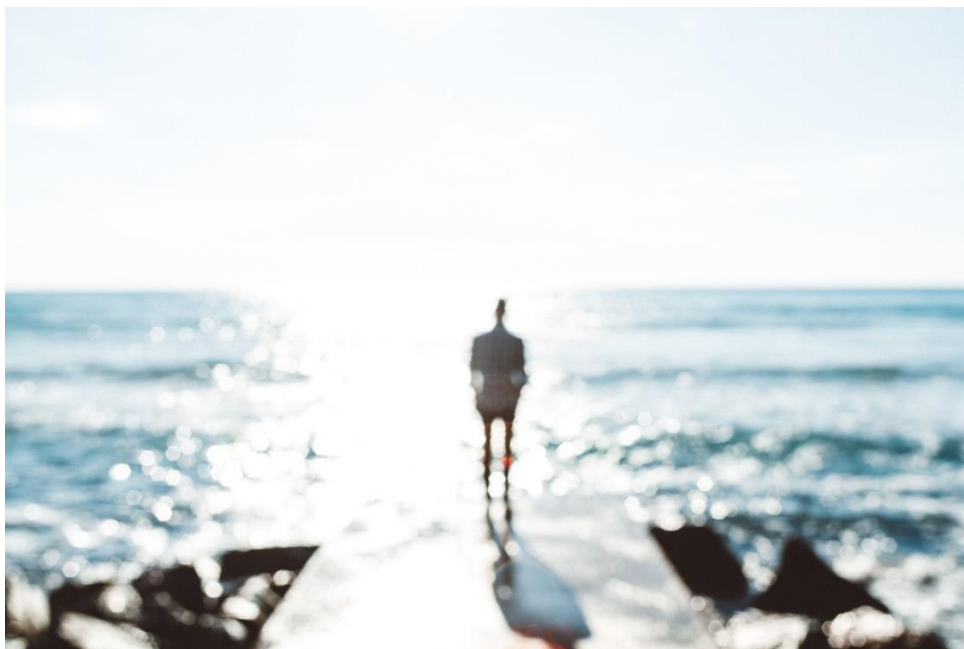




Summer Semester 2017

Activity Report

May - August, 2017



“During the course I have felt a real improvement in my personal wellbeing, a long-lasting feeling of exhilaration, an opportunity to reconnect with the world, environment, life and other like-minded people...I no longer feel so alone in my recovery journey.”

Student, Jersey Recovery College



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Summer Semester 2017 Executive summary

Jersey Recovery College (JRC) opened its first semester to the public in May 2017. This followed our soft launch (Spring Semester) and incorporated many of its learnings.

Courses

Our Summer Semester 2017 ran from 15th May – 11th August 2017. We ran eight different courses and repeated four. Two courses were new. Our key delivery partners continue to be HSSD Mental Health services and Mind Jersey. Our courses were:

- *Introduction to Recovery* (repeated)
- *Recovery In Action* (repeated)
- *Balanced Living for Beginners Lite* (repeated)
- *Balanced Living for Beginners*
- *Introduction to Compassionate Mindfulness* (repeated)
- *Compassionate Mindfulness*
- *Carers and Family Education and Support Programme*
- *Open Water Swimming*

Attendance

We enrolled 106 students this semester (up from 68 in our Spring Semester). Attendance on our single session courses remained consistent at 84%; attendance on our multi-session courses dropped this semester from 73% to 51%. Most of this is attributed to 'no shows' (students who did not attend any session). This can be no reflection on the quality of the course, in fact retention on multi-session courses went up this semester to 92%.¹

Satisfaction levels

Satisfaction levels remained high with 90% upwards of students saying they would recommend JRC to their family and friends and that the course attended met or exceeded their expectations.

Satisfaction levels among JRC trainers increased over nearly every aspect of their experience. 100% of trainers recorded satisfaction in working with us and working in a co-production model. 100% of trainers would work with us again and recommend working with us to their peers.

"I have never felt so supported as an employee as I do working for Jersey Recovery College."

Jersey Recovery College Peer Trainer

Impact

Over 91% of students felt that attending a JRC course increased their positivity for the future (hope), confidence and direction (empowerment) and connection with others (opportunity).²

The positive impact of our Open Water Swimming course was a highlight this semester. Of the eight students who began the course, seven completed it and the group continues to arrange to meet and swim together twice a week. We included an additional WEMWBs evaluation on this course which found that the group as a whole increased their mental wellbeing by a difference of 11 points from the first to last session³. This course successfully mixed education, activity and socialising.

¹ This reflects the number of students who began a multi-session course and attended more than 50% of the sessions. In our Spring Semester this was 88.7%.

² Answering 'Very much', 'quite a lot' or 'somewhat'.

³ A difference of 3-8 points is seen as a positive difference.

Open Water Swimming case study



“When you’re in hospital everyone around you is acutely unwell, that’s all you know about sharing the same experience as others. On this course we can all share our experiences in another way; that sharing never happens in other settings.”

“It’s provided me with aspirations. I have not been in the sea for years. I used to go in all the time when I was a teenager and then I stopped. I used to live just near [Havre des Pas] and I never came here. It has reminded me of what Jersey offers.”

“I had a really important moment when we were all discussing our experiences here in Jersey... and we were all comfortable and open about it. There was no stigma at all. It was a safe environment.”

Our Open Water Swimming group met twice a week for four weeks. The course began with a classroom session on the benefits of cold water swimming for mental health and how to swim safely. The following seven sessions involved a twenty minute swim in the sea followed by socialising over a cup of hot chocolate. The friendships that developed were so strong that the group continues to meet to swim regularly. We asked the students for their feedback on the course...

Q: What’s your favourite thing about this course?

- S1: The group.
- S2: Every time I leave I feel rejuvenated. Like I’ve done something good.
- S3: The theory really stuck in my mind from the first session when I got in and the water was cold. I was thinking about all the science of what was happening.
- S4: The benefit of being in nature, and it’s free. Everyone feels better being outdoors.
- S5: We’ve had a lot of laughs, there’s been a lot of humour. We’ve all got on so well.

Q: How has the course contributed to your recovery?

- S1: Getting me up and out in the morning. I don’t dwell on things too much. I just get up and out. So, it’s helped me get into a routine.
- S2: It’s a whole effect. I’m sleeping much better.
- S3: I didn’t have any hope at all, but now I do.

Q: How would you describe the course to someone else?

- S1: It’s been life-changing.
- S2: Invigorating.
- S3: I just feel in a better place.
- S4: I feel healthier. It’s exercise too.
- S5: It’s been a starting block to motivate me. I’ll be tired by the end of today but it does invigorate you.
- S6: I hope it provides people with the knowledge that there are things you can do to feel better.

**I’ve got so much out of it. It’s one of the best things I’ve done in ages.
Trainer.**



Recovery College Open Water Swimming...more than just a dose of 'Vitamin Sea'

Written by a student

I am the first to say I dislike the cold...cold air and especially cold water, so, initially, even the idea of open water swimming was far from comforting!

However, after completing all eight sessions of the Recovery College Open Water Swimming course I can certainly say my thoughts on this are now very different...in more ways than one.

These sessions were far more than just the (pretty impressive) science behind how cold immersion soothes muscle aches, naturally relieves depression, raises your mood through an endorphin high, elates the senses and can boost the immune system amongst many other mental and physical benefits.

My experience of attending these sessions has been a key part of my recovery journey physically, emotionally, mentally and especially socially.

Previous to this course I had become very isolated only forcing myself to leave my 'comfort zone' (a.k.a. home!) to attend scheduled therapy sessions or medical appointments.

Initially I only enquired about this course as a personal goal which was set during a therapy session, I was not confident that the idea would progress much further.

After building up enough courage to contact the Recovery College I was instantly put at ease by Siobhan – what a star. Siobhan clearly and patiently explained every detail to me regarding where, when and who would be presenting the course and what would be involved. All my questions and concerns were answered in detail and in a way that I did not feel 'silly' for being so anxious. I was given non-pressured time to think about the course and I also felt much more at ease knowing that individuals with lived experience co-lead the sessions.

Before I knew it, thank to Siobhan's ongoing support, I enrolled on the course and was feeling nervously excited about it.

Although I was unaware at the time, this was a major first step forward for me in my Recovery. It empowered me to set individual goals that were relative to me...the first and probably the most challenging goal was just attending the initial session.

Other weekly goals included making it to the first practical session at Havre des Pas, actually getting into the sea and my ultimate goal of swimming in the sea.

The last goal was only possible with one of the leader's, Natasha's, patience and encouragement which enabled me to find the 10 seconds of courage needed to take the first step/swim into the sea and since then something great has come of it.

Setting these personal goals gave me a sense of achievement, empowerment and an opportunity for hope that had previously been missing from my life.

During the eight sessions I have felt a real improvement in my personal wellbeing, a long-lasting feeling of exhilaration, an opportunity to reconnect with the world, environment, life and other like-minded people...I no longer feel so alone in my recovery journey.

I would also like to thank all involved in the Recovery College and especially the Open Water Swimming course. All the tutors and other participants are inspirational and encouraging.

Recovery College has empowered me to feel more confident and open to new experiences whilst giving me hope and positive progress towards a life worth living.

I have discovered that however the world seems before a swim...it will look fantastic afterwards!



At a Glance

Courses

- We ran eight different courses in our Summer Semester 2017, with four being repeated.
- 99% of students felt our courses met their learning objectives and 94% of students felt the course exceeded or met their expectations.
- 90% of students would recommend the course they attended to their family and friends.
- Average course attendance was 84% for one-off sessions and 51% for our longer courses.

Students

- 106 students enrolled in our Spring semester, 59 of whom did more than one course. We filled 80% of the places available across our curriculum.
- 58% of those who applied for our courses had a mental health difficulty; 24% were carers and 18% were professionals.⁴
- When asked how much a course has “**helped me feel more confident and given me more direction**”, 93% answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.
- When asked how much a course has “**helped me to feel more supported and connected to other people**” 91% answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.
- When asked how much a course has “**helped me feel more positive for the future**”, 100% answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.

Trainers

- 100% of our trainers would recommend working with Jersey Recovery College.
- When asked how much working with The College has “**has helped me grow professionally**”, 100% of trainers answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.
- When asked how much working with The College has “**made me feel more positive about the future**” 100% of trainers answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.
- When asked how much working with The College has “**helped me feel more confident**”, 100% of trainer answered ‘Very much’, ‘Quite a lot’ or ‘Somewhat’.
- 100% of trainers found working in a co-production model either ‘Extremely rewarding’ or ‘rewarding’.
- 100% of our trainers were satisfied with the level of training and induction they were given by The College.

⁴ Some students ticked more than one

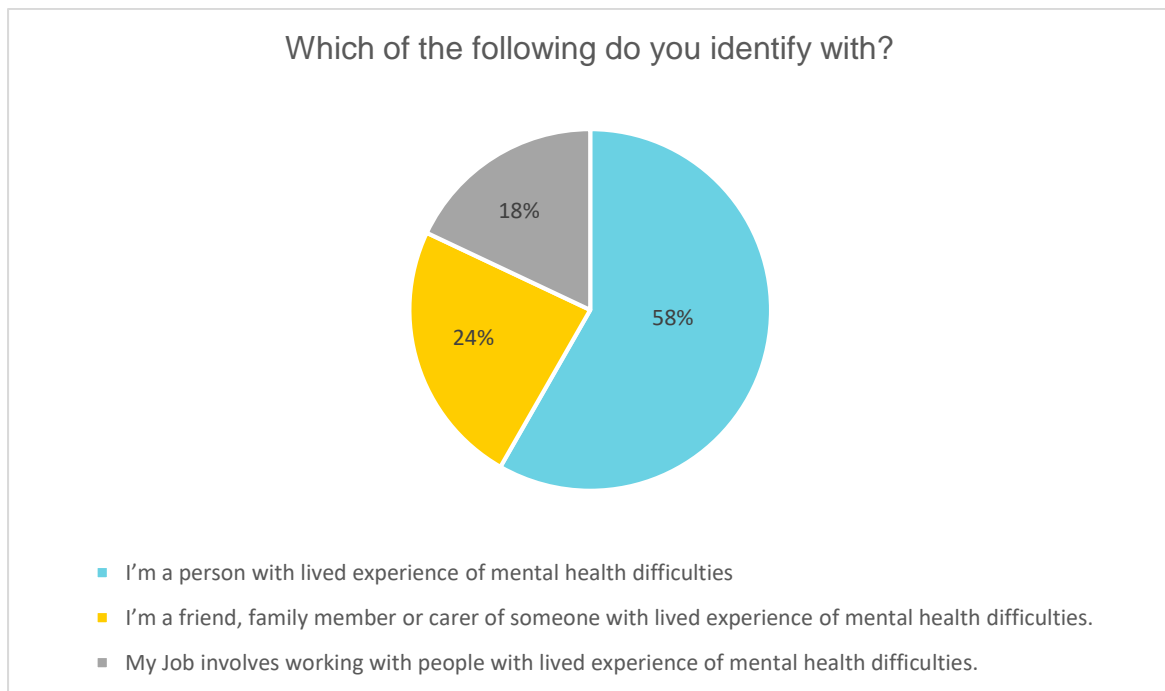


Demographics

Of the 108 students who applied for our courses⁵, our students identified with our service criteria in the following ways:

Of the

- 58% identified as 'experiencing a mental health difficulty'⁶
- 24% as being a carer, friend or relative of someone with mental health difficulties.
- 18% as having a job working with people with lived experience of mental health difficulties.



Of the 92 people who completed a demographic form the demographic split was:

- **Gender:** Our gender split this semester was 22% male / 77% female (1% not listed).⁷
- **Age:** The majority of students were aged 36-45 (34%) with the next largest demographic being 46-55 (26%). 20% students were 18-35 and 20% were over 55.⁸
- **Ethnicity and Nationality:** 54% of respondents selected 'Jersey' this semester; 29% selected British; 3% Portuguese, 10% other European and 3% other international (African, Bangladesh and Chinese). We had no Polish students this semester.⁹

⁵ We received 108 applications and enrolled 106 students.

⁶ Spring Semester stats: 35% identified with having a mental health difficulty, 28% were carers or loved ones. Professional applicants remained the same.

⁷ Spring Semester stats: 30% male / 59% female

⁸ Spring Semester stats: 18-25 (11%), 26-35 (10%), 36-45 (30%), 46-55 (31%), 56-65 (15%), 65+ (3%)

⁹ Spring Semester stats: 64% Jersey; 25% British; 3% Portuguese; 2% Polish; 5% other European and 2% prefer not to say.



Student enrolment and attendance

Number of applications received vs number of places offered: Every one of the 108 students who applied for JRC's Summer Semester was offered a place on a course. We could not accommodate everyone's first choice, but offered an accepted alternative to 95% of applicants.¹⁰ We began the semester with 106 enrolled students, 59 of whom enrolled on more than one course. Of the 187 places available¹¹ we enrolled 150 places (80%).

Average student attendance: Of those students who enrolled on a single session course, 80 out of the 95 enrolled students attended their course (84% attendance)¹². Of the students who enrolled on our longer courses, average attendance was 51%, down from 73% in our Spring Semester.¹³ Most of this is attributed to 'no shows' (students who did not attend any session). This is no reflection on the quality of the course, in fact retention on multi-session courses went up this semester to 92%.¹⁴

Course drop-out rates: We saw a far higher drop-out rate between enrolment and courses beginning this semester ('no shows'). 20% of those enrolled were 'no shows' (up from 8.6% in our Spring Semester). This was despite regular communication and reminders from The College.

The average drop-out rate for students attending multi-session courses was lower this semester at 8% (down from 11.3% in our Spring Semester).¹⁵ Our drop-out rates are still lower than UK recovery colleges which average 40%. Drop-out rates per course:

Course title	Total number of students enrolled	Drop-outs before the course starts 'No shows'	Students who completed less than 50% of course (drop-out)
<i>Introduction to Recovery</i> 1 session (repeated)	22 (over two sessions)	6	n/a
<i>Recovery in Action</i> 1 session (repeated)	26 (over two sessions)	7	n/a
<i>Balanced Living for Beginners Lite</i> 1 session (repeated)	22 (over two sessions)	0	n/a
<i>Balanced Living for Beginners</i> 6 sessions	17	7	3
<i>Introduction to Compassionate Mindfulness</i> 1 session (repeated)	25 (over two sessions)	2	n/a
<i>Compassionate Mindfulness</i> 8 sessions	14	0	3
<i>Carers and Family Education and Support Programme</i> 5 sessions	10	2	2
<i>Open Water Swimming</i> 8 sessions	14	6	1
TOTALS	150	30 (20%)	9 (8%)

¹⁰ One student requested to be added to the waiting list for their preferred course rather than attend an alternative course. Two students did not respond to the alternative offered. This is the 5%. One student was then enrolled after the enrolment cut-off meaning the semester began with 106 enrolled students.

¹¹ We allowed for 10-12 students per course and oversubscribed to a margin of 15-25%.

¹² Spring Semester Stats: 85% attendance

¹³ Calculated by the (total attendance across all sessions) ÷ (total number of sessions for each course x total number of students enrolled).

¹⁴ This reflects the number of students who began a multi-session course and attended more than 50% of the sessions. In our Spring Semester this was 88.7%.

¹⁵ A drop-out on a single session course is defined by a student not attending; on a multi-session course it is defined by the number of students who attended less than 50% of the course.



Student evaluations

We asked all students who attended the final session of each course, and/or those who completed part of the course, to complete an evaluation form. We received 103 evaluation forms.

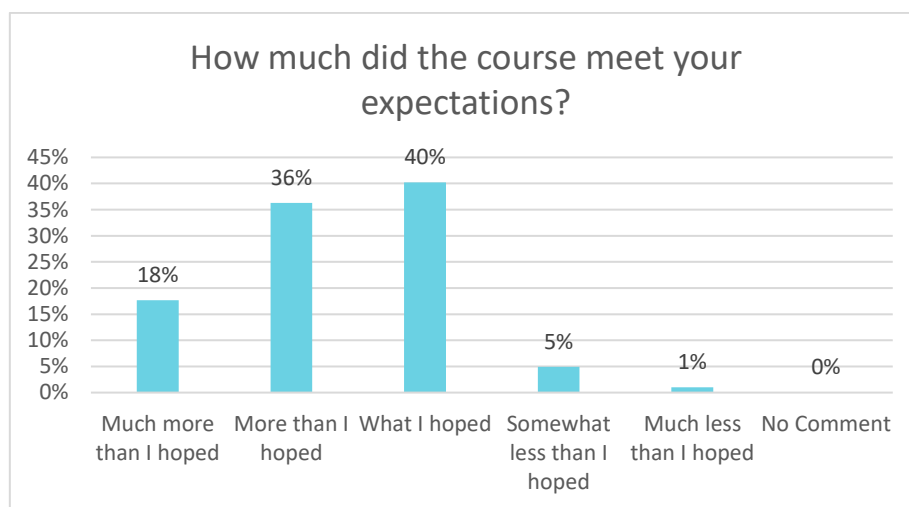
Student satisfaction – Quality of service

We measured the quality of our service using the following questions on a Likert scale:

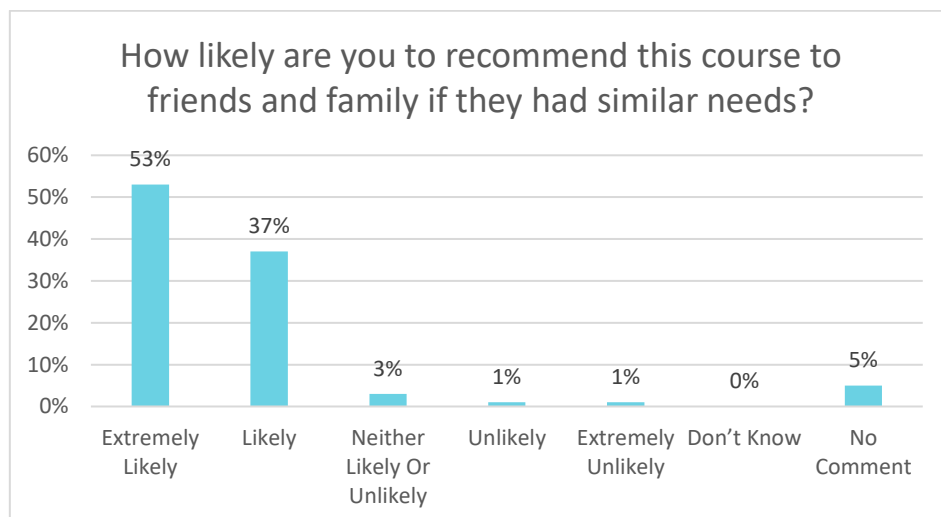
- How much did the course meet your expectations?
- How likely are you to recommend this course to family and friends if they have similar needs?

Results:

54% of respondents felt their course met expectations 'Much more than I hoped' or 'More than I hoped'. 40% felt their course met expectations with 'What I hoped'.¹⁶



90% of respondents would recommend their course to their family and friends if they had similar needs.¹⁷



¹⁶ Spring semester stats: 61% of respondents felt their course met expectations 'Much more than I hoped' or 'More than I hoped'. 34% felt their course met expectations with 'What I hoped'.

¹⁷ Spring semester stats: 97% of respondents would recommend their course to their family and friends if they had similar needs.



Measures which show outcomes – Student self-reported goal attainment

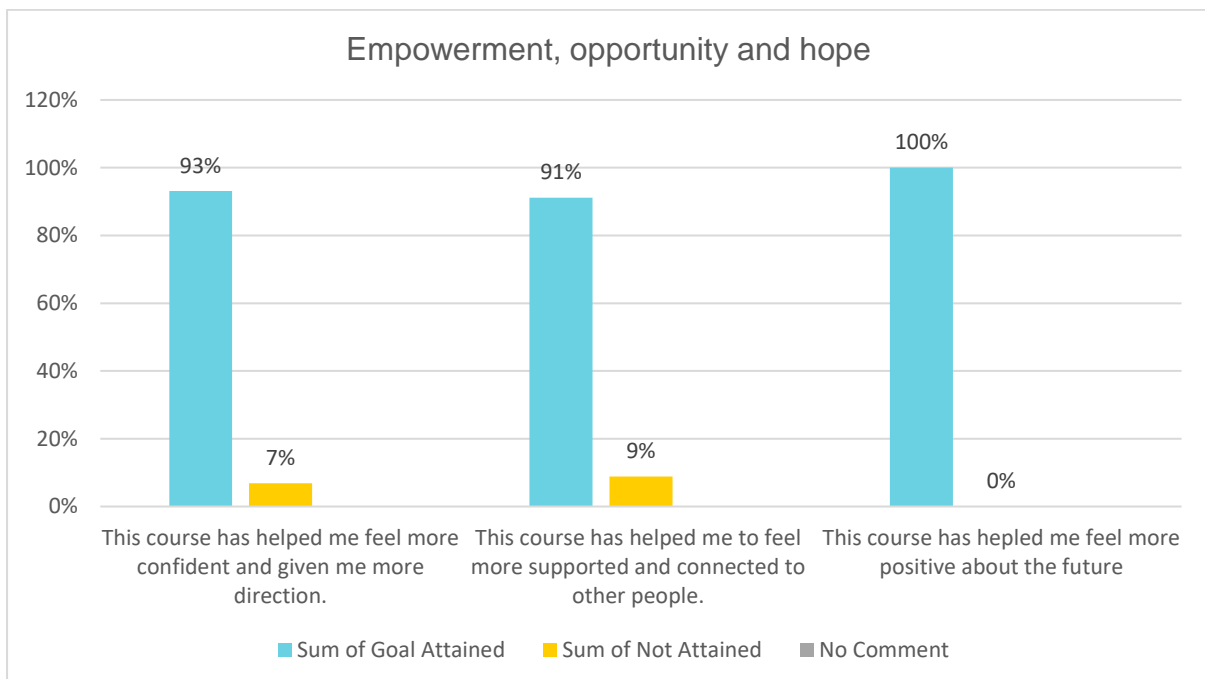
We measured student attainment against how much our courses helped our students feel hope, empowerment and opportunity.

We asked students to rate how much they agreed with the following statements on a Likert scale:

- This course has helped me feel more confident and given me more direction. (Empowerment)
- This course has helped me to feel more supported and connected to other people. (Opportunity)
- This course has helped me feel more positive about the future (Hope)

Results:

- 93% - 100% of respondents felt our courses had helped them feel more confident / have more direction (empowerment); feel more supported / connected to other people (opportunity); and, feel more positive about the future (hope).¹⁸



"Thank you to all who work so hard at Recovery College...it is so vital to myself and others."

Student, Introduction to Recovery

¹⁸ Answering 'Very much', 'quite a lot' and 'somewhat'. Spring semester stats: 90% thought the course helped with confidence / direction; 94% felt the course helped with feeling connected and 98% felt the course gave hope. This semester we have added the 'somewhat' answer to the 'very much' and 'quite a lot' to reflect 'Sum of Goal attained'.

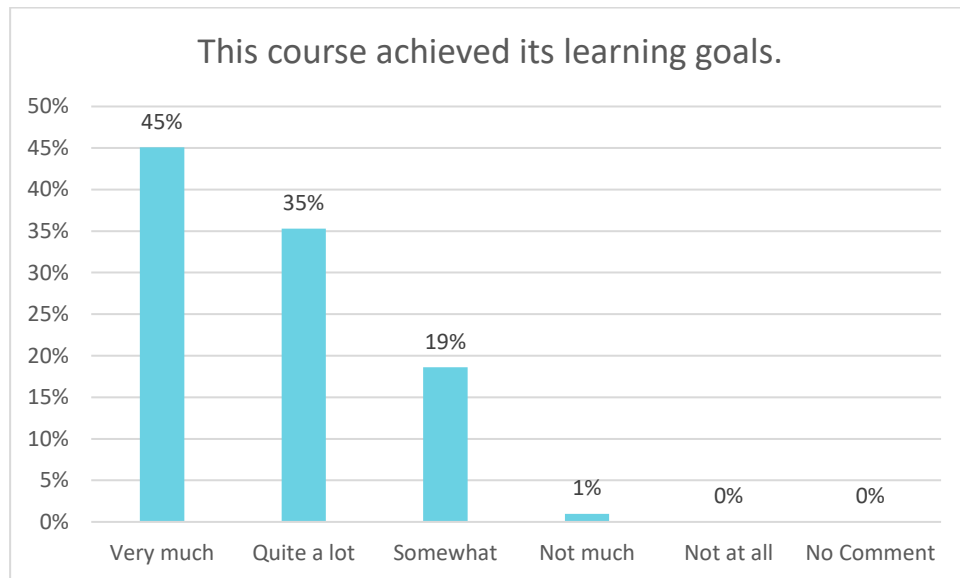


Course evaluations

We measured the success of our courses in achieving their learning goals using a Likert scale.

Results:

99% of respondents felt their course met it's learning objectives.¹⁹



"I just wanted to say a huge thank you for enrolling me...I got so much from [the course] at a time I needed it most in my life. Please pass on my thanks to [the trainers] they were amazing and added so much to the experience."

Student, Balanced Living for Beginners, Summer Semester 2017

¹⁹ Answering 'Very much', 'quite a lot' and 'somewhat'. Spring semester stats: 84% of respondents felt their course met it's learning objectives 'Very much' or 'Quite a lot'.



How working with Jersey Recovery College has helped my recovery

Written by a Peer Trainer

I hadn't really given much thought to my own recovery journey when I signed up to be a peer trainer for Jersey Recovery College. All I knew was I wanted to empower others by using my personal experience of poor mental health to help the students find a better balance with regard to their own health and wellbeing.

The College and Beth in particular have provided me with a supportive and non-judgemental working environment, where I am fully supported with a wellbeing plan and regular supervision both individually and with other peer trainers.

Delivering the courses over the last two semesters has given me the opportunity to meet lots of new people both students and professionals. In particular, the swimming has become part of my weekly routine as we have continued to meet twice a week for a swim and a coffee even though the course has long finished.

Between us we have become a really supportive group where we can openly chat about our challenges and difficulties without fear of judgement or stigma. I really look forward to my swim sessions and it's been a long time since I actually really looked forward to doing something, especially exercise related!

Although I have done Mindfulness courses in the past, the JRC course with the self-compassion element has taught me things that now make up part of my daily practice. I have learnt new skills for myself and hopefully have imparted some of my wit and wisdom onto the students!

So in conclusion I am not sure who is benefitting more from my role!?

I hope that I bring experience, empathy and understanding to the students.

I hope that I bring reality to the wise words and expertise of the professionals and co-trainers.

As part of my recovery I can see a positive benefit for my mental health condition now I have been given the opportunity to use it to deliver courses to others and hopefully support them wherever they may be on their own personal recovery journey.



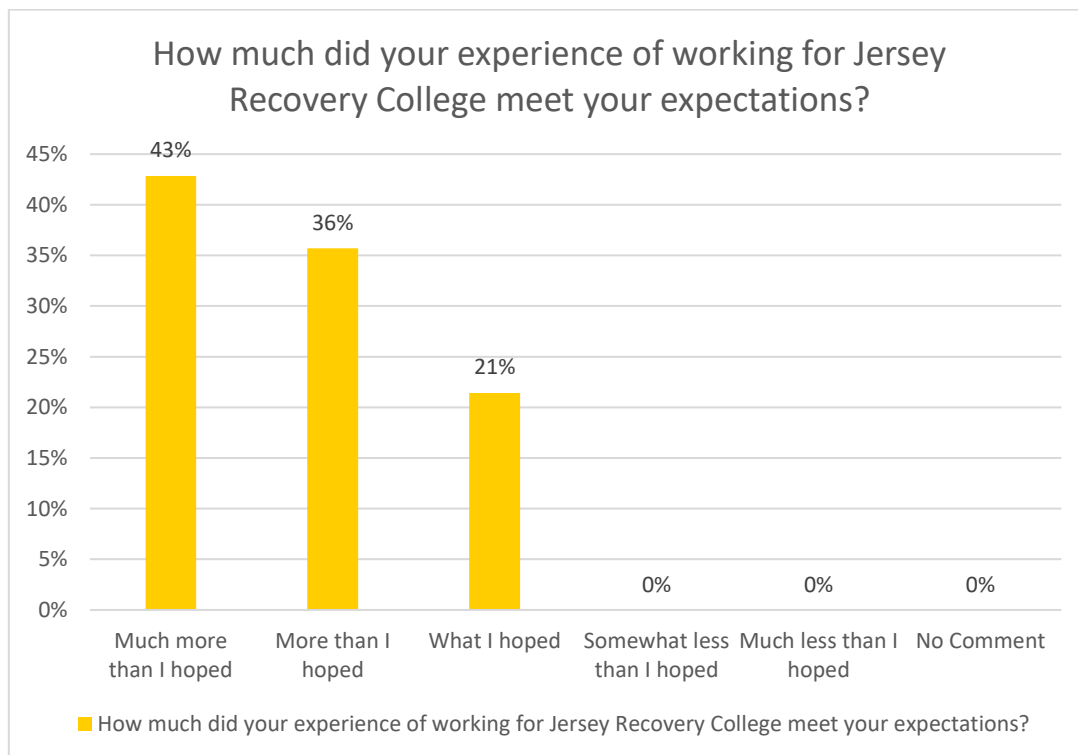
Trainer Evaluations

JRC continued to work with its three Peer Trainers throughout our Summer Semester. We re-engaged with four of our existing co-trainers and welcomed one new co-trainer to the team. HSSD Adult Mental Health, Drug and Alcohol and Mind Jersey supported us with this.

We also engaged a 'training assistant' with swimming tuition experience to support our Open Water Swimming course.

Experience vs expectations

Our trainers were asked how much the experience of working with JRC met their expectations. 100% felt the experience was 'Much more than I hoped' or 'More than I hoped'.²⁰



When asked, what expectations were, answers included:

“Opportunity to co-deliver and provide a course I really believe in the benefits of. Allow the participants to develop their own recovery skills.”

“I was hoping to enhance my training delivery skills and learn from all in the training room.”

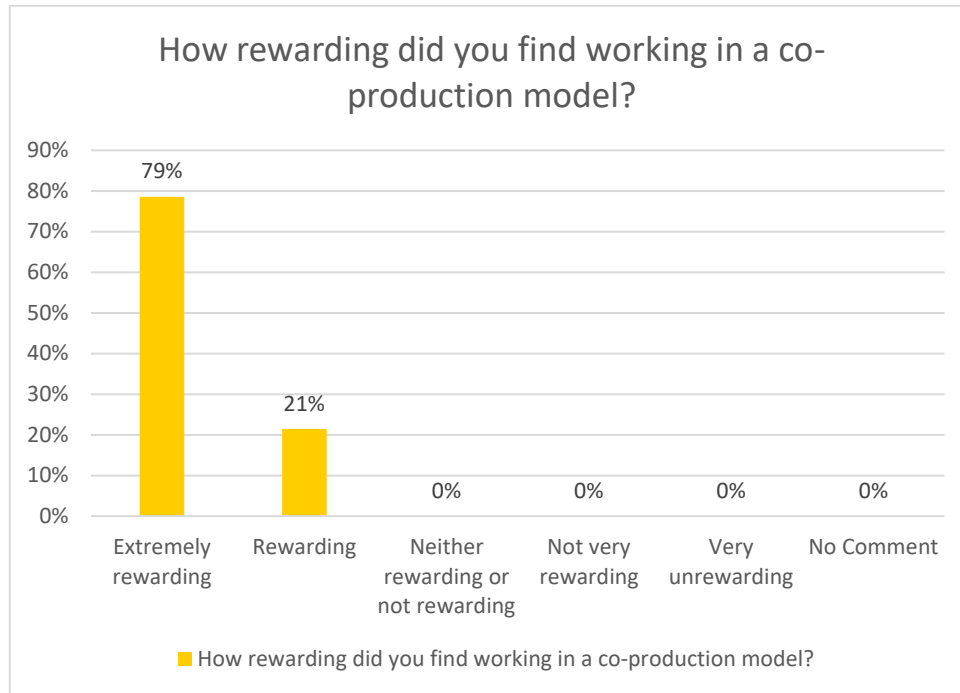
“Offering a skill development course to help promote short and longer term well-being. To be able to fine tune and further develop from previous course. To enjoy the co-delivery of the course. For students to find the course helpful and for them to feel more skilled (self-compassion and mindful) for the future.”

²⁰ Spring Semester stats: 43% (Much more); 29% (More than) and 29% (What I'd hoped).



Working in a co-production model

100% of our trainers found working in a co-production model 'Extremely rewarding' or 'rewarding'.



When asked about co-production, comments included:

"Co-production is definitely the way forward, it makes the course much more real."

"Great idea- the professional is there with the theoretical knowledge and peer trainer has the lived experience - a perfect combination. Between us we were able to answer all questions."

"I feel that co-delivery becomes gradually more even between the trainers with each time the pre-existing courses are run. Co-production and co-delivery works at its best with new courses, because both trainers are creating the courses together and are therefore both fully familiar and confident about delivering the content."

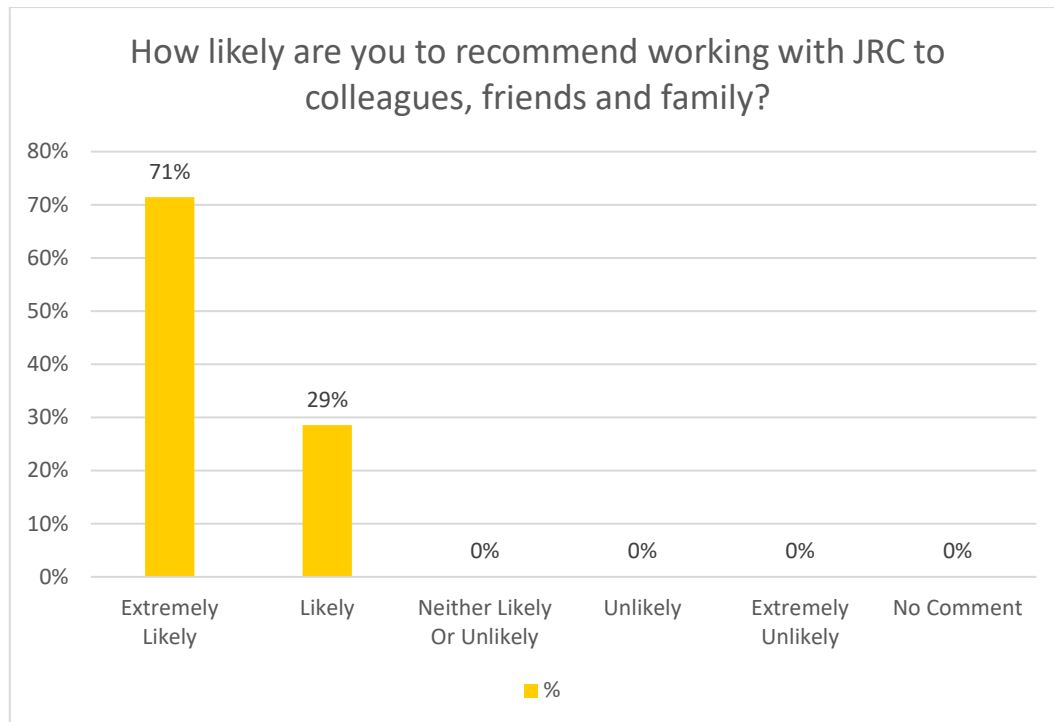
Central support and training

The central team continued to support all trainers with logistics, student management and course development. 100% of trainers answered 'very satisfied' when asked 'How satisfied were you by the level of support you received from the central team?'.

We continued to offer our Peer Trainers access to group supervision and line management structured support. We ran a 'Classroom Scenarios' training session mid-semester. 85% of trainers were 'Very satisfied' or 'quite satisfied' by the level of training and induction received by the College this semester.

Continued engagement with JRC

When asked 'How likely are you to continue working with JRC?' 100% of trainers answered 'Extremely likely' or 'Likely'. Everyone would recommend working with the JRC. This is in line with Spring Semester results.





Personal and professional development

We measured personal and professional development by how much working with us supported our trainers to grow professionally (opportunity); feel more confident (empowerment) and feel more positive about the future (hope).

We asked trainers to rate how much they agreed with the following statements on a Likert scale:

- Working with JRC has helped me grow professionally. (Opportunity)
- Working with JRC has helped me feel more confident. (Empowerment)
- Working with JRC has made me feel more positive about the future. (Hope)

100% of our trainers felt working with the JRC helped them grow professionally (opportunity), feel more confident (empowerment) and feel more positive about the future (hope).²¹



²¹ Answering 'Very much', 'Quite a lot' and 'Somewhat'. Spring semester stats: 100% of trainers felt working with The College made them grow professionally and feel more positive about the future. 86% of trainers felt working with The College helped them feel more confident.

Board of Directors

JRC appointed a substantive Board of Directors from April – July 2017. The Board now seats nine Directors including:


- Ben Bennett, Director and Chair
- Jake Bowley, Director and Vice-Chair
- Julie Heaven, Director and Treasurer
- Kate Hamilton, Director and Company Secretary
- Melanie Boleat, Director
- Louise Ogilvie, Director
- Stephen Thompson, Director
- Fiona St Clair-Bolam, Director
- Steve Bailey, Director

Communications

JRC issued a press release about its Spring Semester findings in May securing coverage on Channel Online and in Bailiwick Express. We presented about The College at the Mental Health Engagement day in May.

Recovery College reports positive results for first semester

Sunday 07 May 2017



The Jersey Recovery College was launched as part of the States' Mental Health Strategy for 2016-2020 and has published positive feedback from students enrolled in courses over the first semester.

97% of students said they would recommend the College to family or friends and 95% of students felt the course they attended exceeded or met their expectations.

Also, out of the 72 evaluations received, 99% of students felt the courses they had enrolled in met the expected learning objectives.

Beth Moore, Jersey Recovery College Manager, said: "Our first semester was a soft-launch. Every course was newly developed for The College and our trainers were working together for the first time."

"We delivered 99 hours of teaching and are so pleased our first ever students and trainers found the experience so rewarding. We're hoping to grow numbers each semester and look forward to many more students and trainers benefitting from our courses."

The College, which offers free courses to anyone experiencing a mental health difficulty and the family, friends and professionals who support them, ran its first semester from 23 January to the 31 March.

68 students enrolled on the courses which included Compassionate Mindfulness, Introduction to Recovery, Carers and Family Education and Support, and, Wellbeing in the Wild.

ITV REPORT 2 May 2017 at 6:23pm

New mental health service says feedback is 'positive'






Photo: Jersey Recovery College

Jersey's latest mental health service has finished its first ever semester. The service, which offers free courses to anyone experiencing a mental health difficulty, says initial feedback has been 'positive'.

The Jersey Recovery College - which opened in March - gives Islanders access to education and training opportunities around recovery and wellbeing.

Student evaluations found that 97% of students would recommend the course and 95% of students say it exceeded their expectations.

97%	of students say they would recommend The College to family or friends.
95%	feel the course they attended exceeded or met their expectations.



JRC Summer Semester SLA KPI tracker

15th May – 11th August

<i>Indicator</i>	<i>Threshold</i>	<i>Source of Data</i>	<i>Result</i>
Measures for Activity (how many)			
Number of courses planned vs course delivered	Above 70%	Teaching records	100% 12 courses planned (8 separate courses, 4 repeated)
Number of applications received vs number of places offered	No benchmark	Enrolment records	100% of applicants were offered a place on a course. Where a student's first choice could not be accommodated, we provided an alternative place. This alternative was accepted by 95% of applicants. We received 108 applications. Of those students 106 students accepted our offer of a place on a course and were enrolled. 59 students were enrolled on more than one course. Of the 187 available places we had, we began the semester with 80% enrolment.
Average student attendance for each course	No benchmark	Attendance records	Single session courses: 80 out of the 95 students enrolled on a single session course attended. An attendance record of 84%. Multi-session courses: Of the 376 places (A: total number of sessions for each course x total number of students enrolled), 190 places were attended (B: total attendance across all sessions), averaging a 51% attendance rate (B÷A).



Course drop-out rates after enrolment	Below 40%	Attendance records	<p>Drop-out before the start of a course: Average drop-out rates between the beginning of the semester and when a course began was 20% across the curriculum. This includes single session and multi-session courses.</p> <p>Drop-out for single session courses: We had a 16% average drop-out rate for single session courses.</p> <p>Drop-out rate for multi-session courses: We defined drop-out for a multi-session course as any student who attended at least one session of that course and completed less than 50% of the course. This semester we measured 8% average drop-out on multi-session courses.</p>
Capturing demographic details of students	80 % completion on enrolment	Enrolment records	<p>85 % completion.</p> <p>Demographic details were completed from 92 out of 108 of the students.</p>
Number of Peer Trainers contracted to the College	No benchmark	Enrolment records	3 Peer Trainers.
Measures for Quality (how well)			
Student satisfaction level	80% satisfactory or above	Feedback forms	<p>How much did the course meet your expectations? (<i>Much more than I hoped / More than I hoped / What I hoped</i>)</p> <p>94% satisfaction.</p> <p>How likely are you to recommend this course to friends and family? (<i>Extremely likely / likely</i>)</p> <p>90% satisfaction.</p>
Trainer Satisfaction Levels	80% satisfactory or above	Feedback forms	<p>How much did your experience of working for Jersey Recovery College meet your expectations? (<i>Much more than I hoped / More than I hoped / What I hoped</i>)</p>

			<p>100% satisfaction</p> <p>How rewarding did you find working in a co-production model? (<i>Extremely rewarding / Rewarding</i>) 100% satisfaction</p> <p>How satisfied were you by the level of support you received from the JRC central team? (<i>Very satisfied / Quite satisfied</i>) 100% satisfaction</p> <p>How satisfied were you by the training and induction provided to you by JRC? (<i>Very satisfied / Quite satisfied</i>) 85% satisfaction</p> <p>How likely are you to recommend working with JRC to colleagues, friends and family? (<i>Extremely likely / likely</i>) 100% satisfaction</p> <p>How likely are you to continue working with JRC? (<i>Extremely likely / likely</i>) 100% satisfaction</p>
Measures which show outcomes (made a difference)			
Student self-reported goal attainment	70% attainment per student	Feedback forms	<p>Goal – Empowerment This course has helped me feel more confident and given me more direction. 93% attained / 7% not attained</p> <p>Goal – Opportunity This course has helped me to feel more supported and connected to other people. 91% attained / 9% not attained</p> <p>Goal – Hope This course has helped me feel more positive about the future 100% attained / 0% not attained</p>



			<i>(Attained: Very much / Quite a lot / Somewhat; Not attained: Not much / not at all)</i>
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Appendix 1 - JRC Summer semester course details

15th May – 11th August

Course title	Trainers	Synopsis	Duration
<i>Introduction to Recovery</i>	Joanna Le Cocq, <i>Peer Trainer, JRC</i> Jake Bowley, <i>Clinical Psychologist, Adult Mental Health, HSSD</i>	This workshop explores just what the "Recovery" in Jersey's Recovery College is. We will look at the meaning of recovery for people with mental health difficulties, their friends and families, and for the professionals who work with them.	1 x 3-hour session. Course repeated once. Weekday afternoon / weekday evening.
<i>Recovery In Action</i>	Joanna Le Cocq, <i>Peer Trainer, JRC</i> Jake Bowley, <i>Clinical Psychologist, Adult Mental Health, HSSD</i>	This workshop focuses on putting recovery into action; looking at some of the ways we can try to feel more hopeful, more in-control and more ready and able to create and take opportunities.	1 x 3-hour session. Course repeated once. Weekday afternoon / weekday evening.
<i>Open Water Swimming</i>	Jo Thorpe, <i>Peer Trainer, JRC</i> Mike Swain, <i>CPN, Adult Mental Health, HSSD</i>	For many years, in many cultures, people have identified the positive mental and physical benefits of open water or "wild swimming". On this course we will introduce the benefits of open water swimming/bathing, while enjoying the opportunity to be outside in our natural Jersey surroundings. This course is for anyone who would like to experience open water swimming, improve their personal wellbeing, enjoy some physical activity, spend some time in our beautiful natural surroundings and mix with other likeminded people.	8 x 1-hour session First session classroom based. Subsequent sessions at Havre des Pas. Weekday morning.



<i>Balanced Living for Beginners Lite</i>	Joanna Le Cocq, <i>Peer Trainer, JRC</i> Luke Shobbrook, <i>Psychologist, Drug and Alcohol, HSSD</i>	This workshop provides a brief overview of some key skills to help manage emotions and relationships. It gives a flavour of our six-week course and can be attended as a standalone session or as a taster for those uncertain whether or not they would like to commit to the full course.	2 x 90-minute session. Weekday evenings.
<i>Balanced Living for Beginners</i>	Joanna Le Cocq, <i>Peer Trainer, JRC</i> Luke Shobbrook, <i>Psychologist, Drug and Alcohol, HSSD</i>	This six-week course is for anyone who wants to learn techniques to help restore balance to their life. It teaches a number of key skills that would be useful for anyone that regularly experiences difficult and stressful situations. With practice these skills can help you respond more flexibly and more effectively to all kinds of problems.	6 x 90 minute sessions. Weekday evening.
<i>Introduction to Compassionate Mindfulness</i>	Jo Thorpe, <i>Peer Trainer, JRC</i> Steve Wharmby, <i>Senior Occupational Therapist, Adult Mental Health, HSSD</i>	This workshop is aimed at those interested in attending the eight-week Compassionate Mindfulness course. It will provide an overview of the longer course to enable individuals to decide whether or not they would like to continue with the eight-week course.	2 x 90 minute sessions. Weekday evenings.
<i>Compassionate Mindfulness</i>	Jo Thorpe, <i>Peer Trainer, JRC</i> Steve Wharmby, <i>Senior Occupational Therapist, Adult Mental Health, HSSD</i>	Mindfulness and Self-compassion have been shown to improve many areas of wellbeing, including lowering stress, improving mood and increasing life satisfaction. The Compassionate Mindfulness eight-week course aims to explain the concepts of mindfulness and self-compassion and to offer various	8 x 2-hour session. Weekday evening.



		practices to help embed these into our lives. A willingness to practice daily is essential to getting the most out of the course.	
<i>Carers and Family Education and Support Programme</i>	Karen Dingle, <i>Peer Trainer, JRC</i> Steve McCrimmon, <i>Carer and Family Support, Mind Jersey</i>	This programme aims to educate anyone involved with caring for someone with a mental health difficulty. It includes sharing and learning from one another, looking after ourselves, communication skills, crisis planning, where to find support and hope for the future.	5 x 3-hour session. Saturday morning.