

# Recovery: whose job is it?

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# International Review of Psychiatry

Recovery developments in:

Australia

Austria

Canada

England

Hong Kong

Israel

New Zealand

Scotland

USA

Slade M, Adams N, O'Hagan M (2012)  
*Recovery: past progress and future challenges*,  
International Review of Psychiatry, **24**, 1-4.

# Topics

1. What is personal recovery?
2. Whose job is it?
3. Best practice in supporting recovery

# Clinical Recovery

Full symptom remission, full or part time work / education, independent living without supervision by informal carers, having friends with whom activities can be shared – sustained for a period of 2 years

Liberman RP, Kopelowicz A (2002)  
Recovery from schizophrenia,

*International Review of Psychiatry*, **14**, 245-255.

# Personal recovery

A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by the illness.

Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

Anthony WA (1993) Recovery from mental illness: the guiding vision of the mental health service system in the 1990s, *Psychosocial Rehabilitation Journal*, 16, 11-23.

## Long-term (>20 year) schizophrenia outcome

Team	Location	Yr	n	F-up (yrs)	Recovered / sig. improved (%)
Huber	Bonn	1975	502	22	57
Ciompi	Lausanne	1976	289	37	53
Bleuler	Zurich	1978	208	23	53-68
Tsuang	Iowa	1979	186	35	46
Harding	Vermont	1987	269	32	62-68
Ogawa	Japan	1987	140	23	57
Marneros	Cologne	1989	249	25	58
DeSisto	Maine	1995	269	35	49
Harrison	18-site	2001	776	25	56

## Long-term (>20 year) AN outcome

Team	Location	Yr	n	F-up (yrs)	Recovered / sig. improved (%)
Löwe	Heidelberg	2001	84	21	<b>51 Full</b> <b>21 Partial</b>
Ratnasuriya	London	1991	41	20	<b>61 good /</b> <b>intermediate</b>

# Recovery in eating disorders

Maturation

“Waking up”

Increased self-esteem

Willpower

Leaving home

Religion

“Good loss”

Children/pregnancy

Job

Supportive relationships

Supportive friendship

Support from other patients

Therapy

Medications

Tozzi F et al (2003) *Causes and Recovery in Anorexia Nervosa: The Patient's Perspective*, International Journal of Eating Disorders, **33**, 143-154.



# Short definition

Recovery involves living as well as possible.

South London and Maudsley NHS Foundation Trust (2010)  
*Social Inclusion and Recovery (SIR) Strategy 2010-2015,*  
London: SLAM.

# One word – two meanings

## **CLINICAL RECOVERY**

- focus on professional imperatives
- partly operationalised
- not highly concordant with consumer views

## **PERSONAL RECOVERY**

- focus on personal meaning and purpose
- not operationalised for research purposes
- ideological and oppositional, not empirical

# Real-life consequences

Flat. Lacking in motivation, sleep and appetite good. Discussed aetiology. Cont. LiCarb 250mg qid. Levels next time.

Today I wanted to die. Everything was hurting. My body was screaming. I saw the doctor. I said nothing. Now I feel terrible. Nothing seems good and nothing good seems possible. I am stuck in this twilight mood where I go down into a lonely black hole. Where there is room for only one.

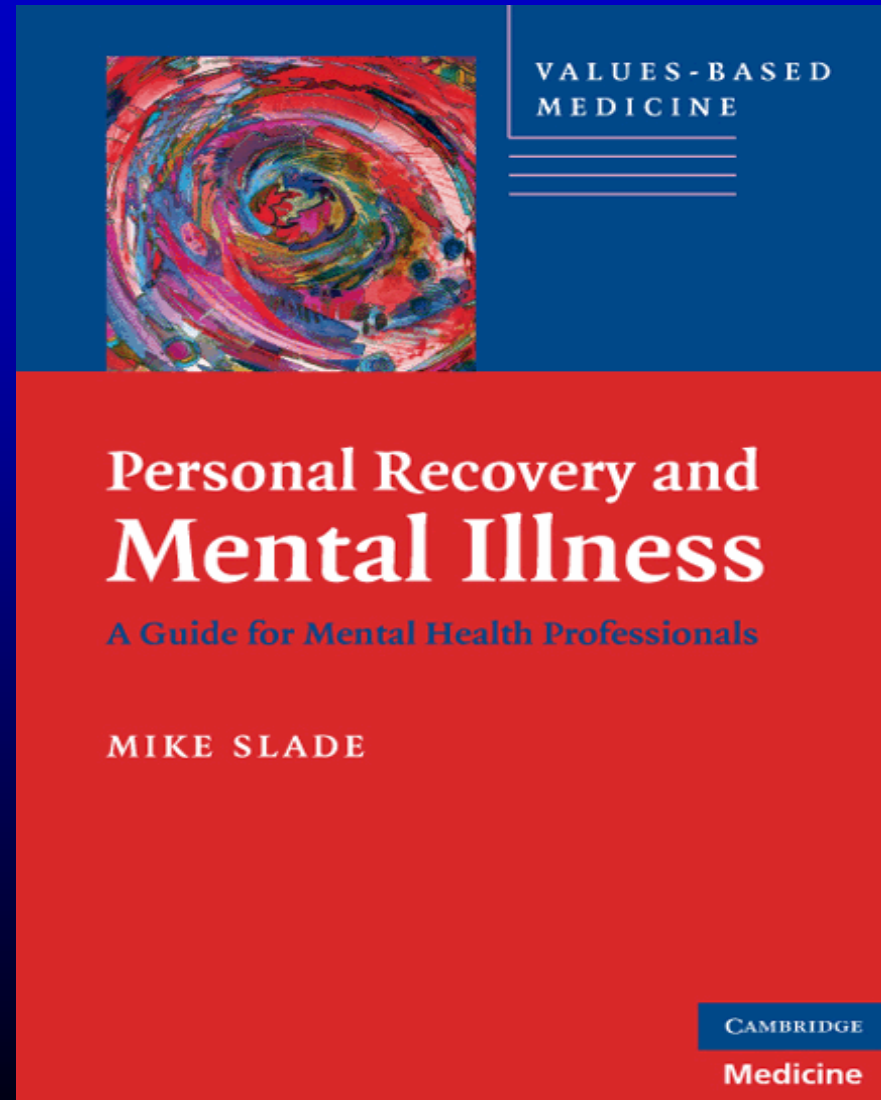
O'Hagan M (1996) *Two accounts of mental distress*,

In: Read J, Reynolds J (eds) "Speaking our Minds", London: Macmillan.

# Which type of recovery should be the goal of the mental health system?

1. Epistemological
2. Ethical
3. Empowerment
4. Effectiveness
5. Policy

Cambridge University Press, 2009



# So whose job is it?

People with personal experience do the recovering...

...helped or hindered by others in their social environment

# Components of personal recovery

## Sources

12 bibliographic databases, web, experts, ToC, hand searching

## Data

5,208 identified, 376 full papers retrieved, 97 included

## Analysis

Systematic review, modified narrative synthesis

Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011)

*A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis*,  
British Journal of Psychiatry, **199**, 445-452.

# Characteristics of the recovery journey

Active process

Gradual process

Individual & unique process

Life-changing experience

Non-linear

Recovery without cure

A journey

Aided by supportive environment

Stages or phases

Multidimensional

A struggle

Trial and error process

Can occur without professional intervention

Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011)

*A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis,*  
British Journal of Psychiatry, **199**, 445-452.

# Recovery processes: The CHIME framework



Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011)

*A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis,*  
British Journal of Psychiatry, **199**, 445-452.



# Reviewing the evidence

## Connectedness

Tew J et al (2012) *Social factors and recovery from mental health difficulties: a review of the evidence*, British Journal of Social Work, **42**, 443-460.

## Hope and optimism

Schrank B et al (2012) *Determinants, self-management strategies and interventions for hope in people with mental disorders: systematic search and narrative review*, Social Science and Medicine, **74**, 554-564.

## Identity

Brohan E et al (2012) *Systematic review of beliefs, behaviours and influencing factors associated with disclosure of a mental health problem in the workplace*, BMC Psychiatry, **12**, 11.

# Paradigm shift?

1. The central intellectual challenge comes from outside the system of belief
2. The previous body of knowledge becomes a special case
3. What was previously peripheral becomes central

# International best practice

## Sources

International policy, practice guidance, Google, reference lists

## Data

30 documents from six countries

## Analysis

Inductive thematic analysis, interpretive analysis

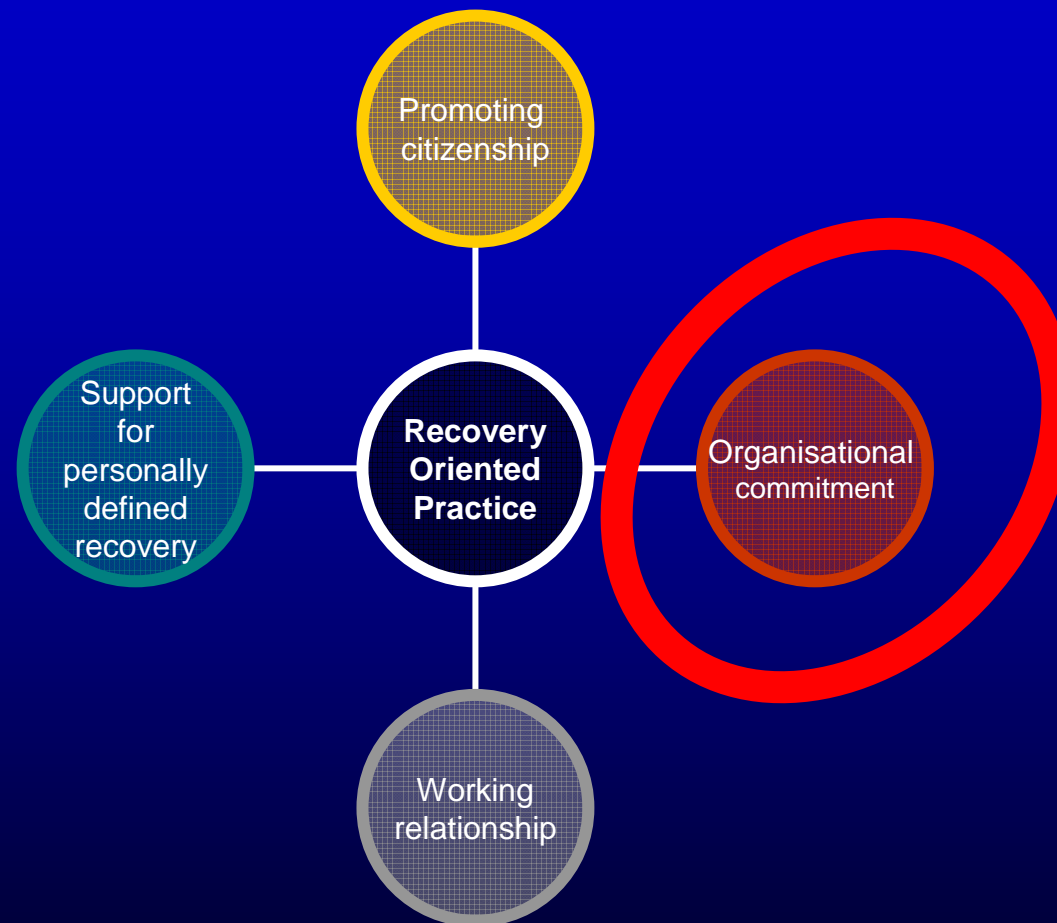
Le Boutillier C, Leamy M, Bird V, Davidson L, Williams J, Slade M (2011) *What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance*. *Psychiatric Services*, **62**, 1470-1476.

# Recovery Practice Framework



Le Boutillier C, Leamy M, Bird V, Davidson L, Williams J, Slade M (2011) *What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance*. *Psychiatric Services*, **62**, 1470-1476.

# ImROC: Implementing Recovery – Organisational Change



Le Boutillier C, Leamy M, Bird V, Davidson L, Williams J, Slade M (2011) *What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance*. *Psychiatric Services*, **62**, 1470-1476.

POLICY

SAINSBURY CENTRE  
for MENTAL HEALTH  
removing barriers achieving change



## Making Recovery a Reality

Geoff Shepherd, Jed Boardman & Mike Slade

POLICY

SAINSBURY CENTRE  
for MENTAL HEALTH  
removing barriers achieving change



## Implementing Recovery

A methodology for  
organisational change

Geoff Shepherd, Jed Boardman  
and Maurice Burns

# 10 key organisational challenges

1. Changing the nature of day-to-day interactions and the quality of experience
2. Delivering comprehensive, user-led education and training programmes
3. **Establishing a 'Recovery Education Centre' to drive the programmes forward**
4. Ensuring organisational commitment, creating the 'culture'
5. Increasing 'personalisation' and choice
6. **Transforming the workforce**
7. Changing the way we approach risk assessment and management
8. Redefining user '*involvement*' to create genuine '*partnerships*'
9. Supporting staff in their recovery journey
10. Increasing opportunities for building a life 'beyond illness'

# REFOCUS



Le Boutillier C, Leamy M, Bird V, Davidson L, Williams J, Slade M (2011) *What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance*. *Psychiatric Services*, **62**, 1470-1476.



# REFOCUS Intervention

*Support for recovery: working practices*

- Understanding values
- Assessing strengths
- Supporting goal-striving

## Consumers on recovery

Many felt it was allowing professionals to force 'recovery' on clients.

Others saw professionals using 'recovery' as an excuse not to do anything.

We also heard 'recovery' needs to be more than a "fashion".

In fact, many argued that the original notion of 'recovery' had been "hijacked" by professionals.

Mental Health "Recovery" Study Working Group (2009) *Mental Health "Recovery": Users and Refusers*, Toronto: Wellesley Institute.

# Communication styles

## 1. Mentoring

Deegan G (2003) *Discovering recovery*,  
Psychiatric Rehabilitation Journal, **26**, 368-376.

## 2. Co-learning

Bock T, Priebe S (2005) *Psychosis seminars: an  
unconventional approach*. Psychiatric Services, **56**, 1441-1443.

## 3. Coaching

Green LS, Oades LG, Grant AM (2006) *Cognitive-Behavioural,  
Solution-Focused Life Coaching: Enhancing Goal Striving,  
Well-Being and Hope*, Journal of Positive Psychology, **1**, 142-149.

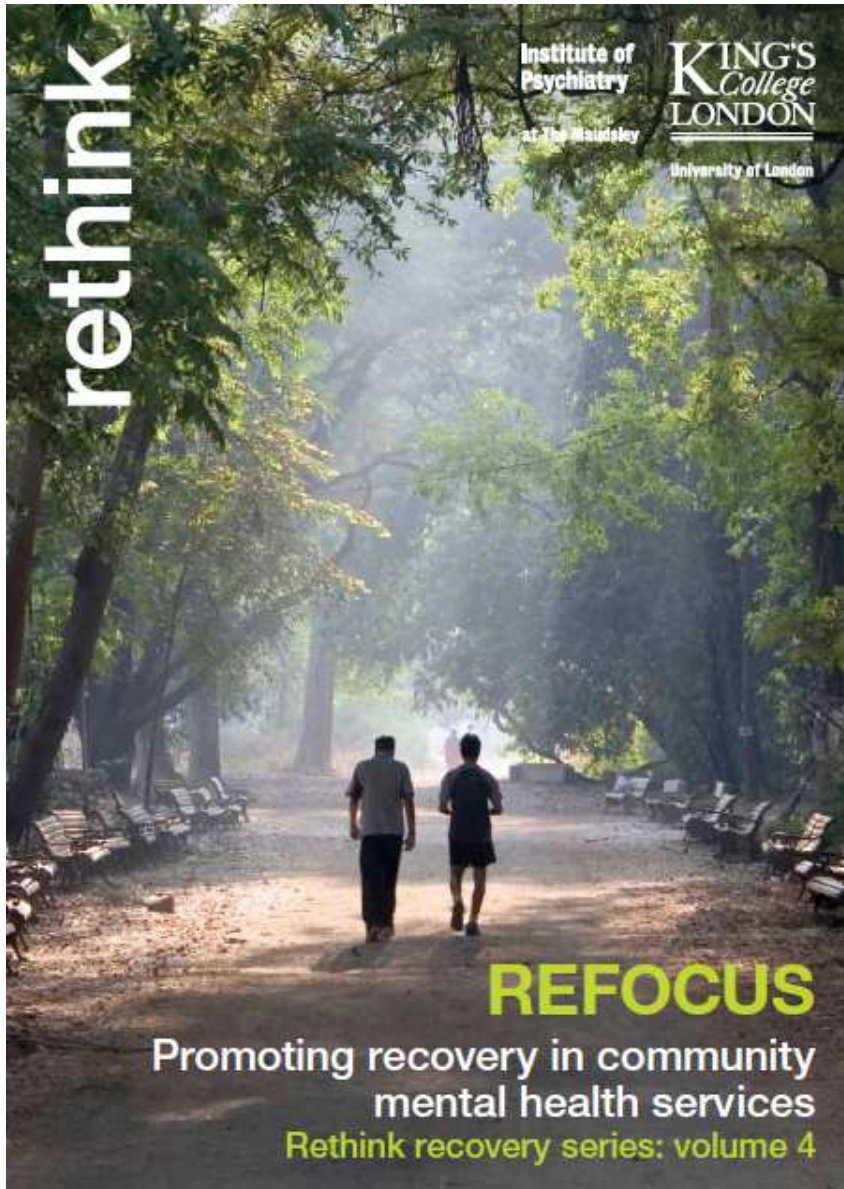
# REFOCUS Intervention

## *Support for recovery : working practices*

- Understanding values
- Assessing strengths
- Supporting goal-striving

## *Working relationship*

- Developing recovery promoting relationships
- Partnership project
- Creating expectations among service users



Bird V et al (2011) *REFOCUS: Promoting recovery in community mental health services*, London: Rethink.

Free to download:  
[researchintorecovery.com/refocus](http://researchintorecovery.com/refocus)

ISRCTN02507940

Protocol: Slade M et al (2011) *REFOCUS Trial: protocol for a cluster randomised controlled trial of a pro-recovery intervention within community based mental health teams*, BMC Psychiatry, 11, 185.

## Best practice in supporting recovery



Le Boutillier C, Leamy M, Bird V, Davidson L, Williams J, Slade M (2011) *What does recovery mean in practice? A qualitative analysis of international recovery-oriented practice guidance*. *Psychiatric Services*, **62**, 1470-1476.

# The big remaining challenges

- Promoting well-being
- Improving social inclusion

Slade M (2009)

*The contribution of mental health services to recovery,*

*Journal of Mental Health, 18, 367-371.*

# Relevant bodies of knowledge

Academic disciplines linked to recovery:

Positive psychology

Mental capital

Well-being

Resnick SG, Rosenheck RA (2006) *Recovery and Positive Psychology: Parallel Themes and Potential Synergies*, *Psychiatric Services*, **57**, 120-122.

Hanlon P, Carlisle S (2008) *What can the science of well-being tell the discipline of psychiatry – and why might psychiatry listen?*, *Advances in Psychiatric Treatment*, **14**, 312-219.

Slade M (2010) *Mental illness and well-being: the central importance of positive psychology and recovery approaches*, *BMC Health Services Research*, **10**, 26.



# Mental wellbeing

Mental wellness is achieved when one is in harmony with oneself and one's surroundings; it allows individuals to function effectively and deal with new challenges.

Mental Health Working Group (2002) *Mental Wellness Framework: A Discussion Document for Comprehensive Culturally Appropriate Mental Health Services in First Nations and Inuit Communities*, Ottawa: Health Canada.

# Foresight five ways to wellbeing

## **Connect**

Connect with the people around you...Think of these as the cornerstones of your life and invest time in developing them.

## **Be active**

Go for a walk or run. Step outside. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy.

## **Take notice...**

Be curious. Catch sight of the beautiful. Remark on the unusual. Be aware of the world around you.

## **Keep learning...**

Try something new. Rediscover an old interest. Sign up for that course. Set a challenge you will enjoy achieving.

## **Give...**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

Thank you

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