



Recovery Academy of Ireland
Annual General Meeting (No 1)
25/01/2018

Outgoing
Chairperson's Report.
Dr Patricia Doyle

Contents	
Mission Statement.....	3
The Vision.....	3
Co-operative Society.....	3
Values/Ethos.....	4
RAI Experience.....	4
(2016) RAI (Events/Documents/Publicity).....	4
Increasing Success-Increased Pressure.....	4-5
International Evidence Base (Assets Based-Cost Effective).....	5
<u>RAI Recovery Interventions/Events</u>	5
Hell and Back.....	5
Pop up Café	
Comedy Night	
Recovery Coach Training	
Recovery Walk.....	6
Irish International Recovery Conference.....	7
<u>Recovery Research Outputs</u>	7
Community Participatory Research.....	7-8
Peer Reviewed Articles	
Online Articles	
Peer Reviewed Articles (in process).....	8
Peer Reviewed Articles (Academic Community).....	8-9
The Way Forward for Recovery Academy of Ireland.....	9
Bibliography.....	10-11
Appendices.....	

Recovery Academy of Ireland Mission Statement

'The Recovery Academy of Ireland is committed to advocating for the rights of those in recovery from addiction, challenging stigma, promoting recovery journeys and that of their families, contributing to the building of healthy recovery communities, creating stakeholder networks with the statutory, voluntary and community sectors and achieving progress and change in the way we work with people in recovery based on research and evidence'

The Vision

- The Recovery Academy of Ireland (RAI) grew out of research carried out by Keane (2011) and Keane, Mc Aleenan and Barry (2014) and in the intervening years has become a forum for people in recovery, supporters, advocates, researchers and professionals to promote and champion the concept of recovery.
- Since its inception and following the international lead in both the mental health and addiction/recovery fields, a key aim of the Recovery Academy is to promote the re-orientation of addiction services toward a Recovery Model that is inclusive of, but not exclusive to, harm reduction at the community, national and policymaking levels.
- This innovative 'bottom up' approach aims to give a voice to people in recovery, their families and allies. In addition, through the implementation of the 12 principles of recovery (Appendix One), it offers affected communities a vision of hope for the future which can be achieved by establishing safe, healthy environments that actively celebrate the Culture of Recovery.

Co-operative Society

- Recovery Academy of Ireland (RAI) was legally constituted and formally established as a co-operative society (5644 R) on June 14th 2016 and follows the governance requirements of the Irish Co-Operative Society Limited and is registered under the Industrial and Provident Societies Acts (893-2014) (Appendix 1)
- RAI complies with the Charities Act (2009), which promotes a regulatory framework and the Charities Regulator and is currently being registered as a charity.
- The finance officer produces financial statements in the board of management and members report on a regular basis.
- Funding comes through voluntary donations and one-off support for particular fundraising events.
- Currently the membership comprises seventy five and there is a ten euro membership fee.
- In 2017 the board met on ten occasions and the three subcommittees met consistently, They are the Research, Social and Recovery Walk Committees.

Values/Ethos

- RAI members subscribe to the co-operative movement's values, which concern social inclusion, education and work.
- Members own the academy, play active roles, democratically elect its board and set and evaluate its work plan.
- Board members receive no financial remuneration for their participation in academy activities and are instead guided by voluntary community development principles and ethos.

RAI Experience

- While the board members of Recovery Academy of Ireland subscribe wholeheartedly to the ethos of volunteerism, they each hold full time professional positions in their various fields, a circumstance that constrains them from full participation in academy business.
- Despite such constraints 2016 was a very busy year for all Recovery Academy members and board members alike and the outputs were significant.

(2016)

Recovery Academy of Ireland Events/Documents/Publicity

January, 2016- 'Hell and Back'

April, 2016 Information Meeting- Mansion House Dublin.

June 14th 2016- Formal Establishment of RAI as Co-operative

Comedy Night- East wall Community Centre

July, 2016- Recovery Coach Training

September 10th 2016- Recovery Walk Ireland

November 23rd 2016- Recovery Academy Official Launch -City Hall Dublin

November 23rd 2016- Recovery Academy Launches Research- City Hall Dublin' *Peer*

Led Action Research: A community Assets Scoping Exercise in Dublin's North Inner

City'

Publicity

In 2016 the RAI published an information leaflet, designed a logo, built a website, set up a face book page and provided training regarding its administration.

Annual Report (2016) (Appendix 2)

Increasing Success- Increased Pressure.

- Alongside the growing success of the Recovery Academy came the growing pressure on board and committee member's time.
- Recognising this, representations were made by the board, that is, Professor Joe Barry and Dr Patricia Doyle, to the Northern Area Addiction Services in an effort to secure a full time paid co-ordinator for the academy.

- The board has since been notified that while in principle, the funding body *is* disposed towards funding a co-ordinator for the academy, it will not happen in the immediate future.
- Despite the academy's 2017 work plan being predicated on the acquisition of a coordinator, and against all the odds, the academy set out to achieve the goals set out in its Five Year Strategic Plan (Appendix 2)

International Evidence Base

(Assets-based and Cost Effective)

- International research including data from the United States, the United Kingdom and Australia demonstrates the cost efficiency of recovery responses.
- An asset-based approach with minimal outlay rather than a huge investment in new responses is employed internationally to meet the needs of those in recovery.
- Recovery housing, enterprises, social activities, mutual aid, pop-up colleges, pop up recovery cafes are run by those who are in recovery as a way of 'giving back' what they 'have taken' from their communities while simultaneously equipping them with new skills.
- International research indicates that the generation of 'social capital' in communities contributes to the reduction of crime rates and leads to improvements in physical and mental healthcare outcomes in whole communities (Kawachi, 1997)
- All of these efforts to promote positive physical, mental and whole community health ultimately have the potential to take the pressure off the over stretched and under-resourced health services.

(2017)

Recovery Academy of Ireland Recovery Interventions/Events/Research

April, 2017- Recovery Academy of Ireland- 5 Year Strategic Plan.

Hell and Back- 2017

- The promotion of recovery is evident in the name of this event which is aptly titled given that the participants had already been to 'hell and back' through their addiction.
- The most important outcomes for the participants were the acquisition of teamwork skills, an appreciation of the value of health, resilience and becoming involved in new challenges and social activities.

Pop up Café

- In June 2017 a Recovery Academy pop up café occurred in Coolmine drug rehabilitation services and was attended by 87 people.
- The most important outcomes of this initiative were that it utilised assets that were already in the community and required virtually no outlay in terms of funding, it also encouraged the participation of those in recovery in events that they had not previously engaged and added to their skills base.
- It also contributed to the consolidation of the recovery identity and was another highly visible example of recovery in action.

Comedy Night-2017

- Following the success of Comedy Night 2016, Comedy night 2017 took place in East Wall Community Centre and opened to a full house. Once again it was a tremendous success.
- The most important outcomes for those involved were the social bonds (capital) that were created in an atmosphere of light -hearted banter, the consolidation of the recovery identity which was promoted though the medium of satirical humour.

Recovery Coach Training- July, 2017.

- Following the success of this programme in 2016, accredited Recovery Coach Training took place until July 2017.
- Applicants are required to be at least 24 months drug-free, secure in their recovery and willing to help others achieve recovery.
- In 2016 sixteen people undertook training.
- The training involved exploring what the role of recovery coach entails; recovery pathways; ethics and professional practices; boundaries and relationships; models of wellbeing; relapse; recovery check ins and next steps.
- Following the course trainee recovery coaches undertook twelve month placement for which they underwent regular supervision.
- The most important outcomes of this programme is the promotion of recovery in services and communities via visible recovery champions whose role it is to advocate for the rights of those who like themselves, are in recovery.

Recovery Walk- 2017

- The sixth annual Recovery Walk took place in Dublin On September 9th 2017. In terms of this very enjoyable event, year after year we see an increase in both the participation and enthusiasm of those in recovery, their families, friends and allies.
- The most important outcomes of an event such as the recovery walk is that it represents a highly visible example of recovery in action. This contributes to the generation of social capital among those affected by addiction/recovery and also contributes to and celebrates the culture of recovery in communities most affected by addiction.

Irish International Recovery Conference- 2017

- The RAI's Inaugural International Recovery Conference took place in Trinity College Dublin on September 8th 2017. The conference was entitled 'Mainstreaming recovery in Irish drug policy and practice: the challenge of change' (Appendix 3).
- Chaired by Roisin Shorthall TD; keynote speaker Professor David Best (Sheffield Hallam University); Professor Agnes Higgins (TCD); Brian Galvin (HRB); Kuladharini (CEO Scottish Recovery Consortium) and including an interview with Fergus Mc Cabe (community and drugs campaigner) and Professor Joe Barry (Public Health Expert)
- Similar to the Information Meeting (Mansion House) (2016) and the Official Launch of the Academy and Research (2016) this event attracted a host of interested parties and was attended by one hundred and sixty people and supported by highly influential speakers.
- The most important outcomes of events such as these is that they provide forceful evidence that recovery works not only for individuals but for families, communities and society at large.

Recovery Research Outputs

From the beginning Recovery Academy of Ireland has recognised the value of research and the building of an international evidence base for recovery.

The following are examples of the range of research interest that is currently being demonstrated in the field.

Community Participatory Action Research

Brady, Julie., Corcoran, Keith., Ducque, Carl., Gelston, Martin., Murtagh, Joey., O'Neill, Brian., Slator, Katie. (2016) Peer Led Action Research: A Community Assets Scoping Exercise in Dublin's North Inner City (Recovery Academy Ireland) Published North West Inner City Network.

- This innovative peer led research was launched by the academy on the 23rd of November 2016 was the outcome of a sixteen week education programme facilitated by academics and designed to train people in recovery to conduct Community Participatory Action Research.
- One of the major outcomes of this research is outlined By William White (Leading International Addictions/Recovery Historian) in the foreword to this same document: "I applaud this first peer-led action research of the Recovery Academy of Ireland and commend it to the international recovery advocacy community as a model for refinement and widespread replication. Such partnerships between recovery advocates, academic researchers and local communities hold great promise"

- In the Irish context, the academy aims to replicate this research as part of its involvement in the Ignite Public Patient Involvement (PPI) TCD/HRB funded research project which will be conducted by the academy in collaboration with nine other partners over the next three years.

Peer Reviewed Articles

Doyle, Patricia. (2017) 'Towards a Quality Framework for Adult Learners in Recovery: Ensuring Quality with Equity', in the Adult Learner: The Journal of Adult and Community Education in Ireland pp 33-42

- One of the major outcomes of this research is outlined by (Bob Mark editor of Adult Learner p8) 'In this research 'Patricia Doyle describes a participative approach to curriculum development for adults in addiction recovery across the European Union and efforts to conceive of a quality learning programmes with equity for adult learners in recovery ...and raises the question of whether indeed discussions on quality can be had in isolation from discussions on inequality and the need for our practice to take this into account'

Online Articles- Drugsnet.ie

McAleenan, Gerry (2017) Inaugural International Conference Marks Recovery Month. Drugsnet.ie Issue 63. pp 17-18

Lynn, Therese, (2017) Launch of Recovery Academy Ireland. Drugsnet.ie Issue 61 pp 18-19.

Lynn, Therese & Mc Aleenan, Gerry. Recoveu : participative approach to curriculum development for adults in addiction recovery across the EU. Drugsnet.ie Issue 61. Pp 20-21

- One of the major outcomes of this research is that it is an indication of the level of interest that there is on the ground and in the services in the concept of recovery and in the activities undertaken by the Recovery Academy of Ireland.

Peer Reviewed Article (in the process)

Doyle, Patricia. (2017) 'Addiction/ Recovery, Dyslexia/Behavioural Disorders and Social Justice: What Class Am I In?' (In the process of submission to international peer reviewed journal)

- One of the major outcomes of this research is that it makes the links between addiction/recovery, behavioural disorders and learning impairments such as dyslexia and identifies them as social justice issues which require a human rights based approach to their resolution.
- This approach is in keeping with the values and ethos that underpins the broader international recovery movement.

Peer Reviewed Articles

Ivers, J & Ducray, K (2014) "A Case Study of an Adolescent Substance User: An Adolescent Community Reinforcement (A-CRA) Approach". Int J Clin Case Stud 2015, 1:102.

Darker, C., Ivers, J., O'Farrell, A., Dolan, R., Eldin, N., & Allwright. (2013). A qualitative study

of the perceived impact of a community mobilization intervention to reduce alcohol consumption amongst amateur sportsmen. Irish Journal of Psychological Medicine, Cambridge University Press.

- One of the major outcomes of this research is that it demonstrates the commitment of highly respected academics in the field of addiction/recovery to the work being undertaken by the Recovery Academy of Ireland

International Links and Challenges for the Future

The Recovery Academy has consistently maintained strong links with recovery organisations in the UK and in Scotland. Indeed, there have been mutual visits between us. In Scotland, recovery is a significant theme in its drug strategy. In Ireland it is an emerging theme in our drug strategy. The Scottish recovery movement were given the resources at a national level to build a response which they are now doing.

This is now our challenge in Ireland.

2018

The Way Forward For Recovery Academy Ireland

- The Recovery Academy of Ireland has produced a comprehensive 5 year Strategic Plan which documents projected outcomes and is a blueprint for the development of the academy over the next five years.
- Grounded in, and making significant contributions to, Irish and International research and following best practice in the UK, US and Australia, it proposes a cost effective way of re-conceptualising addiction services towards a recovery model.
- Predictions for the future:
- This will benefit not only the individuals in recovery, but also their friends, family and allies.
- Recovery will become contagious and will extend beyond service users to service providers and will influence health services themselves .
- The Culture of Recovery will become visible and celebrated in communities most affected by addiction/recovery and this culture of hope may even spread from community to community ultimately challenging the forces in society that contribute to addiction in the first place.

As William White puts it :

“The cultural awakening and political mobilisation of people in recovery marks a potentially transformative chapter within the history of addiction, addiction treatment, and addiction recovery. This growing movementis calling on people who were once viewed as part of “ the problem ” to offer themselves as living proof that : 1) long-term addiction recovery is a

reality 2) there are many pathways of recovery and all are cause for celebration and 3)recovery flourishes within supportive communities”

(William L. White, Foreword, Peer Led Action Research: A Community Assets Scoping Exercise in Dublin’s North Inner City, 2016))

Email: recoveryacademyire@gmail.com

Web: www.recoveryacademyireland.ie

Bibliography

Brady, Julie., Corcoran, Keith., Ducque, Carl., Gelston, Martin., Murtagh, Joey., O'Neill, Brian., Slator, Katie. (2016) Peer Led Action Research: A Community Assets Scoping Exercise in Dublin's North Inner City. Recovery Academy Ireland.

Cloud, W and Granfield, R. (2009) "Conceptualising recovery capital: expansion of a theoretical construct" *Substance Use and Misuse*. Vol 43 pp 1971-1986

Darker, C., Ivers, J., O'Farrell, A., Dolan, R., Eldin, N., & Allwright. (2013). ' A qualitative study of the perceived impact of a community mobilization intervention to reduce alcohol consumption amongst amateur sportsmen' *Irish Journal of Psychological Medicine*, Cambridge University Press.

Doyle, P., (2009) "A Sociological Study of Addiction: Power and Social Change from the rock bottom up" A Thesis Submitted to the Department of Sociology National University of Ireland Maynooth in Fulfilment of the Requirement for the Degree of Doctor of Philosophy.

Doyle, Patricia. (2017) 'Towards a Quality Framework for Adult Learners in Recovery: Ensuring Quality with Equity', in the Adult Learner: The Journal of Adult and Community Education in Ireland pp 33-42

Ivers, J & Ducray, K (2014) "A Case Study of an Adolescent Substance User: An Adolescent Community Reinforcement (A-CRA) Approach". *Int J Clin Case Stud* 2015, 1:102.

Keane, M (2011) The Role of Education in Developing Recovery Capital in Recovery From Substance Addiction. Soilse Drug Rehabilitation Programme

Keane, McAleenan and Barry (2014) Addiction Recovery: A contagious paradigm! A case for the reorientation of drug treatment services and rehabilitation in Ireland. Soilse.

Ichiro Kawachi, PhD, Bruce P Kennedy, EdD, Kimberly Lochner,; SM, and Deborah Prothrow-Stith, MD' (1997) Social Capital, Income Inequality and Mortality' *American Journal of Public Health*. Vol 87 Issue (9) pp 1491-1498

Lynn, Therese, (2017) Launch of Recovery Academy Ireland. *Drugsnet.ie* Issue 61 pp 18-19.

Lynn, Therese & Mc Aleenan, Gerry. Recovery: participative approach to curriculum development for adults in addiction recovery across the EU. *Drugsnet.ie* Issue 61. Pp 20-21

McAleenan, Gerry (2017) Inaugural International Conference Marks Recovery Month. *Drugsnet.ie* Issue 63. pp 17-18

White, W.L., Evans, A.C. & Lamb, R. (2009) 'Reducing addiction-related social stigma' *Counselor*, 10(6), 52-58. (www.williamwhitepapers.com 2017)

White, W. (2014)'The early criminalization of narcotic addiction' (www.williamwhitepapers.com 2017)