



# Consulting Circles

*Skills Training in Health & Social Care*

## Recovery & Reintegration Training Outline



2012 - 13



## 1. Introduction

Consulting Circles is a specialist training consultancy delivering therapeutic skills training to health and social care providers across the UK. Set up in 2007 by Sonia Yeandle and Ray Jenkins, Circles is dedicated to providing innovative approaches to workforce development through bespoke training and consultancy services. We provide strategic and operational support with contract management, third sector marketing, recovery initiation and service user advocacy.

Our courses are specifically designed to enhance the capacity of managers and staff of generic substance misuse agencies to deliver high quality, recovery orientated interventions to service users, their families and carers.

At Consulting Circles we place great emphasis on delivering quality services to our clients. Our products are developed from the core skills of our Directors and Associates. We have more than 18 years experience of strategic and operational organisational development, innovative service delivery, contract management and workforce development. Our strength is our knowledge base, providing tangible added value for our clients by achieving measurable results quickly and cost effectively.

[Ray Jenkins Dip. Couns. MBA](#) is a former Development Director of CRI, a national social care provider delivering drug & alcohol interventions within the criminal justice system and community. He is a former member of the UK Anti Drugs Co- ordination Unit (UKADCU) advising on the implementation of the Government's 10 year Drug Strategy. He has extensive knowledge of staff and workforce development that is supported by an operational background in delivering integrated treatment systems in the community as well as a range of Criminal Justice initiatives including; DIP, CARAT, DRR, ATR, BSR, P-ASRO and IOM. A qualified Trainer (C&G 7303) Ray has been delivering specialist training to offender manager & key workers since 2008.

[Sonia Yeandle Dip. Couns. C&G 7303](#) has more than 17 years experience of working in the social care field with Social Services and local authority legal departments. Her expertise encompasses Workplace Policy writing, implementation and training as well as Workplace Stress Audits and ISO Project Management. Sonia also holds an Advanced Diploma in Integrative Counselling, & Psychotherapy, Diploma in Integrative Group-work, Diploma in Supervision and a PTLLS qualification. Sonia also designs and runs CPD Workshops for Counsellors, Key-workers and Social Care & Health staff across the UK.

[Damian Grainer MA; C&G 7303 \(PTLLS\)](#) Trained in psychotherapy, coaching, substance misuse and management, he has worked within the health and social care field since 2001 and prior to this worked as a manager in the private sector. He has worked both in mental health and substance misuse working across a range of tier 2 and 3 agencies and also has experience of residential therapeutic communities. With particularly strong experience in the implementation and turnaround of large recovery orientated integrated substance misuse services, he also has particular expertise in group work and psychosocial interventions for substance misuse.

## 2. Course Origins

- ★ 82% of the 2,800 practitioners trained by Consulting Circles during 2008/12 had no previous experience in the delivery of 12-step or any other abstinence based intervention.
- ★ 84% of those workers had never attended or networked a mutual support group such as NA, AA or SMART recovery.
- ★ 90% of workers asked said they would welcome training on recovery orientated and abstinence based models to help broaden their knowledge.
- ★ The overwhelming majority of practitioners trained admitted to having some preconceptions in regards to the value base adopted by some mutual support groups, preferring to promote CBT based interventions.

Consulting Circles has developed a one day workshop to offer key workers, health care practitioners, Criminal Justice professionals, volunteers, family support groups and mentors an opportunity to gain a basic understanding of recovery models and mutual support groups such as 12 - step, SMART & Intuitive recovery.

Delegates will be offered the opportunity to learn more about the cognitive underpinning a range of approaches and will be invited to challenge their own perceptions of the benefits/negatives of mutual support groups. Course facilitators will also encourage delegates to relate these approaches to their practice and consider how a client can begin to develop community, personal and social recovery capital.

### **Definition of recovery:**

Recovery is the process of pursuing a fulfilling and contributing life regardless of the difficulties one has faced. It involves not only the restoration but continued enhancement of a positive identity and personally meaningful connections and roles in one's community. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members.

## 3. Learning Outcomes

Delegates who participate in this workshop will:

- Understand how recovery orientated approaches can be implemented within their service to enhance treatment outcomes.
- Consider how key recovery tasks can be incorporated into recovery planning
- Learn more about abstinence models and on-line recovery communities
- Explore how strength based assessments can improve treatment engagement
- Gain a basic understanding of how mutual support groups function
- Better equip practitioners to engender recovery models with clients/patients
- Learn how the development of recovery communities can support reintegration
- Understand the importance of including family/carer support within recovery planning and community re-integration.

#### 4. Programme Outline – Recovery Models

<b>Recovery &amp; Reintegration</b>	<b>Session Focus</b>	<b>Duration</b>
<b>Session 1.</b> Definitions of Recovery	<ul style="list-style-type: none"> <li>Principles of recovery</li> <li>Organisational perspective</li> <li>Approach to recovery models</li> </ul>	75 x minutes
<b>Session 2.</b> Key Recovery Task	<ul style="list-style-type: none"> <li>Developing positive identities</li> <li>Framing the misuse</li> <li>Self management of recovery</li> <li>Developing valued social roles</li> </ul>	75 x minutes
<b>Session 3.</b> Mutual Support Groups	<ul style="list-style-type: none"> <li>Community, personal &amp; social recovery capital</li> <li>Mutual Support Groups</li> <li>Exploring the options</li> </ul>	75 x minutes
<b>Session 4.</b> Achieving Recovery Outcomes	<ul style="list-style-type: none"> <li>Key drivers for success</li> <li>Strength based assessment</li> <li>Inclusive recovery planning</li> <li>Building supportive networks</li> </ul>	75 x minutes
AM/PM Breaks		75 x minutes
<b>2 x Facilitators</b>	<b>Total</b>	<b>6.25 hours</b>

#### 5. Training Costs

We have scoped the delivery of our 1 x day workshops to accommodate a maximum of 18 and minimum of 12 delegates. Purchasers will be responsible for sourcing and supplying venues as well as delegate refreshments for the duration of the training.

<b>2 x Day Training – maximum 18 x delegates</b>	<b>Unit Cost</b>
Standard delegate rate	95.00
* Reduced delegate rate if 2 or more courses booked	85.00
Managers Implementation Workshop	975.00
Supervision & support per days	450.00
Training preparation, follow up, debrief & report writing	(Inclusive)
Support Materials & course handbooks (upto18)	(Inclusive)
Overnight accommodation per night (Inner/outer London£120)	90.00
Travel charged per mile	40P
Subsistence per day per trainer	20.00
<b>* Venue to be supplied by purchaser</b>	
<b>* Prices are subject to 20% VAT.</b>	

## 6. Workshop Facilitation

All workshops will be facilitated by Damian Grainer, Peter Paul, Sonia Yeandle or Ray Jenkins. Consulting Circles will assess each participant's current skill levels, knowledge and ability, to inform individual continuous professional development. Summary reports and copies of training feedback forms can be provided as part of a structured training debrief.

## 7. DANOS Units covered

Unit No	Description
AA2 (HSC233)	Relate to and interact with individuals
AA6 (HSC355)	Promote choice, well-being and the protection of all individuals
B15 (HSC31)	Promote effective communication for and about individuals
AF2	Carry out assessments to identify and prioritise need
AG1	Develop, implement and review care plans for individuals
AI1	Counsel individuals about their substance use using recognised theoretical models
AI3	Counsel groups of individuals about their substance use using recognised theoretical models

## 8. Copyright

Copyright of all workshop materials and supporting literature (including course handbook) will be retained by Consulting Circles. Ownership of all pre- course questionnaires and subsequent analysis will automatically be considered the property of the purchaser as will any completed workshop evaluation reports.

Should you wish to enquire further about our courses you can visit our website on [www.consultingcircles.com](http://www.consultingcircles.com) or write to:

Chris Carrington  
Training & Development Manager  
6 First Avenue  
Charmandean  
BN14 9NH

Tel: 0844 804 5432 or you can email your confirmation to [chris@consultingcircles.com](mailto:chris@consultingcircles.com)

## 9. Our Customers

Since 2008, Consulting Circles have provided training to:

Albert Centre	Addaction
ADSI	Barking & Dagenham DAT
Bexley DAAT	Brent DAT
Bradford PCT	Basement Project
Buckinghamshire PCT	Calderdale PCT
DISC	Drug Aid
Grimsby DIP	Luton PCT
East Sussex NHS Partnership	East Sussex DAAT
North Lincolnshire Safer Neighbourhoods	
CRI-Crime reduction Initiatives	
North & Midlands	
London	
South & Southwest Directorates	
HMP Bellmarsh	HMP Bullingdon
HMP Drake Hall	HMP Grendon
HMP Hewell	HMP Lewes
HMP Holloway	HMP Manchester
HMP PARC	HMP Springhill
HMP Stanford Hill	HMP Swaleside
HMP Wormwood Scrubs	HMP YOI Altcourse
HMP YOI Feltham	HMP YOI Rochester
Gateshead PCT	Hammersmith & Fulham DAAT
Hereford DASH	Hull City-Safe
Islington PCT	First Care Health
Lifeline	NECA
NHS Hillingdon	Oasis Partnership
RAPt	Redbridge DAAT
Reading DAAT	Safer Middlesbrough
Redcar & Cleveland PCT Partnership	SMART Criminal Justice
Sefton DAAT Projects	South Tyneside PCT
Shropshire DAAT	Surrey DAAT
SAAS	Turning Point NE
South Luton DAAT	Worcestershire DAAT
South Shields SMT	
South Wales DIP	