:30pm
- 2) Exploring Avoidance: Wednesday Sept. 23rd 11am-12:30pm
- 3) Body Image: Wednesday Sept. 30th 11am-12:30pm
- 4) Living With Depression: Wednesday Oct. 07th 11am-12:30pm
- 5) Building Self-Esteem: Wednesday Oct. 14th 11am-12:30pm

Venue workshops are subject to public health and HSE advice at the time in relation to public gatherings

Who can take part?

Workshops are available to all those in the Roscommon area aged 18-25 years. Participants select whichever sessions interest them.

Learn about important mental health and wellbeing topics from peers who are experts by experience or experts by profession.

For more information and registration please email Chloe at:
regarirecoverycollege@gmail.com

Meet the New Area Lead for Mental Health Engagement and Recovery



Hi there, my name is Maria McGoldrick and I have recently been appointed the Area Lead for Mental Health Engagement and Recovery in the HSE Mental Health Services for Galway, Mayo and Roscommon. My role in the service is to consult with service users and their supporters and present their views at a management level.

The role was developed following national consultations with service users and family members who identified the need to be more involved in the development of mental health services. How this is achieved is by hosting Local forums in the 3 counties on a monthly basis to discuss with members of the community what is needed and develop work plans in collaboration with service providers to advance recovery orientated services in your area.

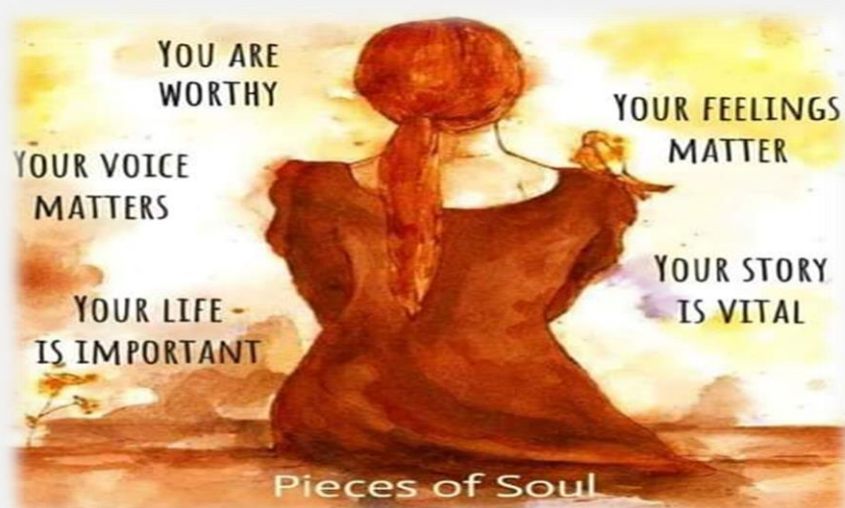
If you think this is something you would like to get involved in or would like to find out more information please contact Angelina.Treglia@hse.ie or maria.mcgoldrick@hse.ie

I look forward to working with you and on your behalf.

Maria McGoldrick

Area Lead for Mental Health Engagement & Recovery for

Mayo, Roscommon & Galway



Quality Assurance Document



We are delighted to announce the publication of the Recovery Education development, Guidance and Resource Document 2020-2025. The Resource will provide assurance through outlining best practice around coproduction, delivery, promotion and evaluation of recovery education, all of which are important in setting up and delivering recovery education.

The Toolkit will help ensure we continue to deliver coproduced recovery education to the highest standards possible. It will also support mental health staff in delivering more recovery oriented services.

The development of these two documents would not have been possible without the dedication and organisation of our dear friend Francis Walsh (RIP). He made sure the process had coproduction at the heart of it. With this in mind, the Resources and Toolkit are dedicated to Francis by way of a small acknowledgement of his commitment and enthusiasm, which he brought to every aspect of his work. The links to the resources can be found on the following links:

<https://www.hse.ie/recovery-education-toolkit>

<https://www.hse.ie/recovery-education-resource>



Dedicated to: Francis Walsh who departed this life on 8th May 2020.

A pleasure to work with and to know. Competent, dedicated and gifted, he has left a legacy in recovery education and peer support working in Ireland. His qualities as a person made Francis so special, his compassion, empathy, his eternal good humour and positivity. Francis was a true gentleman, very humble but a warrior for recovery and the rights of service users and family members, his commitment and passion for this work was inspiring.

'Thank you' Francis, our dearest friend and colleague.

Regari Recovery College welcomes the publication of the nation's new Mental Health Policy



The policy 'Sharing the Vision – a Mental Health policy for Everyone' was launched by the Department of Health as a roadmap for the provision of mental health services in Ireland over the next ten years. The department streamlined this report which sets out current and future service priorities and includes a time bound implementation plan as well an Implementation Monitoring Committee. We welcome the positive and inclusive tone, the core principles and the practical sense of urgency struck in this new mental health policy. The link to the '*Sharing the Vision – a Mental Health policy for Everyone*'

<https://www.gov.ie/en/publication/2e46f-sharing-the-vision-a-mental-health-policy-for-everyone/>





Dear REGARI Recovery College family,

I hope you're all keeping well during these strange times.

I'd like to thank our Peer Educator Amanda Hunt for keeping our recovery education programme afloat over recent months, through our zoom modules. Many thanks to everyone who has participated. I hope you found them supportive and informative.

I'd also like to thank our erstwhile recovery education facilitator, Chloe Costello who has recently moved on to pastures new. Chloe's contribution to Regari recovery College has been immense and we will truly miss having her as part of our team. She will however continue to have close ties with REGARI as she collaborates with us on upcoming Discovery modules, in her new role as APSI mental health practitioner.

A heartfelt welcome to our two new recovery education facilitators, Stephanie Hudson and Shane Mc Hale, who recently joined our team. We are delighted and privileged to have you on board.

Regari Recovery College lost a true and valued friend in recent months, with the death of Francis Walsh.

We will miss him greatly but always cherish the many great memories we have of him.

We're looking forward to continuing the good work into the forthcoming Autumn /Winter semester in whatever shape that takes. Keep well.

Best wishes,

Orla O Duinn

OT Manager/ Regari Recovery College HSE lead.



