

Who are we?

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 - Expert by experience and professional
 - Bergen Recovery College
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What we will talk about

- The inspiration and the beginning
- Purpose and core principles
- Course Examples
- Quality criteria from Nottingham Recovery College
- Bergen RecoveryCollege – The peer teachers
 - Student evaluations
 - Preparing before courses
 - Building an environment
 - Teachers reports
 - Preparing teachers
 - What is important to our peer teachers?

Article 26

(1) Everyone has the right to education
Education shall be free, at least in the
elementary and fundamental stages.

The inspiration

- September 2017 : Conference -
Refocus on recovery –
Nottingham
- Visits to and from Nottingham
recovery college
- Workshop in Copenhagen with 5
recovery colleges in Denmark



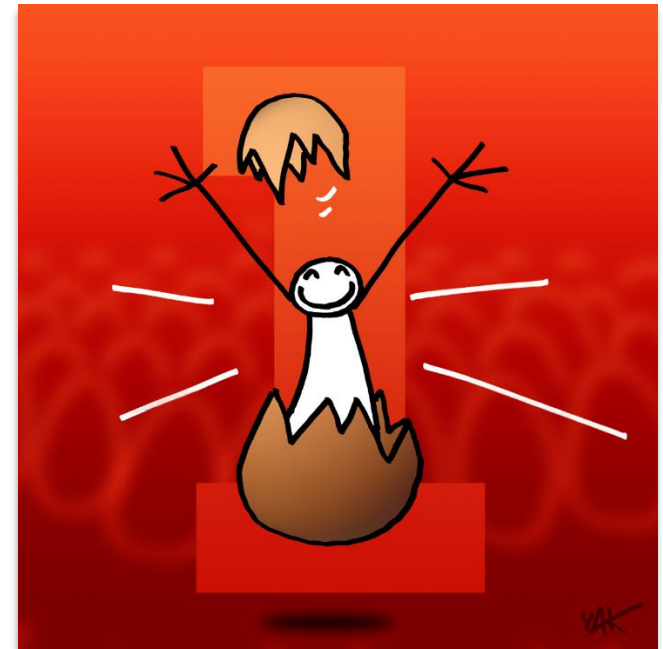
From plan to action

1. Open invitation to service users and professionals in March 2018
 - Goal: Getting topics for making the first courses at the College.
2. Co –production
3. Framework:
 - There were established a steering group
 - a ratification board for approving the courses
 - and a recourse group for volunteers.
4. Key persons from Nottingham Recovery College to Bergen to help us setting the framework (5 days) and quality criteria



Purpose

- The main purpose of the school is to convey knowledge and inspiration that can contribute to the students choosing to work with their own recovery



Article 01

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

- Recovery for us is a way of thinking that creates opportunities

Bergen RecoveryCollege shall promote:

- Belonging and participation
- Hope and believe in opportunities
- A positive identity – outside the illness
- Meaning in life
- Managing ones own life



«who are you?»

Core principles

- Educational
- Collaborative – co-production in all processes
- Person centered and focus on possibilities and resources
- Progressive and supporting – «we believe you can»
- Community facing
- Inclusive – welcoming students of all types

Co-production is for us:



✓ Co - planning

✓ Co - teaching

✓ Co - learning

✓ Co - evaluation

✓ Co - management

Training the trainers

Special training of the trainers/teachers is obligatory - even if they are educated teachers/professors



Courses

- **Understand yourself (a little) better and do something about it**
 - 4 weeks, 3h per week
- **Introduction to Mindfulness**
 - 4 weeks, 3 h per week
- **Diet and physical activity - it's all about you!**
 - 7 weeks, 3 h per week
- **Train the trainer; Health pedagogy for Bergen Recovery College**
 - 3 days, 6 hours per day + training and support
- **Recovery and recovery support**
 - 4 h x 2 weeks
- **From Isolation to Inspiration**
 - 1 day

Moore courses will come

Course Ratification

The ratification board at Bergen RecoveryCollege will ratify the courses on the following criteria:

1. Educational
2. Recoveryfocused
3. Evidence of Co-production



Based on criteria from Nottingham Recovery College

Fidelity 1 - Educational

Does the course have session plans on the College Format

Does the course have clear learning objectives

Does the Course have a scheme of Work on the College Format (if course longer than 1 session)

Are all course resources in session plans such as handout worksheet quizzes etc included

Are course resources in session plan appropriately labelled/ identified according to the Session Plan e.g worksheet 1, Handout 2, Quiz 1

Does the course demonstrate a number of different teaching methods and/or activities

Are assessment methods clearly stated in the session plan

Recovery Focused Syllabus

Do the learning Objectives clearly relate to recovery principles (hope, opportunity & Control) and/or improved health and wellbeing

Fidelity Criteria 2 - Collaborative ; Co production

Was the course co-produced

Was there an expert by expertise involved

Was there an expert by experience involved (peer)

Was there a member of the campus team or college team present

Is the membership of the co-production team clearly stated

Did course development meetings take place

Were notes taken at co-production meetings

Was consensus on a course reached and evidenced

Has the co-production record been completed

Was the session plan agreed and signed off by all members of the co-production team

Was the scheme of work agreed and signed off by all member of the co-production team

Bergen Recovery College - New Chapter

- Sept/oct 2022 - Training the trainers-course
- Newly trained teachers engaged at the recovery college right away
- 8 new teachers, both peer -/professional teachers



- Interactive learning
 - Choice of words for this occasion:
Teachers – not lecturers



Experiences from students

- Students evaluations:
 - Increased competence
 - Gained new tools
 - Increased knowledge of recovery and recovery support
- Peers and professionals learning together as equals – building bridges



How do we prepare?

- 1 day joint practise per course day
 - Get to know the material
 - Get to know each other as co-teachers – build security
 - Get to know in advance the personal experiences being used in the course
 - Get to know other teachers teaching the same course – preparing substitutes
- Always available



Building an environment

- Mentoring sessions
 - Process mentoring
 - Pedagogical mentoring
- Different kinds of teambuilding/
having fun together



Teachers reports

- Both peer- and professional teachers – personal growth
- Reports feeling taken good care of
- ... but wish for stable locations
- Feeling equal



How do we prepare our peer teachers?

- Guidance on expressing learning points from own personal story
- Extra support in the empowerment process, eg.
 - Speaking in public
 - Growing in the role of being a teacher in the classroom
 - Feeling valued, as teachers, and as an essential part of the making of a recovery college



What is important to our peer teachers?

- Good evaluations from students
- Opportunity to shed light on important topics
- Honest feedback
- Genuine commitment
- Peer experience within the management of RC



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