

What's next for recovery?

Findings from a national engagement Summary report

Introduction

During summer and autumn 2020 Scottish Recovery Network delivered a programme of engagement to gather views on the vision and strategy for mental health recovery in Scotland. This is a summary of the key findings of the engagement. [A full report is also available.](#)

What did we do?

The main part of the programme of engagement was 10 online discussion events and an online survey. Over 440 people from a wide range of backgrounds and organisations participated in both. This included people with lived experience of mental health problems, those working in mental health services in the third and statutory sectors, and those in decision-making or representative roles.

These findings are complemented by learning from a programme of 12 online conversation cafés held in summer 2020. Engagement also includes the results of research into the move to digital peer support during Covid-19.

What did we find?

There has been much progress made in changing attitudes to mental health and recovery. There are many examples of good recovery focused approaches to support. However, recovery is not universal or embedded in our mental health services and recovery focused approaches are patchy. There is still much to do if recovery is to become a day-to-day part of our mental health system.

Vision for mental health recovery in Scotland

The engagement has resulted in a strong and compelling vision for a Scotland which supports mental health recovery. Our mental health system and services will:

- ✓ Take a whole person approach
- ✓ Genuinely value lived experience by integrating it into all parts of the system
- ✓ Embed peer support approaches and roles in mental health support
- ✓ Be easy to access and navigate
- ✓ Offer more community-based supports and choices
- ✓ Be designed and delivered in a way that tackles inequalities and contributes to a fair society

What needs to happen?

Working towards this vision will require us to focus on the following actions:

- ✓ Champion the value of lived experience and peer support in all parts the mental health system
- ✓ Joining up the different parts of the mental health system
- ✓ Learning from good practice in Scotland and further afield
- ✓ Influence decision-makers and ensure visible support for recovery

What next?

Scottish Recovery Network will share these findings with the Scottish Government, all those who participated in the engagement and through our networks. We will work with the government and others to agree a refreshed vision and strategy for recovery in Scotland. We will also develop our own organisation Strategic Plan setting out what we will do to support work towards this vision over the next three years.



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