

Supporting people to develop skills to manage their own lives

Supporting people to develop stronger social relationships

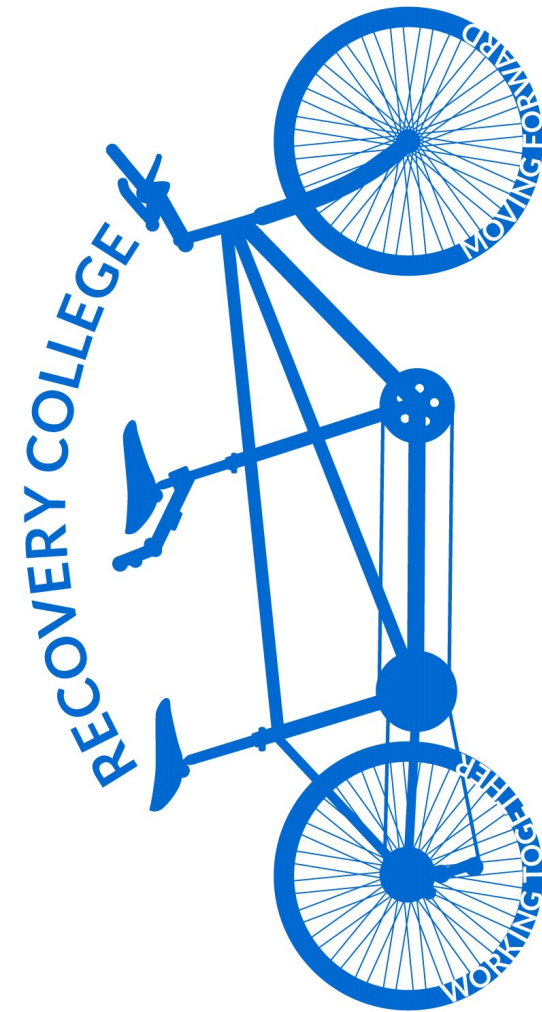
Supporting people to develop a greater sense of purpose

Supporting people to develop the skills they need for living and working

Supporting people in securing improved places to live

**“Recovery is  
a personal  
journey of  
Discovery”**

For further information on the Recovery College, please contact David or Pen in the OT Department, or your ward Recovery College Representative.



**Kemple View  
Recovery  
College**

## What is a Recovery College?

In a Recovery College people can discover their potential and learn the skills to develop their strengths and achieve their goals.

The Recovery college compliments any therapeutic programmes people may be involved in and has an educational focus.

Courses are co produced and where possible co facilitated by individuals who have lived experience of mental illness and mental health practitioners.

People are able to choose courses from a prospectus that they feel they will benefit from, that develop their skills and that help them to rebuild their life regardless of mental health challenges.

## Defining features of a Recovery College?

1. Co-production between people with personal and professional experience of mental health problems
2. Physical base
3. Operates on college principles
4. It is for everyone
5. Access to personal tutor type guidance and advice
6. Not a substitute for traditional assessment and treatment
7. Not a substitute for main-stream college
8. Reflects Recovery Principles in all aspects of its culture and operation.

## BENEFITS OF RECOVERY COLLEGE

- Help people realise their own potential
- More recovery focussed
- Provide peer support
- Breakdown barriers between “Them and Us”
- Everyone can get involved in planning
- Socially inclusive
- Choice, control and self determination
- Brings people together

