



The Training UK Focus

TRAINING FRAMEWORK

To plant and embed the idea of artistic practice within mainstream drug and alcohol treatment service delivery

To acknowledge and address the difficult emotional aspects of the experience of health workers in this sector

To use artistic experiences - an 'experiential approach'

To attempt to 'equalise' the voice of the health worker and the person in recovery, creating a more supportive and empowering environment for both

Cultural realities - in systems, roles, countries and institutions have varied greatly - but experiences can be characterised by three roles: artist, health worker, person in recovery- but individual people can embody any and all of these roles simultaneously.

- an approach
- strategy
- and method

rather than a diversionary activity norm.

UK TEAM

- Portraits Of Recovery (PORE)
- Arts & Health South West
- Small Performance Adventures - Kate McCoy as lead artist
- Dr Theo Stickley, University of Nottingham Institute of Mental Health
- Cascade Creative Recovery - Brighton
- Cafe Sobar/Double Impact - Nottingham

DELIVERY

- 42 people took part in the three rounds of delivery in Brighton and Nottingham.
- Kate McCoy was the lead artist/trainer
- Sessions were supported with a cascade learning element by Christy Caple (Cascade Creative Recovery-Brighton) and Nou Elhajoui (artist & Small Performance Adventures)

UK TRAINING OBJECTIVE

To plant and embed the idea of artistic practice within mainstream drug and alcohol treatment service delivery as:

- an approach
- strategy
- and method

rather than a diversionary activity norm.

TRAINING MODEL

- 3 x 3-day x 6-hour courses = two in Brighton and one in Nottingham
- Three days gives time for connection, development and growth without taking up a full working week
- Training uses techniques from theatre and creative writing with a therapeutic value and approach
- Offering a range of opportunities for participants to develop personally, professionally and expand their understanding of the arts and within recovery

APPROACH - Lead artist Kate McCoy

Applied Theatre Practitioner – WHY and WHAT?

Term for a range of theatre-based practices used within an educational, community or therapeutic context

Often used with people who feel marginalised

Theatre techniques have a range of aims and outcomes including skills-based training, confidence building, issue-based discussion and personal development

UK treatment services are lacking in financial resource because of governmental funding cuts and require low-cost solutions

Techniques' are easily transferred & require no equipment or materials

Cost effective approach to support future workplace implementation & legacy outcomes



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