



HEADS UP

WINTER 2016

Volume 6, Issue 4

Donation £1

***YES I WANT TO SPONSOR A
RECOVERY ASSISTANCE DOG**



***EMPOWERMENT AND CONFIDENTIALITY**

***RECOVERY BIDDING FOR NEW
INDEPENDENT ADVOCACY SERVICE**

***BEING CLIENT LED**

***Fundraising & Events Dates**

A Young Person's View Of The 'RAD' (RECOVERY Assistance Dog)

For a young person, sitting down with people who may or may not suffer from mental illnesses, along with their dogs may not sound very engaging. However, after listening and participating in the induction, I began to understand how beneficial it is to have a recovery dog by your side to face your battle with either physical or mental illnesses.

Liz Maitland (Executive Director and founder of the original charity RECOVERY) delivered the many approaches of training needed in order to certify your dog as a RECOVERY assistance dog. This included such steps as: controlled unload out of a vehicle, heeling through a building, downs on command etc. All of the steps are important in ensuring your dog is sure of its role as a 'RAD'. I learned within one introduction, the importance of such discipline whilst still caring for your dog as they should care for you, and aid your recovery. While RECOVERY do not condone forceful training of a 'RAD', it is important to obtain peaceful obedience, as the dog will be subjected to the public on many occasions. The training programme states that your dog must not show aggressive behaviour and must demonstrate that he/she is safe to be in public (that is what you would expect in order to train your dog as a 'RAD'). However, RECOVERY do not discriminate, and are willing to train any dog the owner/survivor is passionate about becoming a 'RAD' (as it is your dog after all).



RAD Sponsored Walk

Overall, after my short experience of seeing what RECOVERY have to offer within the training of a 'RAD', I understand that the process is wholly beneficial. Not only to the Survivor, the furry friend and those who care for both but the benefits for Mental Health treatment and acceptance as a whole may skyrocket with this new found method.

Written by Amelia Shelton



Client with family and Dogs, Fundraising

We learnt about the steps involved in the very first level (Level 1 – Basic access training) of a 'RAD'. With this qualification you would then go on to complete Level 2 (Skilled assistance), in which your dog may pick up skills in a specific mental health issue. E.g. anxiety – the 'RAD' may learn to detect or stop a panic attack. This is then followed by Level 3 (Individual emotional assistance), within this level the dog will encourage the Survivor to be centred and stable by regular practice of Centering Therapy. All of this has advantages that out way those of a human carer. Each of the levels take 6 months to achieve, and therefore it could take a minimum of 1 ½ years to fully train your dog as a RECOVERY Assistance Dog. RECOVERY as a charity has a rigorous Training programme that gives the Survivor the best chance of recovering.



Training RAD Dogs with young people

SPONSORSHIP Letters and Certificates

THIS IS AN EXAMPLE OF A LETTER TO A SPONSOR FROM A RECOVERY DOG:

Thank you so much for sponsoring me to become a fully trained RECOVERY Assistance Dog. I am going to tell you a little bit about my new job and how it makes me feel.

Until I passed my level one a couple of weeks ago I helped my Mum as much as I could but there were lots of places I wasn't allowed to go. It used to worry me when I had to wait outside places like supermarkets or other shops and even more when she had to leave me at home to go somewhere without me. You see I know how anxious she can get and it is always worse if I am not there to calm her down. I always notice when she is anxious and push my head under her hand and nuzzle her until she feels better. Then she strokes me and that is nice for me too.

Now I have an orange coat that tells people I am working. It felt strange at first but I soon realised that if I had my coat on things were different and I was allowed in all the no dog places. It is brilliant being able to be with mum all the time. Being a RAD dog is the best job ever.

Mum has had mental health problems for a very long time and for the last four years she has had to use a wheelchair too. I know I have already helped her a lot because I heard her tell someone she has not had to go into hospital since she had me. Now I am looking forward to learning more special ways I can help her.

I know that I have already helped to stop her from dissociating at least once – it can be really scary for her when she loses chunks of time and doesn't know what she has been doing. I also help her to meet people because people want to know about my orange coat.

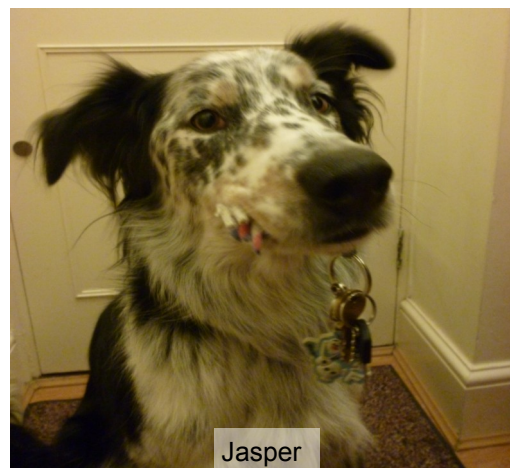
I have had my coat for two weeks now and I am getting used to going to the charity shop where mum helps out and going to Church on Sunday evenings. I wonder what other interesting places we will go to together.

It has been fun telling you about the start of my work as a RECOVERY dog. I have included a couple of pictures of me. I will write again in 4 months time and let you know how things are going. Thank you again for your support.

Yours sincerely,



Jasper Jewell



Jasper

RECOVERY Starting a NEW INDEPENDENT ADVOCACY SERVICE

RECOVERY is applying for Funding to start a service to support people in Leicester with Mental Health problems who need Advocacy support due to communication problems. RECOVERY has applied:

- To provide Peer Independent Mental Health Advocacy (PIA) to Mental Health service users.
- To provide Mental Health Advocacy Support at 5 new Health and Wellbeing Hubs run by Mental Health Survivors/volunteers.
- To campaign for freedom from force and fear (Fffaf Campaign) by weekly Fundraising and awareness events at Market Stalls, Street Collections and Conferences.
- A Board of trustees to delegate day to day running of the organisation to an Executive Director, Line Management of MH Advocates will train and support the Peer Advocates and manage the service.
- To deliver the City Advocacy service as Peer Advocates to those who require independent advocacy giving priority to those who meet the Care Act criteria for independent advocacy and those who are on the Adult Social Care pathway. With a particular focus on Young People and their transition problems.

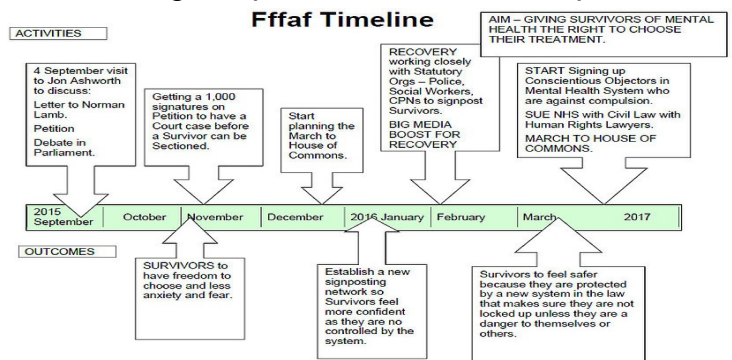


BEING CLIENT LED

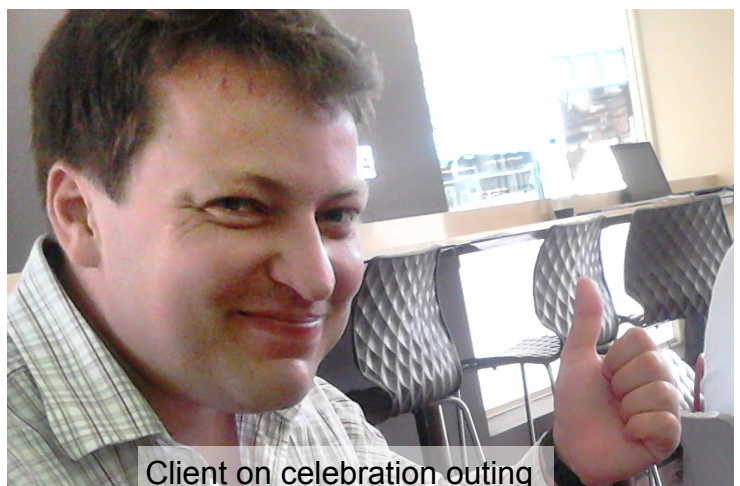
PIA Advocates take instruction and are led 100% by the person receiving advocacy – no matter what the person wants to happen or what choices they want to make. This can be challenging for us as advocates particularly when the person wants to make a decision that we disagree with or think is risky. On one occasion a young person wanted to discontinue with their medication. Quite often people find the side effects unbearable. This client was refusing to take their medication. We made the options clear to them and helped them to make a good choice of talking to the GP of their intentions.

It is of paramount importance that advocates do not take a view of what they feel is in the best interests of the client they are advocating with. What the advocate's personal view about the course of action the client should take is irrelevant and must never be used to influence the client's choice. We pointed out to the client that as an Advocate we are not able to help with decisions about medication. It is part of the advocate's role to help clients explore their options and look at potential outcomes from any particular course of action, but advocates must do this without direct or indirect persuasion. We can do this by drawing up an Action Plan or a list of pros and cons.

In some cases the client may discuss the matter with the GP who may lower the dose in stages and then change the drug. Whatever the decision the advocate must respect and support the client's final choice.



The client may have other people in their lives; these may include a Social Worker, a CPN and a GP whose role is to make decisions based on their best interests. As the advocate we have to ensure that the client's wishes, views and feelings – whatever others may think of them or us – genuinely form part of the decision-making process. The client has a right to have their voice heard and their views respectfully taken into account, whatever they are. We always stand firmly alongside the client because we know that good Mental Health Advocacy leads to recovery, keeps people out of hospital and can save lives. The Advocate has understanding of how to respond to the situation because they have first hand experience of psychiatric treatment themselves.



EMPOWERMENT AND CONFIDENTIALITY

Many of our clients have come to us for Advocacy because they know that it will be confidential. Quite often clients with Mental Health problems and personality disorders find relationships with families and carers quite challenging. Many of them, especially when young, find it easier to have a close relationship, one that is mutually rewarding, with a dog than a human. Someone who needs advocacy usually does not have a family member or friend who can be a spokesperson for them.

This is where the Care Act comes into play as it recognises that the individual, for wellbeing and often even for survival, needs help to stand up for their rights and wishes. In some cases the client may alienate themselves from family and friends and become almost completely socially excluded. They cannot go out by themselves so are deprived of social inclusion. They feel suicidal because they lose control of their lives. Young people want a safe place where they can work out what they want through confidential support.

We recognise that it is important to think carefully before acting against the express wishes of a person and thereby remove even more power from them. However if we feel particularly concerned about our client's wellbeing, after some self-harming for example, we may have to inform the Social Worker.

When confidentiality does have to be breached without permission, we have a policy that wherever possible the advocate will inform the client at the earliest opportunity of the reasons for doing so. We give our clients opportunities to discuss other alternatives and to plan for likely outcomes. As Kate Mercer indicates in her Advocacy Course: "Every effort is made to ensure the client is given the maximum control possible over the process of breaching confidentiality, and to keep them informed at every stage of any action that we intend to take."



This means that except in a situation of severe risk we would not break confidentiality by reporting concerns about welfare to the Social Worker or her family. We work hard to resolve concerns with pain, sleeping, eating and coping with RECOVERY Assistance dog training over a period of 6 months. We visited her 1-2 hours weekly and contact SPOC (Single Point of Contact) to get a Social Worker to do a Self-Assessment Questionnaire and a Support Plan for some extra hours of support.

During this time we explore some ways of keeping the client safe. This includes:

- Walking & training the dog as an Assistance Dog
- A local volunteer befriender visiting
- Keeping the peace with neighbours
- Contacting family when asked

We feel it is important to weigh up the pros and cons of holistic involvement, confidentiality and empowerment. Empowerment is about enabling the client to take charge of as much of the Advocacy process as they are capable of. This means that family, friends, carers and advocates must not undertake all the work themselves. We work with family, carers and Mental Health professionals to empower our client to gain confidence and self-esteem as they start to get control over life and their decisions.



RAD Photo shoot

RECOVERY Rendezvous Dates December 2015 - March 2016

Friday 08 January - Volunteering Policy
Friday 15 January - Planning Peer Advocacy Project
Friday 22 January - Care Certificate Supervision
Friday 29 January - The Care Act
Friday 05 February - Assertiveness Training 1
Friday 12 February - Assertiveness Training 2
Friday 19 February - Updating Membership Pack
Friday 26 February - RICAPP Handbook Meeting
Friday 04 March - Care Certificate Webinar
Friday 11 March - Pension Planning
Friday 18 March - Hatha Yoga Session
Friday 25 March - OminHeart Planning

Fundraising Dates December 2015— March 2016

Saturday 09 January - Godalming
Saturday 16 January - Corby
Saturday 23 January - Coventry
Saturday 30 January - Birmingham
Saturday 06 February - Market Harborough
Saturday 13 February - Bristol
Saturday 20 February - Oakham
Saturday 27 February - Rugby
Saturday 05 March - Stratford, London
Saturday 12 March - Uppingham
Saturday 19 March - Stamford
Saturday 26 March - Derby
Saturday 2 April - Hereford

Events

Near Neighbours Conference - RAP Animation Launch 26 January
Doggy Dindle Cafe, Evington Park House - Saturday 27 February
OminHeart Exhibition at Bradgate Unit and Westcotes Gallery - February and March.
The Race Night at The Clarendon Pub - Saturday 30 July



Fundraising in Oakham



Fundraising at Greenbelt



Fundraising in Stoke-on-Trent



Base camp for RAD Sponsored Walk



Fundraising With RECOVERY Campervan

one|stop

one|stop



**One Stop is proud to support
your local community.**

*From magazines to munchies, ice
creams to pop or just for some shelter
go to One Stop.*

*Your nearest store is: 5 Grasmere Street
Leicester
LE2 7PT*

*Opening Hours: 6am- 11pm Monday – Sunday
6am- 10pm Summer Holidays*

One Stop Shop raised £997 Funding for RECOVERY.

THALI WAL & CO
SOLICITORS

Lexcel
Practice Management Standard
Law Society Accredited

Specialist Mental Health Advice

Award Winning, Qualified Legal Representatives

**Representation at Mental Health
Review Tribunal hearings**

Advice under the Legal Aid Scheme

Clients detained under civil provisions

Hospital orders

Transfer provisions

Community treatment orders

Detained under the Mental Health Act

Section 117 'Aftercare'

Hospital Manager's Meeting

Mental Health Review Tribunal Hearing

Section 17 Leave

New Mental Health Act Provisions

Sectioned

Our offices are at:

298 Welford Road,
Leicester LE2 6EG

0116 274 5252

www.thaliwalsolicitors.co.uk



RECOVERY Assistance Dogs



Finding Ways to Mental Health

RECOVERY,

UNIT 36, Vulcan House, Vulcan Road, Leicester, LE5 3EF

Phone: 0116 253 2073

E-Mail: RECOVERY4Wellbeing@gmail.com

Web: RECOVERY4Wellbeing.org

Charity Number: 1125395

RECOVERY is a charity for Wellbeing that spreads the word about how people can recover from Mental Health needs with the healing of memories through Creative Therapies.

RECOVERY Assistance Dogs for Mental Health assist Survivors and help them to find Wellbeing. We campaign against compulsion and for freedom of choice.