

Conversation Cafe



YORK IN RECOVERY®

March 2016

Report

BACKGROUND

York in Recovery (YIR) is a group of people drawn from the community working to the common aim of promoting abstinence and visible recovery from drug and alcohol addiction. The feeling amongst YIR was that the services, support and benefits of recovery available were not reaching as many people in the community as they could. This report summarises the findings of focus groups conducted with the aim of gathering health professionals, service providers, services users and commissioners together to discuss as a collective what we are doing to support recovery in York, and what more can be done to promote and support recovery in York.

METHODS

In March 2016 York in Recovery (YIR) held a Conversation Cafe with the aim of creating discussion in order to address the above issues in a focus-group style. Thoughts and ideas were recorded by each group on flip-chart paper. A member of York in Recovery (YIR) facilitated the event which ran for 3 hours.

Three key questions were put to the groups for discussion. These topics had previously been agreed by the York in Recovery Forum members as being central to the information we were seeking to explore to help inform our aims.

Question 1: *What would you like to see in the next stage of recovery in York?*

Question 2: *How can commissioned services best support recovery in the city?*

Question 3: *How can we best inform people about the support available?*

PARPICIPANTS

We had a total of 29 attendees divided into 5 small focus-groups. Participants were asked to disperse and not sit on the same table as others from their own organisation.

Representatives from The Samaritans, York Pathways Project, Leeds & York NHS Trust, Alcoholics Anonymous (AA), Lifeline, York Alcohol Forum, Arclight, The Department of Work & Pensions (DWP), Alternatives to Violence Project (AVP), Mind, York St. Johns University, Changing Lives, City of York Council, Al Anon, York Minster, and St. Thomas Church (One Voice York) were in attendance.

ANALYSIS

Thematic analysis was used to analyse the information. The data was read and re-read to make it familiar, paying specific attention to patterns and noting down initial ideas. Initial codes were then generated by identifying where and how patterns occur. These multiple codes were collated into themes using data reduction and data collapsing. Themes were reviewed for coherence and thematic maps were generated. Maps were reviewed a number of times before generating clear names for each theme. The whole process was repeated by the researcher on three occasions to try to reduce problems with consistency related to qualitative research.

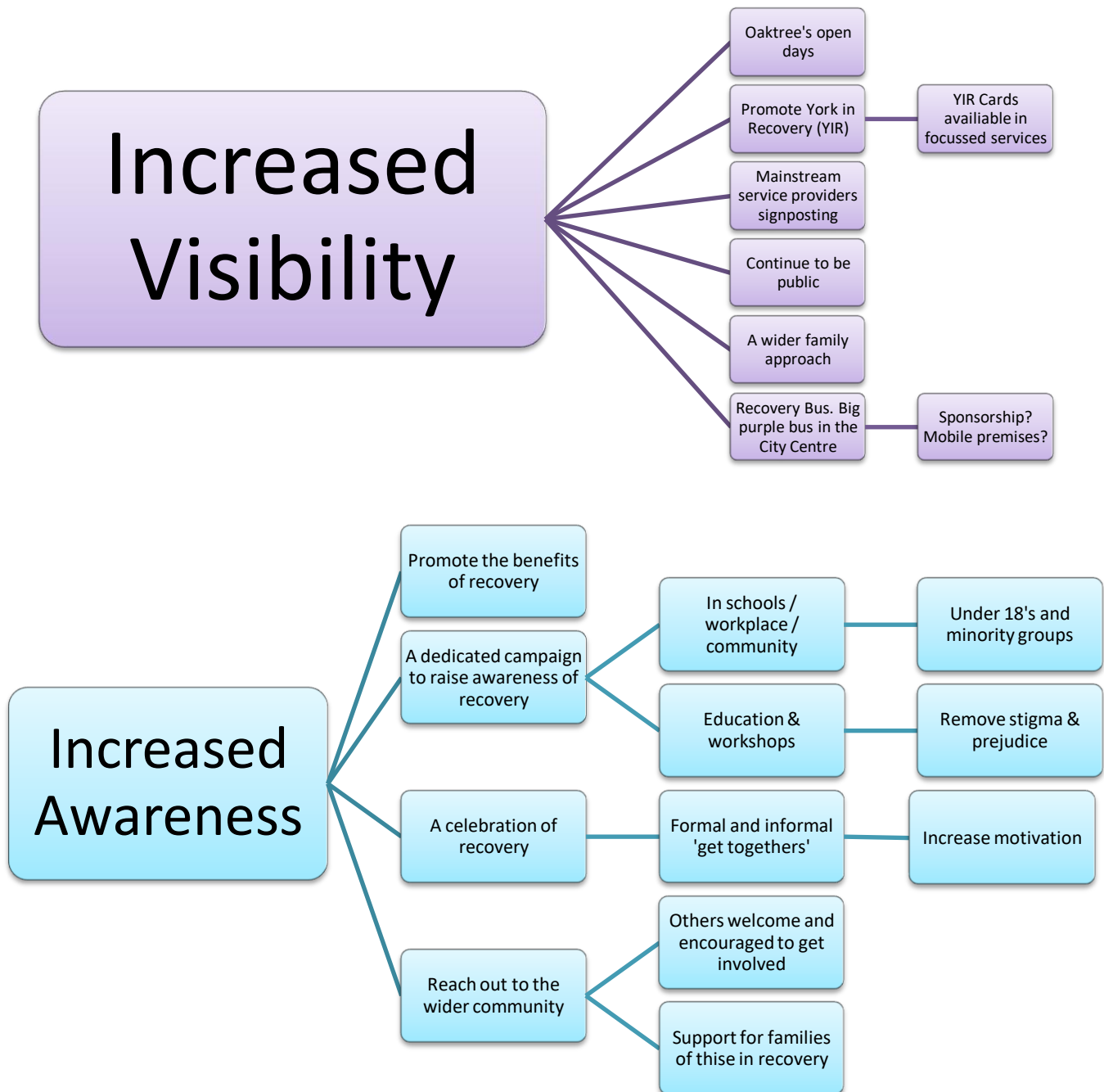
Figure 1: Analysis procedure

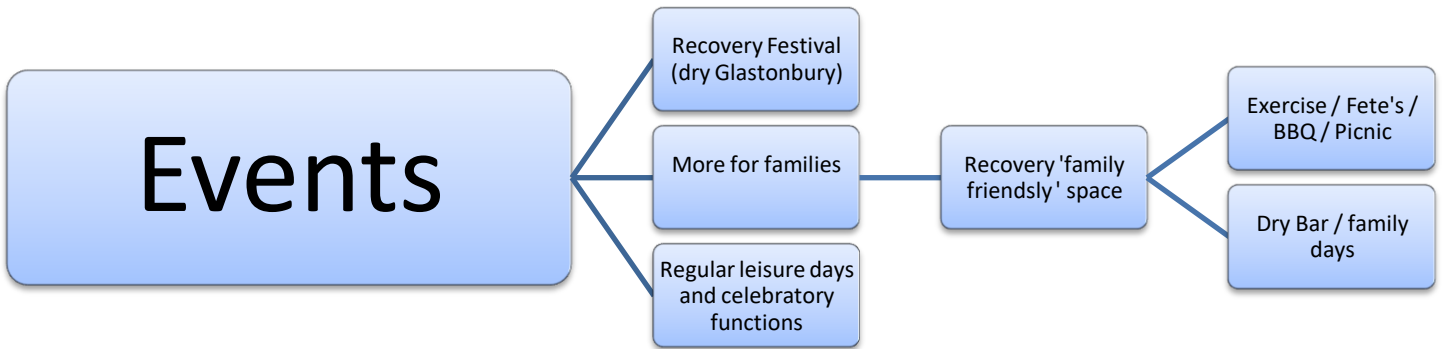
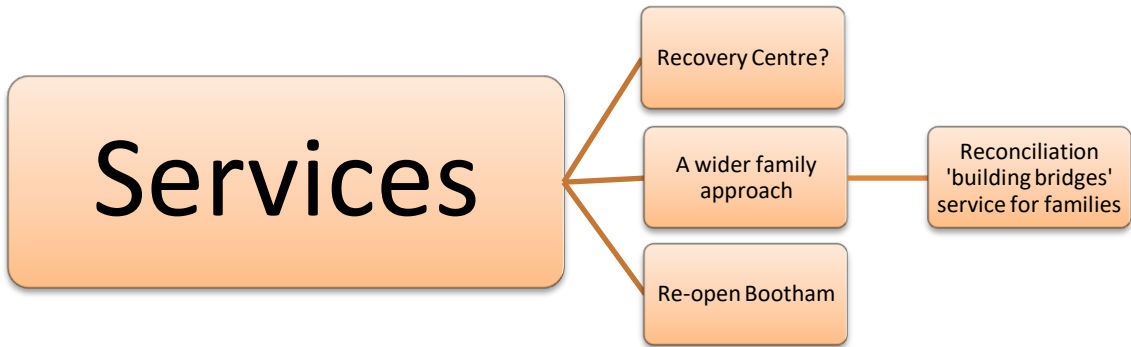
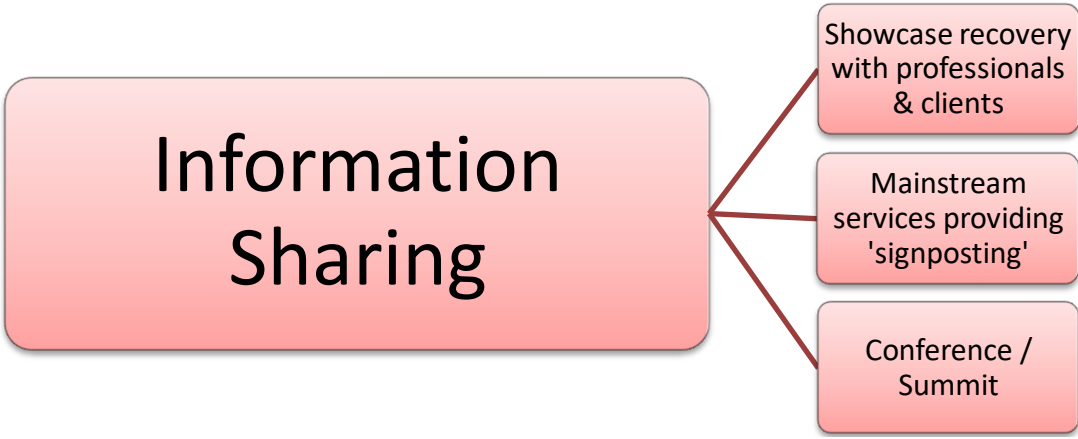


RESULTS

Question 1: What would you like to see in the next stage of recovery in York?

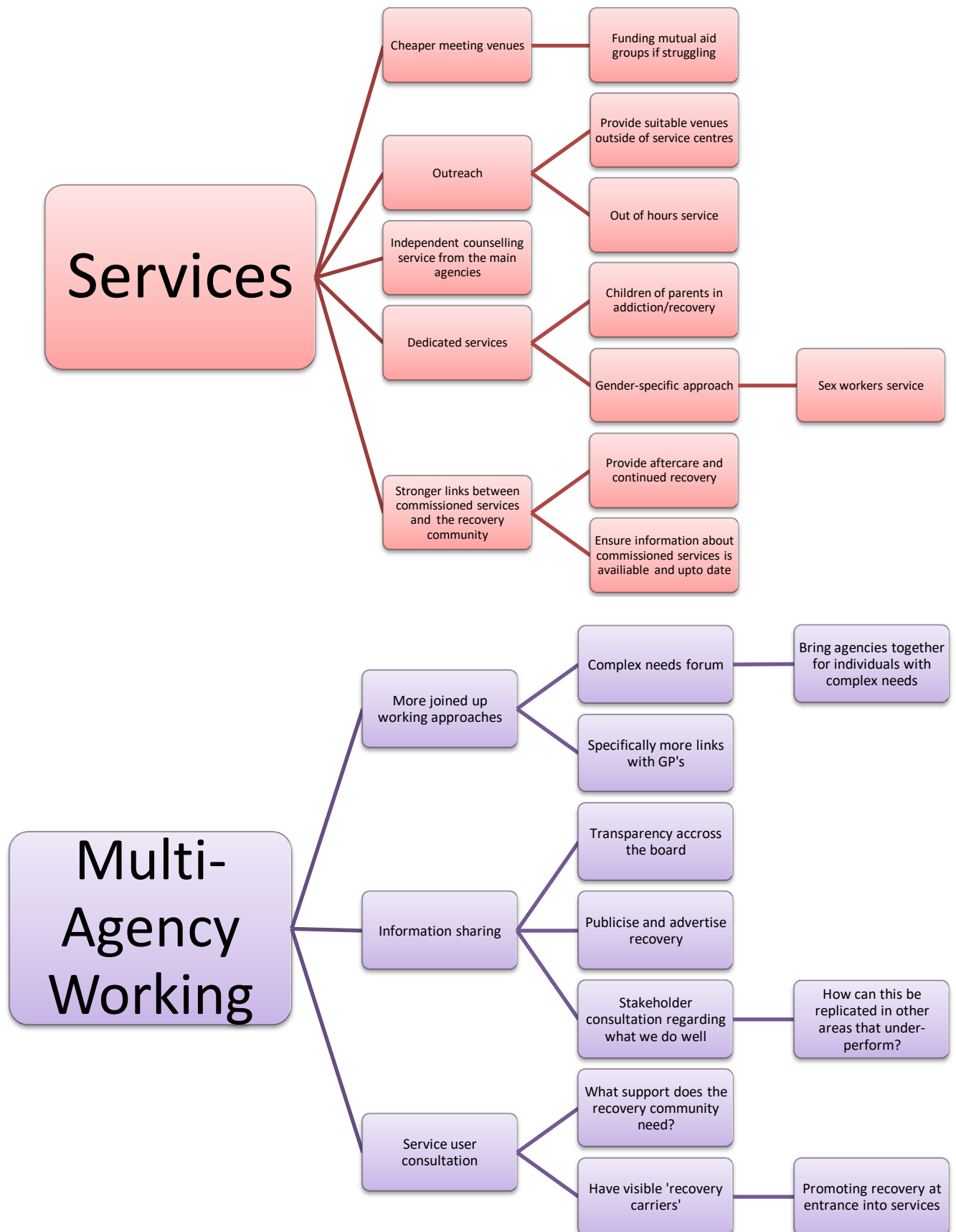
The main themes were to increase visibility; increase awareness; improve information sharing; events; and services.





Question 2: How can commissioned services best support recovery in the city?

The main themes were to provide additional services, to build on services already in operation and to increase multi-agency working.



Question 3: How can we best inform people about the support available?

The main themes were via the YIR website, local media, recovery events and signposting.

