



## SPECIAL EU PROGRAMMES BODY

# Project Case Study: Innovation Recovery (I-Recover)

### THEME:

Cross-Border Health & Social Care

### FUNDING(ERDF+Match)

€6,057,591.36

### MATCH FUNDERS:

Department of Health  
Northern Ireland

Department of Health  
Ireland

### LEAD PARTNER:

Health Service Executive

### PROJECT PARTNERS

Western Health and Social Care Trust, Southern Health and Social Care Trust, Health and Social Care Board, the Public Health Agency.

**Start Date:** 01/09/2016

**End Date:** 31/03/2023



[www.cawt.com/irecovery](http://www.cawt.com/irecovery)



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The project will adopt a collaborative approach to working with people suffering from mental illness, where they become partners in their own recovery process. The project, which will target up to 8,000 participants, represents a radical shift from the medical model of treatment for people who have experienced mental health issues to a more social model. E-health solutions will be used in the delivery of the project to enable promotion and continuation of the mental health recovery process. The design of these solutions will be informed by the views of service users, carers and mental health staff, and be based upon examples of best practice from other areas.

*"I have lived experience of mental health issues and my ethos is to help others by sharing my journey of recovery. This is because my own recovery was aided with learning about my own mental health through education."*

~Testimony of one of the former patients, current educator~



# innovation recovery

education for mental wellbeing



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*"I was diagnosed with Bipolar and hadn't come across such a positive approach to well-being prior to this. I completed the 'Train-the-Trainer' course which I thoroughly enjoyed and then volunteered for the 'Learning to Like Yourself' and 'Managing Setbacks' workshops. I got a great sense of involvement and enjoyed helping out. I have personally found this to be a great boost for my own mental well-being. I currently attend the 'Walk to Wellness' group run by the College and find this a great networking opportunity. I am glad the College was recommended to me and will continue to promote it to family and friends as I think it is a great wellness resource which is available to everyone."*

~Testimony of one of the former patients, current educator~



An Tánaiste, Simon Coveney, TD pictured here with CAWT Innovation Recovery Project representatives at a Special EU Programmes Body exhibition at the Houses of the Oireachtas, Dublin.

### Project Key Outputs:

- A cross-border area community and voluntary sector infrastructure developed to support clients who have recovered from mental illness (including utilisation of e-health e.g. patient records and support services): **1**
- Cross-border area clients in receipt of mental illness recovery service: **8000**
- Specialist training and development programmes for cross-border area health and social care providers (Staff Trained): **872**