



Tees, Esk and Wear Valleys   
NHS Foundation Trust

**Stockton Integrated Mental Health Service  
Access Service**  
Parkside Mental Health Resource Centre  
Melrose Avenue  
Billingham  
TS23 2JH

☎ 01642 524704  
FAX: 01642 526600

11 October 2013

Heather McLean  
Healthwatch Co-ordinator  
Healthwatch Stockton-on-Tees, Middlesbrough & Redcar and Cleveland  
Catalyst House  
27 Yarm Road  
Stockton on Tees  
TS18 3NJ

Dear Heather

Please see below a response to the request for information on the use of the recovery model in local services.

If you have any further queries, please can you contact Jane King in the Integrated Mental Health Service, 01642 524707 or [jane.King@stockton.gov.uk](mailto:jane.King@stockton.gov.uk).

Within the Adult Mental Health EIT Review, one of the underlying guiding principles for transformation and modernisation of services is to further develop excellent services, working with service users and carers (families) to promote recovery and wellbeing.

The rationale for embedding a recovery approach for adult mental health services is to ensure that everyone who experiences mental health problems is given the opportunity to rebuild or retain a valued and satisfying life. Many people who have experienced mental health problems have shown that it is possible to recover and/or establish a meaning, value and purpose in life.

A recovery strategy is to be embedded into health and social care service model delivery. It is imperative that Stockton Borough Council and TEWV engage with service users and carers in developing recovery based services and this has already commenced in their involvement in developing new services. We have had Stockton Carers and Service Users at a redesign workshop of the "Perfect Community Mental Health Team".

The key concepts of this were to deliver compassionate, timely interventions which promote recovery through building resilience and self management.

The key recovery principles are:-

Connectedness – to connect our service users within their community  
Hope optimism about the future  
Identity – re establishment/establishment of a positive identity  
Meaning in life – to enable individuals to regain / gain meaning in life  
Empowerment – taking responsibility and control over one's life

Key Challenges are:-

Increasing opportunities for building a life 'beyond illness'  
Supporting staff in their recovery journey  
User and carer involvement  
The workforce  
Creating the culture and leadership  
Improving the quality of the experience

All of the above are principles that underpin services delivered within the Integrated Adult Mental Health Service and are key for the transformation and future developments. We are fortunate that we have an active service user and carer forum where we can work in co-production to ensure that services are developed having fully consulted and understood the local community and their needs.

If you have any further queries, please contact me (Jane King, Locality Manager) in the Integrated Mental Health Service, 01642 524707 or [jane.King@stockton.gov.uk](mailto:jane.King@stockton.gov.uk)

Yours sincerely



Jane King  
Locality Manager