

Lydia Smith

A Day in the life of a Trainee Recovery Worker



A day in the life of a trainee recovery worker is equally as challenging as it is rewarding. My role enables me to play a part in almost all aspects of the service and provide additional support where needed. This has meant that I have the opportunity to thoroughly learn the role, attend training and then apply this directly to the practice aspect of the role. I have been able to shadow each banding of employee and the elements of their role giving me a holistic view of recovery itself and the intricate workings of the service, how employees work together to give the best possible support to clients to aid their recovery. It has also allowed me to meet the amazing people that make this service possible; each offer something unique and

share their expertise collectively. There is also a strong team ethic that flows throughout the service knowing that you can reach out for advice and support when needed as it is equally important for employees to take care of themselves as well as our clientele (practice what we preach!).

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Each working day is completely different to the next and there is an element of surprise that comes with this making the role ever more intriguing. One day could be by the book with each client attending their planned appointment on time, presenting well and positive which is great but we all need a challenge at times and our client group definitely offers this, most days there's no time to stop its all go. Our clients can be likened to an analogy about buses 'you wait ages for one and then a dozen turn up at once'. A day in the life of a trainee recovery worker is often times humbling I have met some of the kindest hearted and caring clients who have little themselves but are willing to share what little they have and just appreciate a friendly face to have a chat with.

A day in the life of a trainee recovery worker often means listening, understanding and giving helpful and educated advice that helps our clients learn techniques that aid in their personal recovery journey and most importantly keeps our clients safe and self-aware. Many times people ask "what does a recovery worker do?" and I am learning each day a recovery worker does a little of everything, they can be a vital part of a client's life, they can be a shoulder to cry on, a friendly face to talk to, a person to

share their triumphs and weaknesses, an advocate, a detective!, a champion and sometimes the only consistent and stable person the client has in their life at that moment. A day in the life of a trainee recovery worker allows you to meet clients with wide-ranging needs which can be viewed as a positive as these complexities require constant adaptation of your skills and keeps you on your toes; this is a role that is character building and all about celebrating the small wins.

Being a New Member of Staff in a Pandemic has its Challenges

Joining the service during a global pandemic has also had its challenges in terms of being a new member of staff. Under normal circumstance there is a clearly defined induction plan outlining training and shadowing elements of the service. Due to Covid-19, two meter distancing rules and restrictions on staffing levels in physical spaces this has meant getting creative. I have contacted various people via Microsoft Teams as opposed to face to face meetings and all training has been conducted via Teams. Whilst this has meant I have not had all of the usual learning opportunities and been able to visit all aspects of the service including other buildings and the triage unit within DRI, it has shown resilience within the service as a whole making changes and adapting where possible to ensure that I still get a quality induction. Colleagues have booked face to face appointments in rooms that allow three people in order for me to observe, alike the group work team have allowed me to participate in group sessions online such as Mood masters and SMART. I have also been on training where the lead facilitator has incorporated quizzes in respect to the session and breaking off from the main training into 'rooms' to allow for a more intimate discussion adding to the value of the training. Covid has also had a big impact on an induction to the service with staffing levels present within the building, a number of staff have had to shield during the pandemic, two of my Stainforth team members are currently shielding; one of which I have never met face to face! Despite this my senior has placed greater effort in ensuring the team ethic remains and schedules two tea/coffee mornings a week to ensure those working from home don't feel isolated and have time to catch-up with the team on an informal basis. It has also proven how good working relationships and friendships can still be formed and maintained through distance and really reiterated the importance and meaning of team work.