

Background on Recovery Box

The Recovery Box is a small box (*about the size of a slice of bread*) that plugs into a TV monitor through a HDMI cable. It allows users to access a range of programs that will change how information about Recovery is made available to Consumers, Carers, Mental Health Professionals and the public.



Recovery Box is a project that SUPER CRO www.supercro.com has been working on since several consumers made the decision to work on turning the unincorporated association into a charity registered with the Australian Charities and Not for Profit Commission – see <https://www.acnc.gov.au/for-charities/start-charity>

SUPER CRO is an acronym for Service Users, Participating; Educating and Researching to develop Consumer Run Organisations across Australia. It is a model that we have researched in Kansas and Georgia and wish to bring this model to Australia.

Our Mission with SUPER CRO is to create safe places where people who are Service Users have experienced mental health distress or have a trauma background can come together to support each other in furthering their recovery and join their voices to support improving mental health services. It is a place to receive support, but more importantly, a place to give back, to be of service and contribute to our communities

The Recovery Box has moved from a concept to a working prototype. SUPER CRO created Project Ideas Templates so that members of SUPER CRO could put forward ideas for the Executive to see what support is needed to be provided by SUPER CRO – see Appendix A: *Recovery Box Project Ideas Template*.

The Recovery Box project was launched on 14 September 2018 as part of the Voices for Recovery forum held in Lake Macquarie to celebrate Recovery and World Hearing Voices day in Australia

Recovery Box Launch

The Recovery Box will change how information about Recovery is made available to Consumers, Carers, Mental Health Professionals and the general public.

For more information www.recovery-box.com

The Recovery Box consists of two parts: hardware and firmware.

The hardware is a mini computer with 2Gb of ram and 16 Gb of storage with the option to add additional storage with usb or micro sd card. It also has wifi and ethernet ports and two usb ports and connects to the tv via a hdmi cable.. Recovery Box also comes with a mouse for easier control and a webcam to attend group meetings or appointments via webcam for when people are not able to attend in person

The firmware has been developed by Peter Hawes *The firmware is a modified android 7 kernel with a front-end launcher with built in php and javascript and has a website back end that when updated will update on all recovery boxes in the field.*

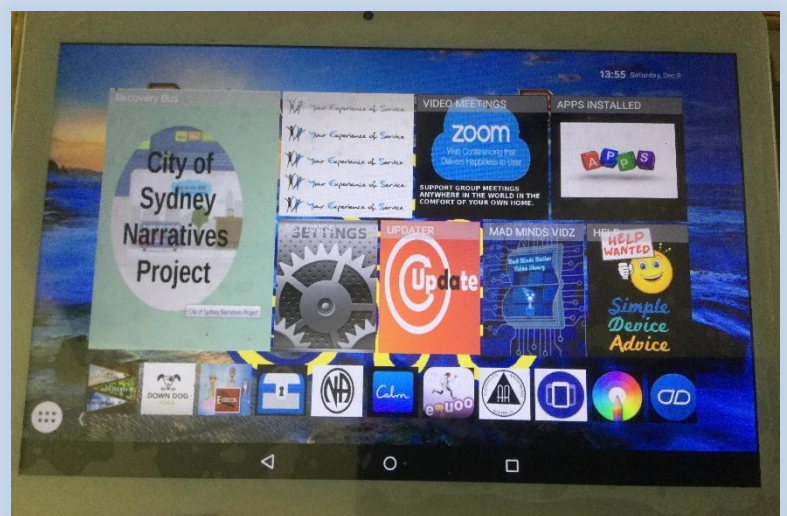
This allows us to make sure we have the latest apps out there and information is up to date.

Our firmware also allows us to send out notifications for upcoming projects, conferences and mental health events that consumers might wish to attend.

It's also possible to live stream conferences and training to create a digital ticket to all events in the mental health sector should the trainers or conference organizers wish to support this option. This makes these events more accessible to people in different stages of their recovery so they can benefit from the talks and training sessions that are delivered by multiple organisations across the sector.. E.g vic serve has some awesome training and of course thmhs conference is also an amazing event.

When the Recovery Box starts up it looks like this image.

- On the top left corner: you have the City of Sydney Narrative Project website, that when clicked on it opens the Recovery Bus website.
- Alongside this is the YES Survey demonstration website.
- The Zoom Video website is next and this is followed on the left hand side you have APPS,
- When you click on APPS it will show you all the APPS that have been uploaded to the Recovery Box



- The next image will take you to a help page on the Recovery Box website www.recovery-box.com with Previously Asked Questions
- The next image is the original APPS: Mad Minds Vidz described in more detail in the background in Appendix B
- The updater image allows you to update all APPS at once without the need to do it one at a time
- Setting allows you to customise your Recovery Box
- The next line of APPS includes a number from the APPS store that you can change to suit your preference. They include: Calm, Colofill. Ambenance etc
- The white button on the bottom left hand of the screen is a taskbar where you can load additional APPS depending on how you wish to use the Recovery Box.

SUPER CRO is working to develop a network of Authorised Representatives (AR'S) to support people who purchase a Recovery Box. AR's will have the opportunity to be involved in weekly mentoring sessions through Facebook Messenger and will be encouraged to setup a group with other consumers to become a part of SUPER CRO and link up with other Consumers working on their Recovery Journey around Australia.

More information is available through www.supercro.com or send an email to info@mh-worx.com

Appendix A: Recovery Box Project Ideas Template



SUPER CRO RECOVERY Box PROJECT IDEA PAPER ID: 180305

1. Name of Project:

Recovery Box V0.1

2. Name/s of Project Person/s:

Douglas Holmes, Peter Hawes

3. What is the idea or project? (Short description)

The Recovery Box project is an idea that will bring a range of Recovery tools that Peter and Douglas have found useful on their Recovery Journey. They will use Peters existing Games Box to include an App that will have links to Websites, Youtube clips, videos, Facebook pages and other resources

4. Why is the idea or project needed?

The project is needed because it will enable new people to access a range of information in one place that will reduce the amount of time it takes to find useful information that will assist others on their Recovery Journey.

It will become a way of increasing membership for SUPER CRO

5. What support is needed? (List the things you would like to have from the Project Genie)

A concept paper,
A business plan,
Identify Funding,
Working Group to develop the content for the App,
Develop the list of products for the Actual box

6. When the project has been completed, describe what has been done

An App has been developed that will be available through Peters Game Box, An order form that will be able to be distributed through conferences, distribution lists MH Services

7. What questions need to be answered to move the project forward?

What funds do we need to develop the App

Appendix B: Background on Mad Minds Vidz

This section of the paper will show the start of developing the original app that is now part of the Recovery Box project. The idea was formulated on 27 February 2018 when Peter Hawes and Douglas Holmes met in Point Cook, Victoria to put their ideas down on paper and to start clarifying what was needed to turn the Recovery Box from an idea into a project that would change how information would be made available to Consumers, Carers, Mental Health Professionals and the general public.

The original idea was to develop an App that could be incorporated into the product Peter had developed and was already selling successfully online.

However as the brainstorming continued using GLOSS - OFF, both Peter and Douglas made the decision to rebrand a box with its own firmware and content.

This link will explain GLOSS - OFF <https://youtu.be/BDJyhqbsZv0>

A small working group of interested people would be asked to participate in a working group to assist with identifying what information would be included under each of the headings in the App:

The Headings for each of the Channels include:

1. Stories
2. Coping Strategies
3. Recovery Resources
4. Medical solutions
5. Events

Definitions for each of these will be developed and under each of the headings there would be a range of other sub-headings - see Appendix A:

Appendix A: Heading Definitions

Stories

This heading would capture video stories of people who had told their stories and it was already freely available on Youtube.

New people coming into the system would be encouraged to develop their story and submit their video to the working group for consideration to be included under the Stories heading

Coping Strategies

This heading would have a range of coping strategies that had been found to useful by members of the working group and would be updated on a regular basis an new strategies become known

Recovery Resources

This heading would have a range of Recovery Resources that had been identified by the working group as being useful in peoples Recovery Journeys. The working group would put forward website, Facebook pages, projects developed by consumers, educational resources, books reviews, papers

Medical solutions

This heading would have a range of information that members of the working group had identified in people's Recovery Journey

Events

This heading would have a range of consumer led events and information about events that members of the working group identified that would assist people with their Recovery Journey

Appendix C: Links to a range of information that would go under each of the headings

Stories

With this section we would identify a range of Recovery Stories on videos that were already available and would put them up in alphabetical order.

We would also approach the speakers to allow us to include some written text that would be included in this section and ask them to incorporate information on the coping strategies they had found useful and any recovery resources they had developed during their journey. They would be linked across to where the resources are in the Recovery Box.

Coping Strategies

With this section they would be in alphabetical order and would be added once they had been identified through a person's recovery story.

Recovery Resources

Douglas Holmes

Recovery Bus Website www.recoverybus.org.au

Recovery Quilt <https://youtu.be/YPR6mIF147s>

5 Videos on City of Sydney Narrative Project website
<https://cosnp.info/about/resources/inpatient/>

Medical solutions

This section will need a little thought and will involve bringing in people that have the appropriate skills to ensure that all sides of the discussion about medication are included

Events:

Sept 14 2018 Launch of Recovery Box

http://voices_for_recovery_2018.eventbrite.com.au/?s=82639653