

# INCLUSIVE RECOVERY CITIES



## DUNDEE CONVERSATION CAFE FEEDBACK PACK

# INTRODUCTION

We know that Dundee needs more visible recovery and more opportunities for people with lived and living experience to have ownership of recovery spaces in their communities.

On 20th March a range of people with an interest in recovery in Dundee came together to explore whether the Inclusive Recovery Cities model was something they could see working in Dundee.

This document contains all of the feedback gathered from that event and lays out the next steps for moving forwards with developing recovery in Dundee.

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## Peer Support

We want more peers and communities leading on activities.

More AA Style Sponsors for people – this is a big commitment but it can make a big difference to people.

With lived and living experience at its heart.

## Autonomy & Agency

A steering group run by peers will give real people strategic influence.

Influence at the strategic level needs to be genuine and not tokenistic.

## Holistic support for people

We can challenge the imbalance of power and move away from a medical model.

We need to focus more on people and recovery, not just statistics and treatment.

We need more visible recovery

What does this look like?

## Recovery Capital

People want to give back and repair relationships with their Communities.

## Support Systems

Families have vital knowledge that can support people's recovery so they need to be included.

We need to have more key people in the community to signpost people to different sources of support.

## Backed by Research

Raise awareness of the science behind peer recovery.

WHO CAN SUPPORT



IRCS IN DUNDEE?

## Healthcare

GPs - There should be more resources and support available in GPs, especially with them offering shared care.

Medical staff generally need better training on what recovery is; it is more than just treatment.

Dental services – particularly the dental van.

## Scottish Prison Service

Make sure people are coming out of custody with;

- A plan for their recovery.
- Knowledge of what is out there.
- Not out on a Friday.

## Strategic Partners

- Local + National Government + Dundee City Council.
- Alcohol and Drug Partnership.
- Funders – Need to make long term commitments to build recovery.

Who can support  
IRCs in Dundee?

Statutory  
Services

## The Media

We need more positive stories about what is happening and challenge the stigma from the media generally.

## Education

Dundee University

Can help with the evaluation of what works/what doesn't for this project.

Can researchers be led by people with lived experience to look at what they actually want to know?

Colleges

There needs to be opportunities for people in recovery to access college courses.

Schools

We need better education and prevention around addiction.

## Look to other Localities

Angus have 'Recover-May'.

Could we have a Tayside Recovery Games?

Link with other IRCs.

## Families

The Carers Centre - there are lots of families out there that do not realise they are carers.

## Other Groups

Fellowship groups.

Local orgs like Dundee utd  
Community trust.

Community centres and hubs.

Who can support  
IRCs in Dundee?  
Third Sector  
and others

## Creative Leaders + others

Places like:

- V&A and Eden Project
- Local Churches

## Specific Recovery Groups + Resources

Existing Recovery Groups/Charities - they need to be involved in this.

Dundee Recovery Network.

Recovery Road Map.

## Local Meetings + TSI

Meeting of Recovery Services/Building Bridges.

Dundee Volunteer and Voluntary Action - they can bring everyone together.

## Local Employers

There needs to be schemes to support people in recovery to access employment opportunities.

WHAT ARE THE OPPORTUNITIES



TO TAKE FORWARD IN DUNDEE?

## Peers + Recovery Groups

Create more Recovery Volunteering opportunities and connect people with those opportunities.

All Recovery groups can share best practice and their learning.

## Celebrating Recovery

We could have a magazine about Hope.

We could have more events and celebrations that share recovery stories and successes.

We could build on the Year of Kindness.

Have more open days that include hearing recovery stories.

What are the opportunities to take forward for recovery in Dundee?

Changing Culture

## Breaking down barriers

Break down barriers for underrepresented groups to better access recovery.

Bring people together more generally.

## Holistic Support

Shift the focus away from treatment, and onto Recovery.

Link recovery more with other challenges people might face e.g. mental health and suicide prevention.

## Social Media

Use social media to get the positive message of recovery out across the City - have videos and campaigns that show the vibrancy of recovery and change the narrative.

## Health

Public naloxone boxes.

Build on Humanising Healthcare -  
increase knowledge of Recovery  
around Medics.

What are the  
opportunities to  
take forward for  
Recovery in  
Dundee?

Improving  
access to  
support +  
training

## Community

Utilising more community spaces (have  
more sober spaces open at night + having  
more services and activities open after  
five and at the weekends).

Develop a one stop recovery hub with  
everything in one place (harm reduction,  
SMART, AA, Activities etc).

There are loads of empty buildings in  
Dundee - can we do a community asset  
transfer.

Develop a social enterprise run by people  
in recovery.

## Mapping

Develop an asset map of what we already  
have and bring other recovery spaces  
along with us.

Have more advertising of what is on in  
Communities.

## Recovery Focused + Empowering

People should be able to access taster sessions of lots of activities to find things they like to do.

Developing more opportunities for people in recovery to access employment, education and life  
skills.

Paid activities like the gym and other leisure activities for people in recovery.

Run classes to develop skills e.g. cooking and understanding of nutrition.

WHAT BENEFITS DO WE SEE



IRCS BRINGING TO DUNDEE?

## Community morale

Reduction in antisocial behavior and crime.

What benefits do we see Inclusive Recovery cities bringing to Dundee

## Connected Services

Increased Collaboration.

Raising consistency of care and making sure there are no wrong doors.

Connection + collaboration = community.

Better collaboration – no more silos.

Freeing up capacity within services/community spaces.

## Change in attitudes

Increased positivity about recovery across the city.

More support for people in recovery reengaging with society.

Stories not stats.

Challenge the reporting of media locally and nationally around recovery and change the language that they use around recovery.

Recovery will be more visible and normalised.

Challenge the views/stigma of the general public – have better education around what recovery is.

Speak to people whose views around recovery have been changed – how did this happen and do more of that.

## Supports people in Recovery

Better health outcomes for people.

People being treated with dignity.

WHAT ARE THE CHALLENGES



TO THE SUCCESS OF IRCS?

## The need for Person centred Support

People are expected to do too much before they can access recovery.

The waiting list for mental health/trauma support is too long/inaccessible for people in recovery – what can we do to support these people in the meantime?

Does Inclusive Recovery Cities address the root cause of addiction and stop the cycle for young people, particularly those with Dyslexia, Autism, ADHD etc.

People are forced to fit criteria rather than being met where they are at – can Inclusive Recovery Cities change this?

What are the challenges to the success of Inclusive Recovery cities for people in Recovery?

## Barriers for People

People are digitally excluded and need more face-to-face support.

Challenges of how to keep people up to date when paper resources go out of date really quickly.

Accessibility of locations, how do people get around the city?

Can we support people to have easier access to bus passes.

## People leaving Prison + Accessing Rehab

There are people who might be good to be involved in this who might find it difficult to get a PVG.

How do we break the cycle of prison-hostel-prison that lots of people are stuck in?

There are too many hoops people have to jump through to get into rehab.

Do Disclosure Scotland understand peer recovery volunteering and criminal records?

## Public Attitudes

Negative mindset around recovery in the city - How do we tackle entrenched public stigma and mindsets?

## Institutional Attitudes + Political Interests

Currently not enough reaction to near fatal overdoses.

How do we operate genuine recovery in the face of political interests e.g. war on drugs?

How can we win over the media to work with us in building recovery and challenging current narratives.

The police still have entrenched stigma and use derogatory language + Ego.

what are the challenges to the success of Inclusive Recovery Cities Generally?

## Current ways of working

Disjointed working/competition between some existing services.

Lack of positive role models/environments for recovery in Dundee.

Existing support is too sporadic – it needs to be more consistent not just 9-5/occasional appointments.

Services are not keeping up with drug trends – we are still set up for opiates.

It is difficult to have a new model if not everyone is pulling in the same direction.

Strategies do not reflect the need for social movements.

## Practical challenges

- Coordination of a project of this size.
- How do we let everyone know what is happening?
- We are currently far away from this model – how can we bring it to life?
- How do we tackle the 'dark economy' of drug selling that is so prevalent across the city?
- How can we make Inclusive Recovery Cities meet local needs?
- Too much money goes into medical models – how can we set up recovery models that are secure and funded long term?
- We need legal backing for better harm reduction interventions e.g. giving out inhalation equipment.

## Bring together Key People

Have a meeting with anyone interested in taking forwards Inclusive Recovery Cities to develop an IRC Council.

This is open to anyone with a stake in recovery but the Council will be driven mainly by people with lived and living experience

Next steps for an  
Inclusive  
Recovery City  
in Dundee?

## Listen and learn

Work with STAR Recovery and the Scottish Recovery Consortium to learn from other cities what works there and what we could bring to Dundee.

Engage with training to upskill ourselves to be able to make IRC Dundee a reality.

## How to be involved

If you would like to be involved in taking forwards Inclusive Recovery Cities in Dundee, email [shelley@starrecovery.co.uk](mailto:shelley@starrecovery.co.uk)

Further updates about the developments of Inclusive Recovery Cities Dundee will be shared widely via DVVA's Substance Use mailing list initially until IRC Dundee have their own channels developed.