



# 2<sup>nd</sup> National Innovations in Drug & Alcohol Recovery Conference

Wednesday 20<sup>th</sup> June 2012

Majestic Hotel, Harrogate, North Yorkshire



## Conference Report - Delegate feedback

Detox 5 hosted the “2<sup>nd</sup> National Innovations in Drug and Alcohol Recovery” Conference at the Majestic Hotel in Harrogate on Wednesday 20<sup>th</sup> June 2012.

In each delegate pack was an evaluation form which delegates were asked to complete and return before leaving. Evaluation forms were collected at the end of the day; 64 forms were collected.

The results of this exercise can be found below.

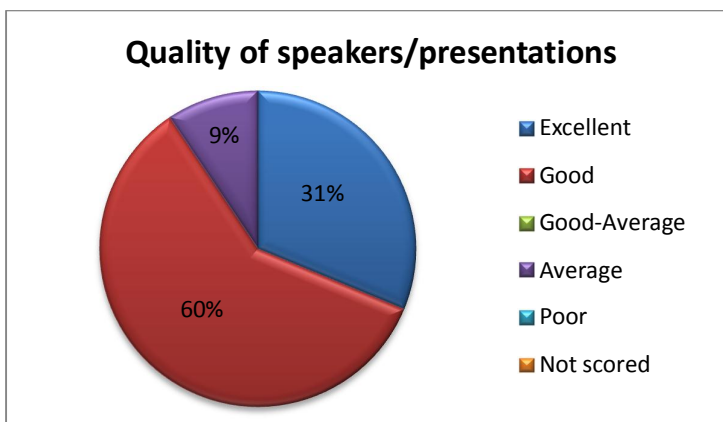
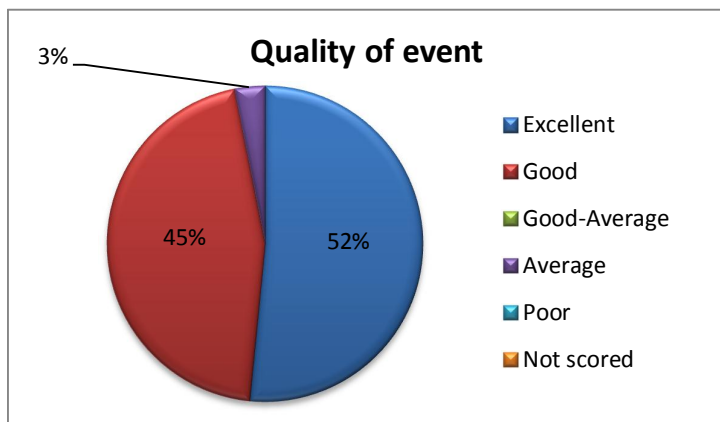
### Event Overall

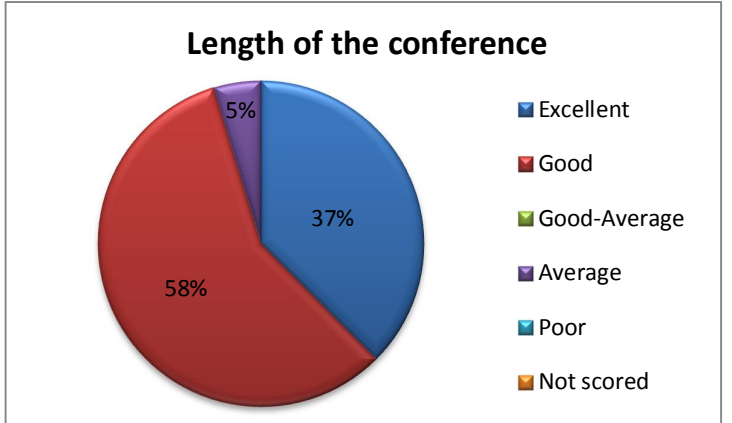
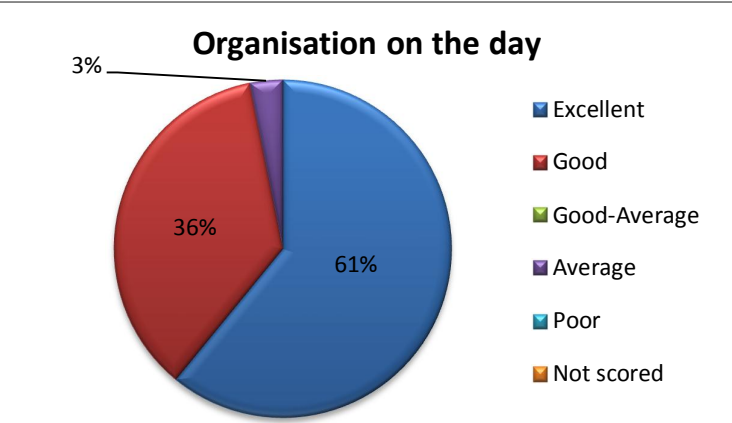
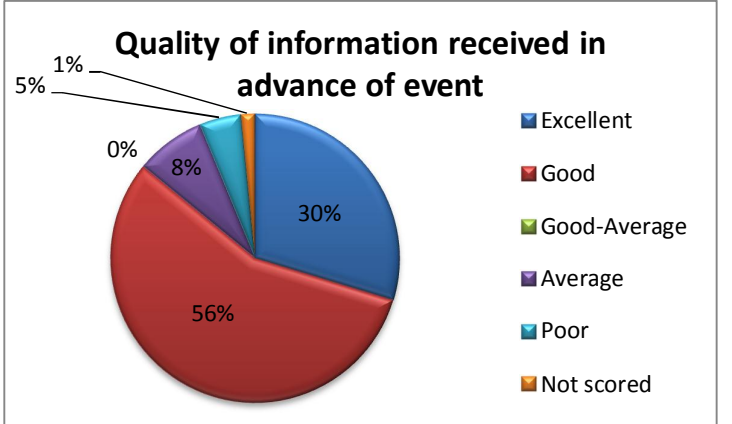
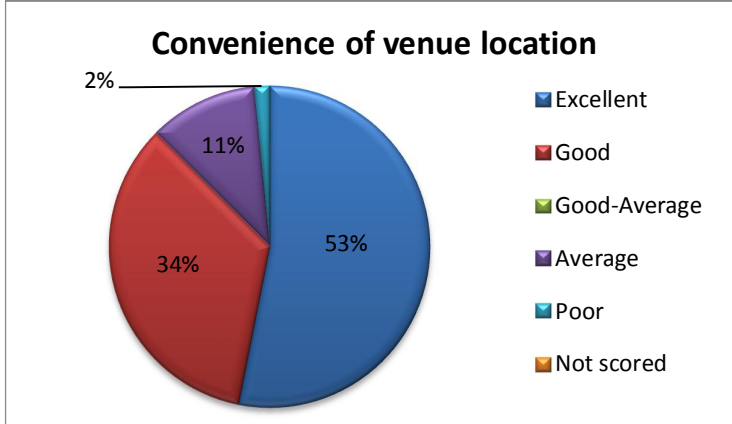
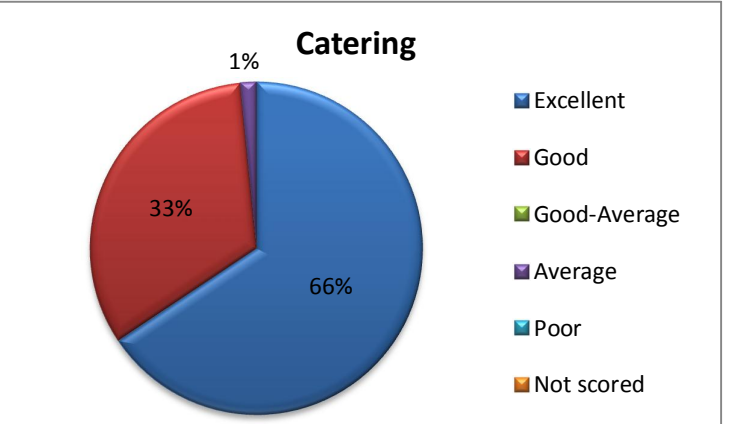
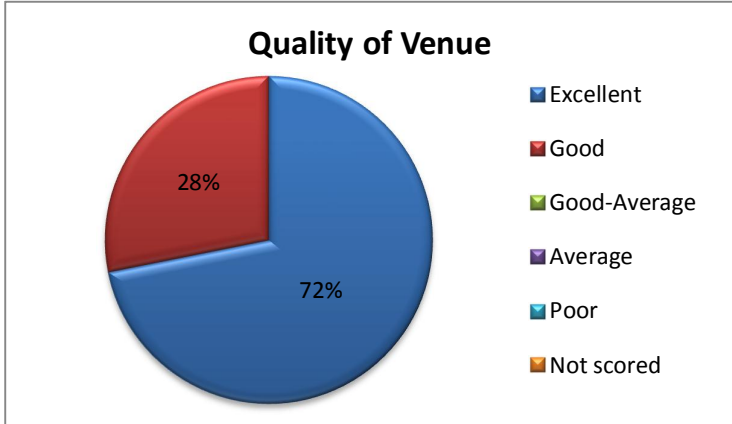
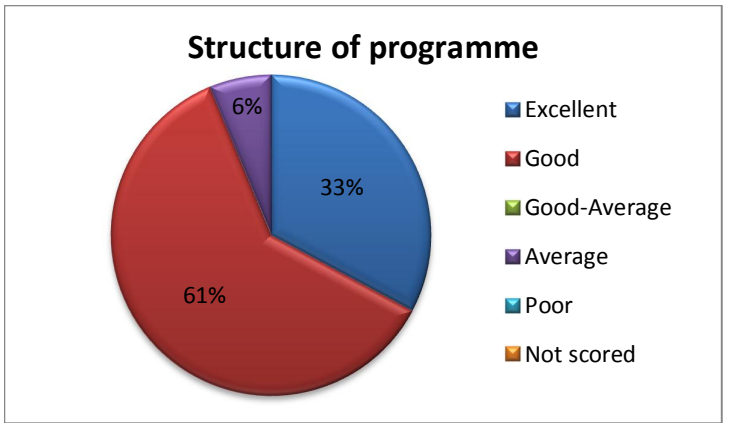
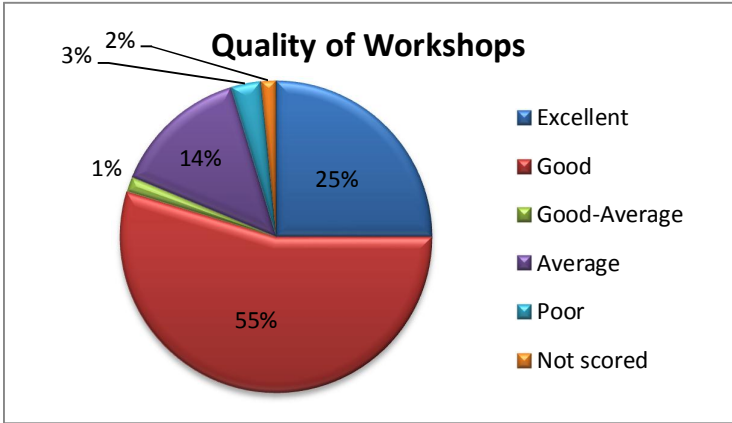
Delegates were asked to consider the following and rate from “Excellent” to “Poor”, with the chance to add additional comments. The results were as follows;

*N.B. There was not a tick box for “Good-Average” however one delegate ticked the middle area between “Good” and “Average” so this has been classed as a “Good-Average” response.*

	Excellent	Good	Good-Average	Average	Poor	Not scored
1. Quality of event	33	29	0	2	0	0
2. Quality of speakers/presentations	20	38	0	6	0	0
3. Quality of workshops	16	35	1	9	2	1
4. Structure of programme	21	39	0	4	0	0
5. Quality of venue	46	18	0	0	0	0
6. Catering	42	21	0	1	0	0
7. Convenience of location	34	22	0	7	1	0
8. Quality of information received in advance of event	19	36	0	5	3	1
9. Organisation on the day	39	23	0	2	0	0
10. Length of the conference	24	37	0	3	0	0

*Additional comments from delegates relating to the event overall can be found in Appendix 1.*



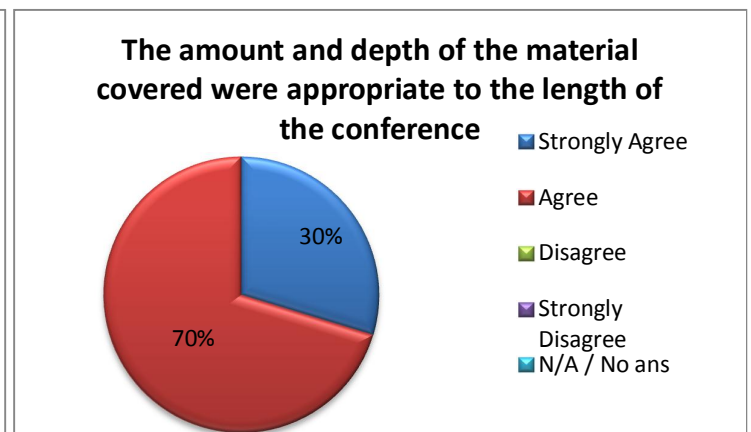
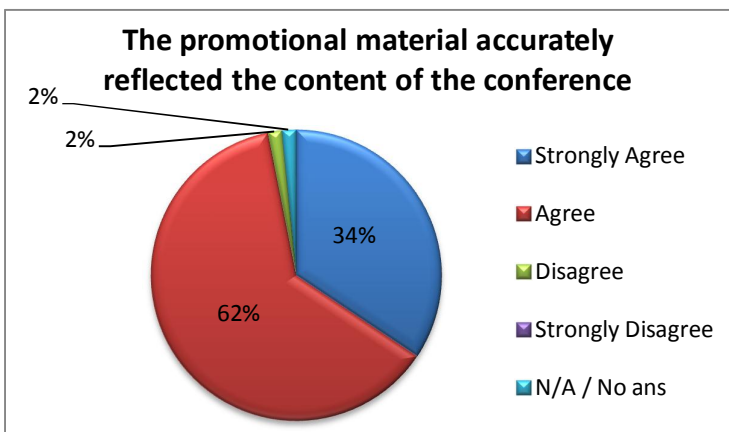
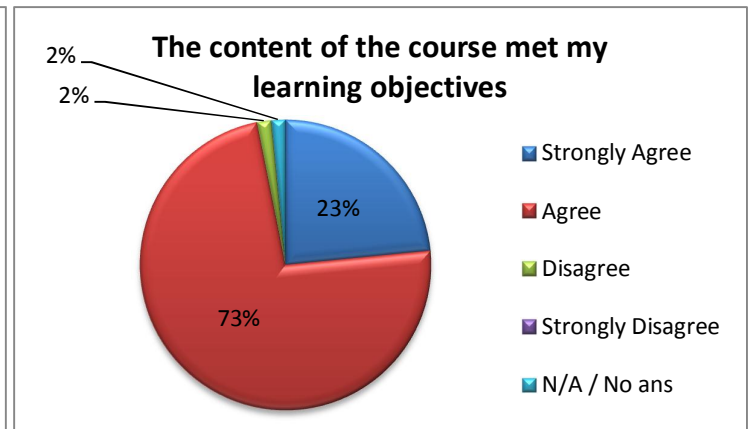
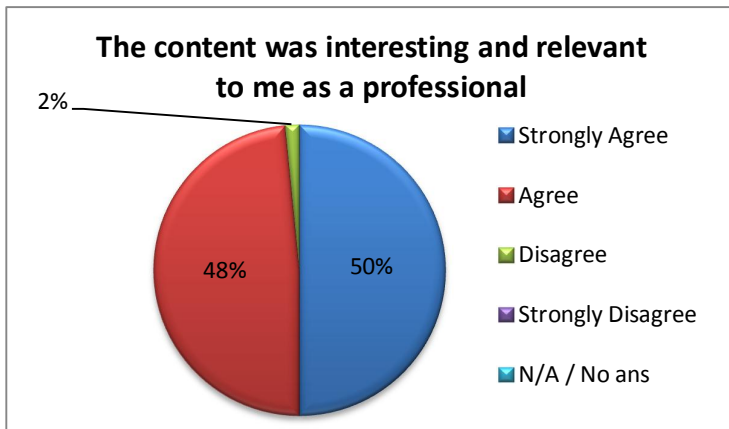


## Content

Delegates were asked to specifically consider the content of the conference and rate the following from “Strongly Agree” to “Strongly Disagree”;

	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A / No answer
1. The content was interesting and relevant to me as a professional	32	31	1	0	0
2. The content of the course met my learning objectives	15	47	1	0	1
3. The promotional material accurately reflected the content of the conference	22	40	1	0	1
4. The amount and depth of the material covered were appropriate to the length of the conference	19	45	0	0	0

*Additional comments from delegates relating to the content can be found in Appendix 1.*



## Speakers/Workshops

Delegates were not asked to individually score each speaker but had space to comment if they wished. Not all delegates chose to use this.

The speakers with the most positive feedback were Mark Gilman, NTA and Kevin Hunt, Durham Recovery Academy. All speakers received positive feedback under this section.

Of the workshops, Carole Murphy's session on stigma generated the most response with very mixed reviews from delegates. Five of the workshops received no comments from delegates.

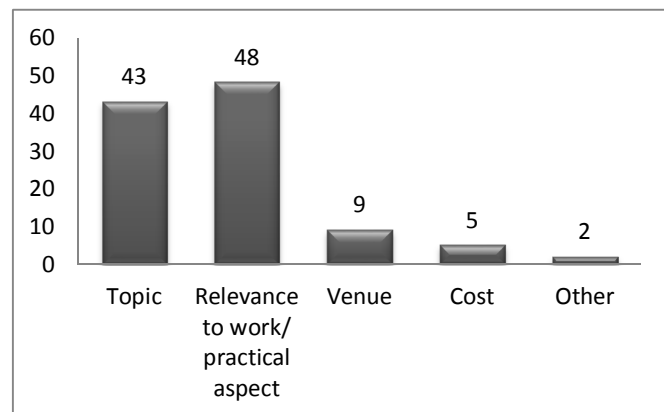
In addition to the main programme of presentations and workshops, there were two optional meetings over the lunch break: an NA Meeting and a SMART Recovery Meeting. Delegates weren't specifically asked for feedback on these, however some chose to comment. Two commented that the NA meeting was "Excellent" and one comment was received about the SMART meeting: "facilitator had a level of being condescending when answering a delegates question re: group facilitation."

**Full speaker and workshop feedback can be found at Appendix 1.**

## What attracted you to today's event?

Delegates were able to tick more than one answer.

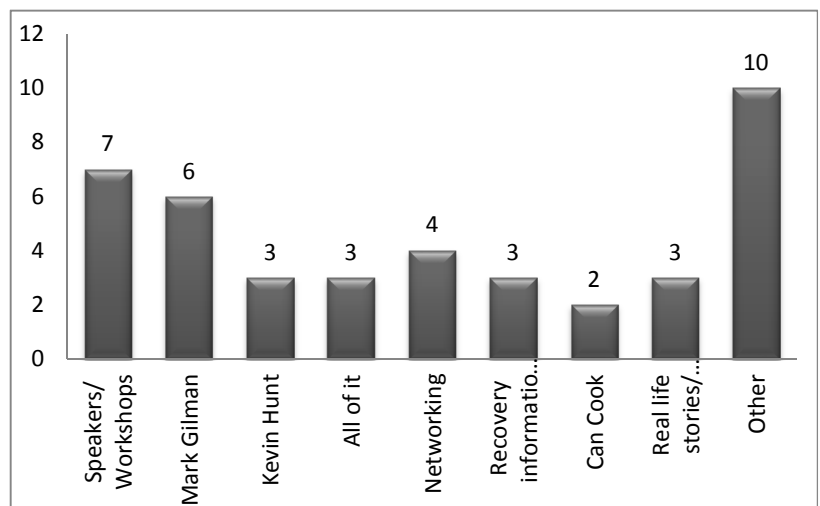
Most popular answers	
Topic	43
Relevance to work/practical aspect	48
Venue	9
Cost	5
Other*	2
*Other specified as: Narcotics Anonymous Meeting Follow up from County Durham Session	



## Best/Most Useful Aspect of Conference

This section was an open question rather than 'tick box'. Some delegates chose not to answer and others provided more than one answer. Where similar answers were provided they have been grouped into categories.

Best/Most Useful Aspect – most popular answers	
Speakers/Workshops	7
Mark Gilman	6
Kevin Hunt	3
All of it	3
Networking	4
Recovery information/approaches	3
Can Cook	2
Real life stories/ examples/inspiration	3
Other	10



**Full comments and feedback on what delegates found most useful can be found in Appendix 1.**

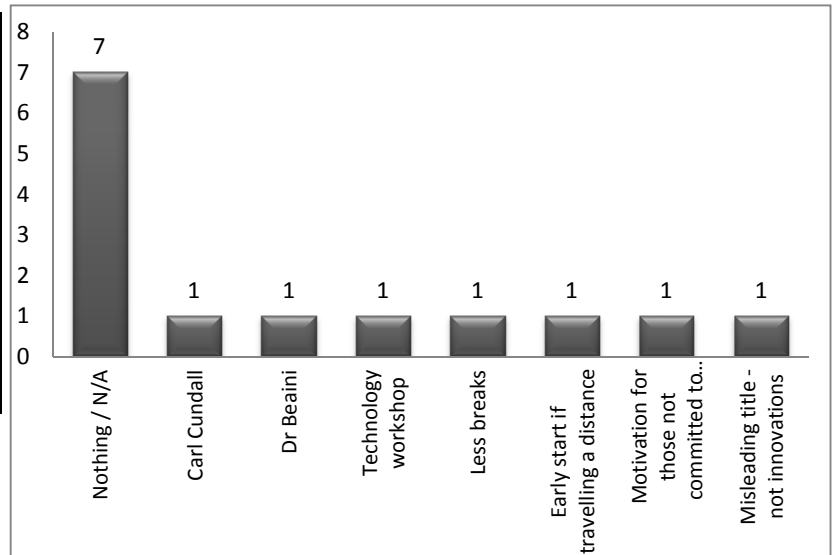
## Least Useful Aspect / What could have been done differently

Again this section was an open question and some delegates gave no answer. Similar answers have been grouped into categories.

*N.B. Where categorised as "Nothing/NA", this means the delegate wrote this in their response, rather than leaving it blank.*

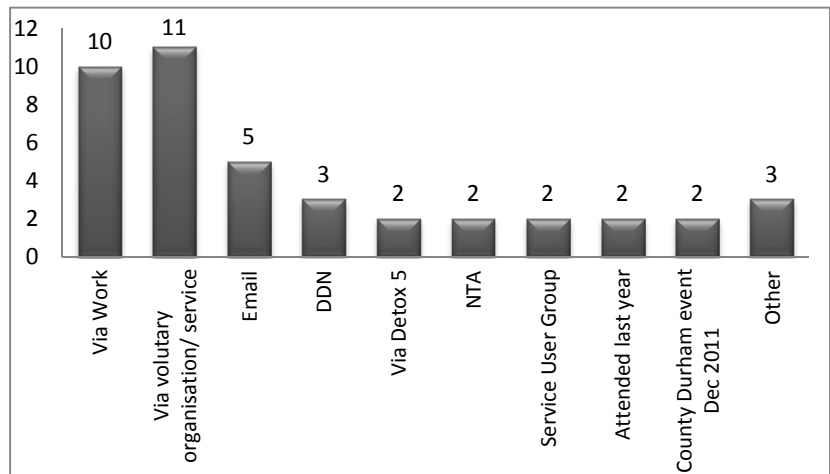
Least useful Aspect / Improvements – most popular answers	
Nothing / N/A	7
Carl Cundall	1
Dr Beaini	1
Technology workshop	1
Less breaks	1
Early start if travelling a distance	1
Motivation for those not committed to recovery	1
Misleading title - not innovations	1

*Full comments and feedback on what delegates found least useful or what they thought could be improved can be found in Appendix 1.*



## How did you hear about today's event?

Via Work	10
Via voluntary organisation/ service	11
Email	5
DDN	3
Via Detox 5	2
NTA	2
Service User Group	2
Attended last year	2
County Durham event Dec 2011	2
Other	3



## Ideas for future conferences/seminars

- Sharing of best practice of recovery. Specific models from services that are improving outcomes. Real life examples.
- Prescribed medication/over counter medicines – addiction.
- More group interaction in workshops.
- Harm reduction.

- Prescription meds addiction (codeine etc)
- Moving on. Real chances – education, employment, future, hope for individuals.
- How do/can the harm reduction and recovery ‘movements’ *really* work together?
- Champagne and caviar.
- Selby Natural Highs would be happy to deliver a presentation/workshop. Would love to see Dr David Best as a speaker.
- NA, AA and services working together.
- Peer mentor guest speakers.
- Bit longer for NA meeting.
- More on alcohol.
- 2 day event would be good.
- Up to date drug misuse research. Progression peer support.

### Any additional comments

Please can we see mutual aid groups in flow at a decent time and for a length of time – not during lunch when we have to rush and only catch half of it. We don't see the full benefits or the atmosphere in this time slot.

Excellent presentation from Kevin, enjoyable.

Loved the choir – unexpectedly professional.

The conference kept to time and the breaks ensured there was enough time to socialise with other projects and to digest the information from the day.

Thanks – hope to carry positivity from today into my working life. Great day.

Very enjoyable event.

Well done to Alan for all the organisation.

Had a great day.

Thanks.

Very good day overall.

Very good conference.

Do not use wine glasses for a recovery conference.

Brilliant.

Keep up the good work.

Perhaps more helpful information on some of the topics.

Excellent conference, best recovery one been to.

## Appendix 1: All delegate comments

Comments on event overall
<i>Very good enjoyed the whole day.</i>
A very good educational day.
<i>A good day all round.</i>
Did not receive any stat time for the day.
<i>Very well organised – speaker at the beginning + on the cooking social enterprise were excellent.</i>
I found my first workshop boring. Second workshop excellent.
<i>Found in all to be most helpful in all aspects of what was put across was helpful in my own</i>
Very well organised. Thanks a lot.
<i>Less breaks needed / shorter breaks</i>
An excellent day with a good mixture of professional and service user input.
<i>Excellent event – really well co-ordinated. Highlights – Mark Gilman, Dr Beaini (☺), Carl Cundall</i>
Thoroughly enjoyed the day. Excellent speakers, topics and venue.
<i>Excellent presentations – well organised. The workshop on social enterprise was <u>excellent</u>.</i>
A great information day.
<i>No agenda in advance, just workshops.</i>
Some of the workshops did not portray what was said on posters.
<i>Mainly for workers not service users.</i>
Very good.
<i>Excellent day, good overall programme and informative.</i>

Comments on content
<i>Excellent. Really good day.</i>
Workshops could have been a better standard to match speakers.
<i>Workshops could have been longer, sessions had to be rushed.</i>
Been a good day all in all.
<i>Good variety of presentation styles/formats.</i>
No agenda sent in advance other than workshop info.

Speakers	
<b>Mark Gilman, NTA Recovery Lead</b>	
<b><i>“Treatment and recovery; a game of two halves”</i></b>	Brilliant!
	Excellent.
	Excellent.
	Excellent.
	Fantastic & witty as always.
	Very uplifting.
	Excellent.
	Excellent. Linked clearly harm minimisation model to recovery model in an entertaining way that hopefully steps a lot of worries.
<b>Dr Amal Beani, Consultant Psychiatrist, Detox 5</b>	
<b><i>“5-day opiate detoxification within a recovery pathway”</i></b>	Excellent.
	Care + passion ++

<b>Robbie Davison, Director, Can Cook, Liverpool</b>	
<b><i>“Creating High Context Jobs in a Low Context Economy”</i></b>	Excellent. Really informative presentation – well delivered Interesting new venture. Bring it to Newcastle.
<b>Carl Cundall, Sheffield Alcohol Recovery Community Manager/SMART Recovery Trustee</b>	
<b><i>“My Personal Recovery- how I used my transferable skills as a heroin user to be an effective leader”</i></b>	Excellent presentation, sad that it was cut short. Brilliantly delivered talk. Great presentation on Recovery and services.
<b>Kevin Hunt, Lead Therapist Durham Recovery Academy</b>	
<b><i>“Challenges Inherent in the Recovery Agenda”</i></b>	Wise words. Excellent! Inspirational. Fantastic, really powerful/moving recovery story. Very informative, well presented. Wow – how honest! Very passionate, articulate speaker. Excellent.

<b>Workshops</b>	
<b>Carl Cundall, Sheffield Alcohol Recovery Community</b>	
<b><i>“People In Recovery – Peer Support risks and rewards”</i></b>	Peer support – interesting.
<b>Carole Murphy, Kingston University</b>	
<b><i>“Barriers to Recovery: Stigma in Services, Society and Media”</i></b>	Felt Carole unfairly portrayed stat services & put a biased slant on the service user journey/experience. Workshop totally slated statutory services. Service user experiences all described negative experiences (surely must have been some positives somewhere!). There was no equality shown/addressed – again negative focus – she also mentioned that she’d been affected by personal family issues around addiction. Lots of positive work has been and continues to be done within statutory services – especially within treatment/recovery!!! Strongly agree with speaker – good to hear research that confirms the effects of stigma. Very informative, well presented. Thought provoking. Interesting – more ideas on tackling stigma?
<b>Keith Stevenson, Mulberry Community Project</b>	
<b><i>“Life after the rehab/Detox”</i></b>	Inspiring, does great work.
<b>Lancashire Recovery Services</b>	
<b><i>“Red Rose Recovery – 4 Providers, One Vision”</i></b>	No comments.
<b>Kevin Hunt/Dot Turton, NECA/ Recovery Academy Durham</b>	
<b><i>“Recovery Academy Durham: Integrating a new service”</i></b>	No comments
<b>Portraits of Recovery - Mark Prest/Kate McCoy</b>	
<b><i>“Art’s role with the Addiction/Recovery Agenda”</i></b>	Fantastic workshop, very good facilitator, enjoyed the session and will be taking some ideas back to my workplace. Could have stayed there all day!



NORCAS Over 50s Outreach - Simon Wakefield/Kate Lawrence	
<b>"Overcoming Stigma for over 50's Service Users"</b>	No comments
Stuart Thompson, Tardis Resources	
<b>"We Need each other (Recovery Relationships)"</b>	No comments.
Dr Amal Beaini/Sharon Pulling, Detox5	
<b>"Benefits and outcomes of Naltrexone Implant therapy for Recovery"</b>	Very Informative, interesting and useful to my role.
Michaela Jones, Wired In To Recovery	
<b>"Technology and Treatment : Getting Connected"</b>	More stats around recovery. Using IT - excellent
Robbie Davison, Can Cook	
<b>"Social Enterprise- How it, and you can make a difference"</b>	No comments
Zoe Zontou, Liverpool Hope University	
<b>"Applied Theatre as an 'Alternative Substance'"</b>	Good workshop, taking ideas to my workplace.

### Best/most useful aspect of today's conference – all comments

Mark Gilman – putting govt recovery model in context and dispelling myths.  
 More user participation than I have been used to.  
 Carl Cundall inspiring presentation.  
 Seeing people happy in recovery.  
 Naltrexone Workshop.  
 Durham Recovery Academy.  
 Most relevant aspect/topic was mutual aid.  
 Inspiring to hear from people committed to recovery.  
 Introduction (Mark Gilman) very uplifting. Can Cook – bring it to Newcastle.  
 Cook mobile session. Information on recovery.  
 Networking and awareness regarding recovery.  
 Information on the available tables.  
 Meeting other people in recovery or work in recovery.  
 Speakers and workshops.  
 Speakers workshops.  
 Speakers presentations were all very useful.  
 Content of presentations.  
 Speakers.  
 Mark Gilman speech. Kevin Hunt (inspirational). Reassures us that within local service we are far ahead of others =  
 Networking gives opportunity to share progress/good practice.  
 Networking.  
 All content.  
 Learning different approaches to recovery.

Guest speakers.  
NA meeting.  
Well organised and spread over the day.  
Mark Gilman  
All of it.  
Workshop.  
Last speaker was very good.  
Positivity of all speakers.  
Hearing recovery stories from addicts.  
Workshop from PhD student stimulated recommendations on achieving recovery capital.  
1<sup>st</sup> speaker – Mark – very passionate and engaging.  
Mark Gilman’s speech. Kevin Hunt’s.  
All aspects.

**Least useful aspect/what could have been done differently – all comments**  
Innovations = different and new, yet meeting did not highlight new and different strategies and/or initiatives.  
None.  
N/A.  
No enough on current best practice in motivational work for people ‘in treatment’ who are not committed to recovery.  
12.15 session – quite disjointed presentation.  
Unsure – all good ☺  
Early start meant people coming from away had to leave very early.  
N/A.  
Less breaks.  
Workshop regarding technology – more research findings and stats, trends etc.  
N/A.  
None  
Mr Beaini.