

## Recovery College response to Covid-19

**The Recovery College has been relocated to the Agile demonstration suite (1<sup>st</sup> floor West wing) – and the College is not open to the public.**

**This room will be closed to all other staff until further notice.**

### RECOVERY NAVIGATION

#### Working with Camden & Islington Crisis Single Point Access Team

Since Spring 2020, members of the Recovery College team have been working as Recovery Navigators, supporting service users referred by the Camden & Islington Crisis Single Point Access Team.

Days/hours of operation:	Monday	10am-2pm
	Wednesday	10am-2pm
	Friday	10am-2pm

We receive referrals from Camden & Islington Crisis Single Point Access Team clinicians for service users who may benefit from emotional and/or practical support.

Recovery Navigators respond to a referral within 72 hours and offer short term interventions (up to three phone calls) including recovery tools, community resources, health & social care referrals or signposting. The aim of this service is to find alternative ways for people to structure their day with possible referrals to third sector organisations, or encourage them to establish a change in their daily routine via self-care and soothing exercises.

## **RECOVERY COLLEGE COURSES AND SUPPORT FOR STUDENTS**

We continue to co-produce short online live courses and course videos for students who have internet access.

Our course guide and calendar can be found on our webpage or emailed on request.

In 2020 we launched a new private group on Facebook for students called 'Recovery College Students' which contains information on our online courses as well as recovery and wellbeing links and tips. We also have a Youtube channel which hosts our course videos (links available on enrolment) and other Recovery College videos.

We offer follow-up calls to students on courses who are in distress and need more individualised 1:1 support.