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Well, what a year 2020 was for us all and the Changes Service.

2020 bought many new words to our vocabulary such as Covid, lockdown, tiers (shed a few as well), facemask and a definite new one for us was “You’re on Mute”

Going Online

Looking at online platforms such as Skype, Zoom and Microsoft teams we have still been able to deliver all elements of the Changes Service such as SMART recovery, peer support sessions and family sessions and our referrals have never been as good.

With SMART recovery meetings we started these in May of 2020 with lots of apprehension wondering if it would work or not, getting past technophobia (not mine I haste to mention) and would service users really want to engage in this way.

Well, what can I say? It started slowly, but now our engagement is as good as it was when we did face to face meetings, however, not everybody could access online meetings, so we have ensured SMART support is still offered to them via the telephone.

Offering International Support

With this development using online resources we have also been able to offer face to face support to a service user who is currently in France due to family reasons, this has given them the opportunity to continue to engage in their recovery and have that outlet for psychosocial support.

Volunteers

It has been difficult for our volunteers as they had to suddenly stop their role at the beginning of the pandemic, but for those who have online resources they have now got involved in East Riding Partnerships Community Rehabilitation Programme, SMART meetings and one to one support meetings.

Values

On top of all the things that have been thrown our way during these challenging times I know one thing for sure and that is we have not stopped in keeping to the values of ADS, which are;

Honesty
Diversity
Service user and carer focused
Effective
Caring

This has supported everyone involved and made what could have been a difficult job, a job that faced every challenge and conquered.

Bring on 2021