

Beyond Recovery to Flourishing: An Evaluation of a Peer-Facilitated Self-Development Program

Anna Ivanova, Tammy Purdy,
Vytas Velyvis, Joanne Jones, Lindsay
Oades, Trevor Crowe

Ontario Shores Research Day
March 23, 2012



Ontario Shores
Centre for Mental Health Sciences

What is Flourish?

Recovery

- Positive emotions, high psychological and social functioning is possible, despite mental illness
- People can experience high life satisfaction and happiness (Keyes, 2002)

- Recovery-oriented programs can improve well-being in mental illness by encouraging:
 - Autonomy
 - Self-exploration
 - Peer support



Flourish vs Languishing

- “a state in which an individual feels positive emotion toward life and is functioning well psychologically and socially” (Keyes & Haidt, 2006)
- Doesn't necessarily mean “free of mental illness symptoms”



The Flourish program:

- Designed in Australia by Lindsay Oades and colleagues
- Recovery-oriented
- Engages participants in self-development and peer support
- Fosters improved psychological and social well-being



The Flourish program:

- Is currently being trialed in several Australian cities
- Initial positive results from Australian pilot

- Introduced to Ontario Shores in 2010 through CONTACT



The Flourish Research Project

Purpose:

To examine effects of participation in the Flourish program, with specific focus on psychological and social well-being

Participant criteria:

- 18-65 y/o
- Mental illness > 1year duration
- Lives in the community (outpatient)
- Able to read and write in English



Study Procedure

- Participants are randomly assigned to treatment-now or treatment-delayed group.
- Both groups complete survey questionnaires every 3 months for 1 year.
 - Treatment-now participants start Flourish program immediately, concurrent with completing questionnaires.
 - Treatment-delayed participants wait for 1 year until beginning Flourish program, while still completing the questionnaires.



What is the Flourish Program?

Five Components:

- 1) a program booklet consisting of eight modules
- 2) a weekly 90-minute meeting group
- 3) a peer co-facilitator who helps guide the group through the program materials
- 4) audio recordings that complement the weekly material
- 5) weekly support and follow up phone calls from staff group facilitator.



Flourish Program Modules

Module 1: About Recovery – what recovery from mental illness means, defining what it means to flourish despite having a mental illness, ideas on resiliency and having a meaningful life.

Module 2: Using My Strengths and Values – exploring strengths and identifying values, bringing these concepts into focus using the Camera exercise to clarify and align values with everyday actions

Module 3: Mapping the Journey of Change - setting a course for change, using the Compass exercise as a guide to identify goals, and completing a Map to set goals and monitor progress

Module 4: Understanding Change - exploring change through a decisional balance (pros and cons of change vs. staying the same), exploring resistance and why we resist change



Module 5: Living In The Present – exploring the concept of mindfulness, accepting yourself where you are at and reviewing ways we avoid being present

Module 6: Staying Positive – highlighting the importance of positive thinking, increasing hopefulness in one's life, identifying obstacles to achieving goals and creating alternative pathways

Module 7: Building a Success Team – focus on importance of engaging others as part of a support system, identifying various types of support needed, creating a success team and connecting to a goal buddy

Module 8: Progress Review – reflecting on Map of identified goals, identifying achievements, celebrating successes, importance of rewards, setting new goals and review of program



Questionnaires Used

Quality of Life Enjoyment and Satisfaction Questionnaire

(Endicott, Nee, Harrison, & Blumenthal, 1993)

Measures satisfaction with typical daily activities and well-being in the past week.

- Total score
- Satisfaction with medication
- Overall life satisfaction

Kessler 10

(Kessler & Mroczek, 1994)

Measures psychological distress in the past four weeks.



Questionnaires Used – cont'd

Recovery Assessment Scale

(Corrigan, Salzer, Ralph, Sangster, & Keck, 2004)

Measures facets and processes relating to recovery in mental illness.

-Total score

-5 subscales:

- **Personal Confidence and Hope**
- **Willingness to Ask for Help**
- **Goal and Success Orientation**
- **Reliance on Others**
- **No Domination by Symptoms**



Demographics

The participants:

- 58% Male
- Age: 21-67 (M=43.8)
- Marital Status:
50% Single, 19.2% Married, 19.2% Divorced,
11.5% Separated
- Years since diagnosis: Mean=14.4 (SD=12.8)
- Primary diagnosis type:
57.7% Mood, 34.6% Psychotic, 7.7% Other



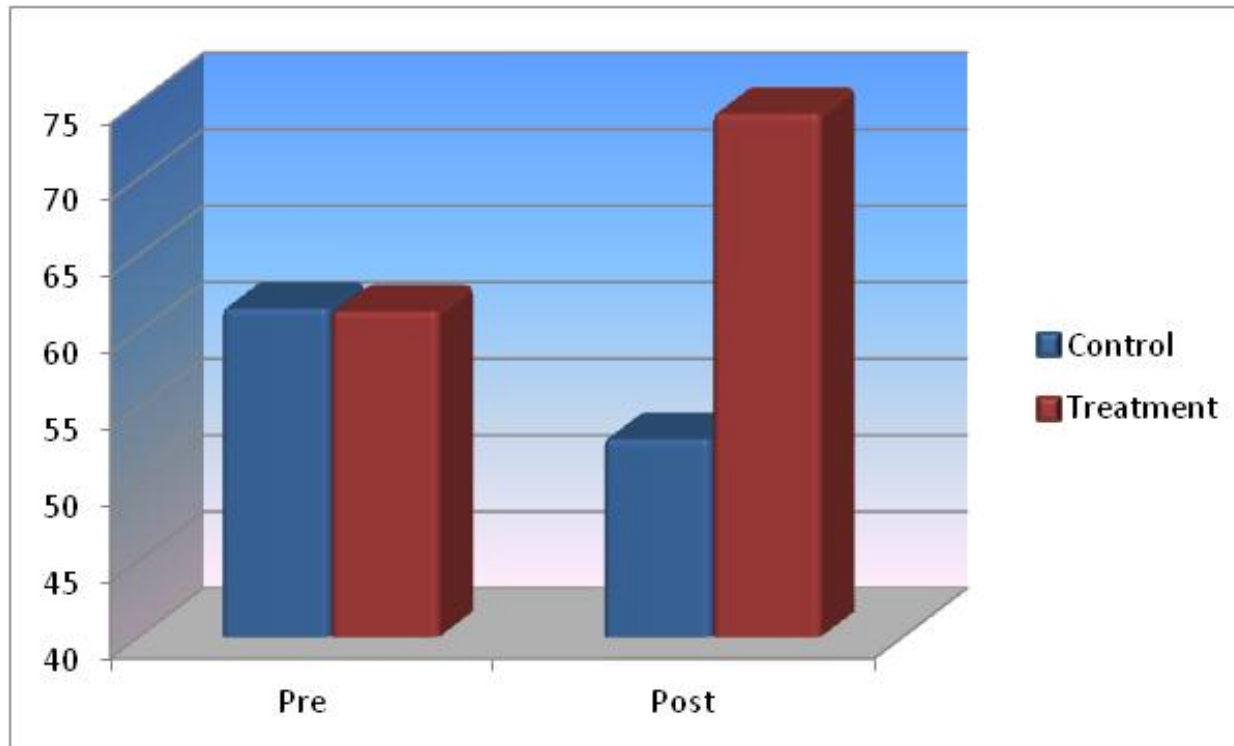
Results

Overall, at conclusion of program, participating in the Flourish group resulted in many positive changes, pointing to the program's effectiveness.

More specifically..



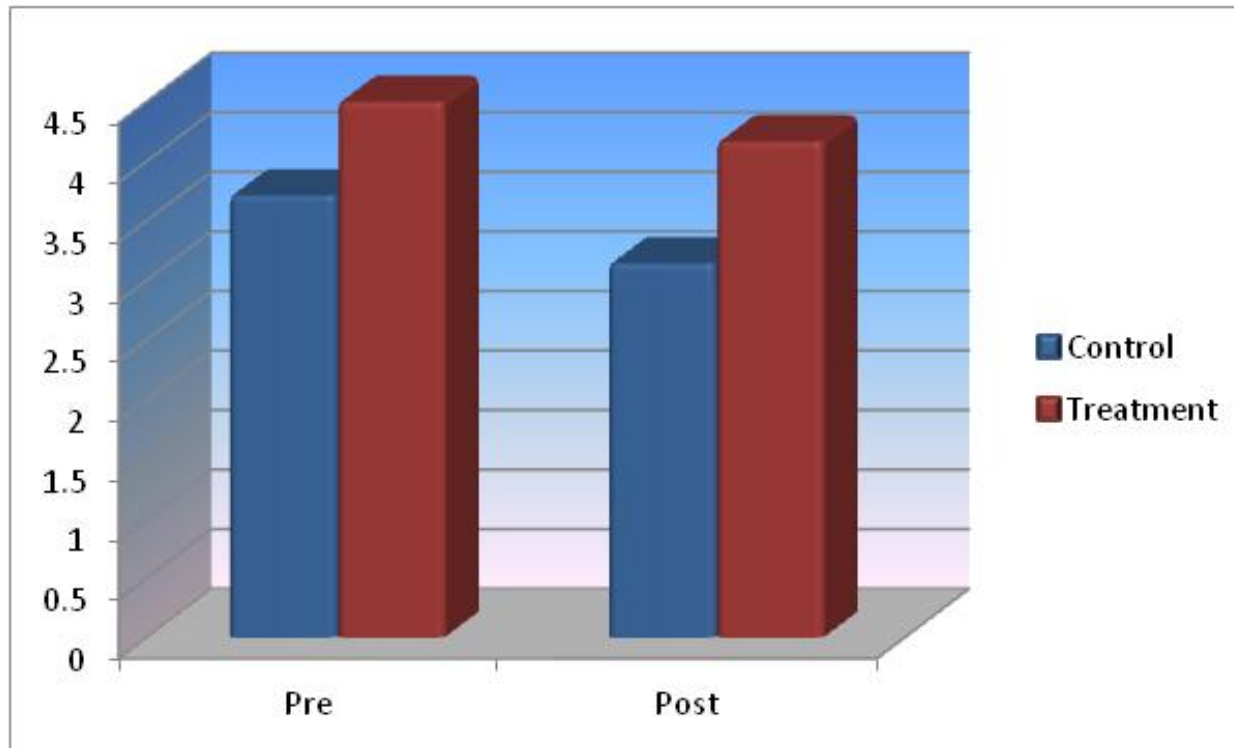
Quality of Life Enjoyment and Satisfaction



$F(1,11)=5.586, p=.038$



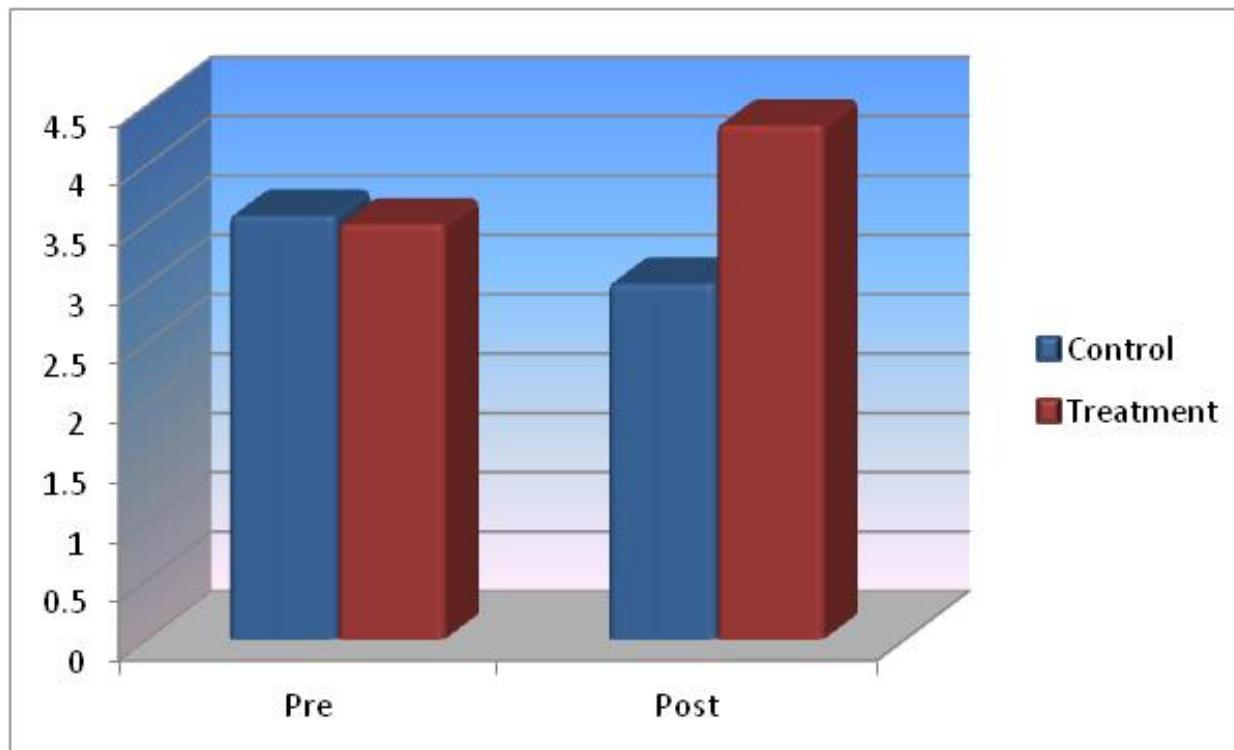
Quality of Life Enjoyment and Satisfaction - Medications



$F(1,11)=0.134, p=.721$



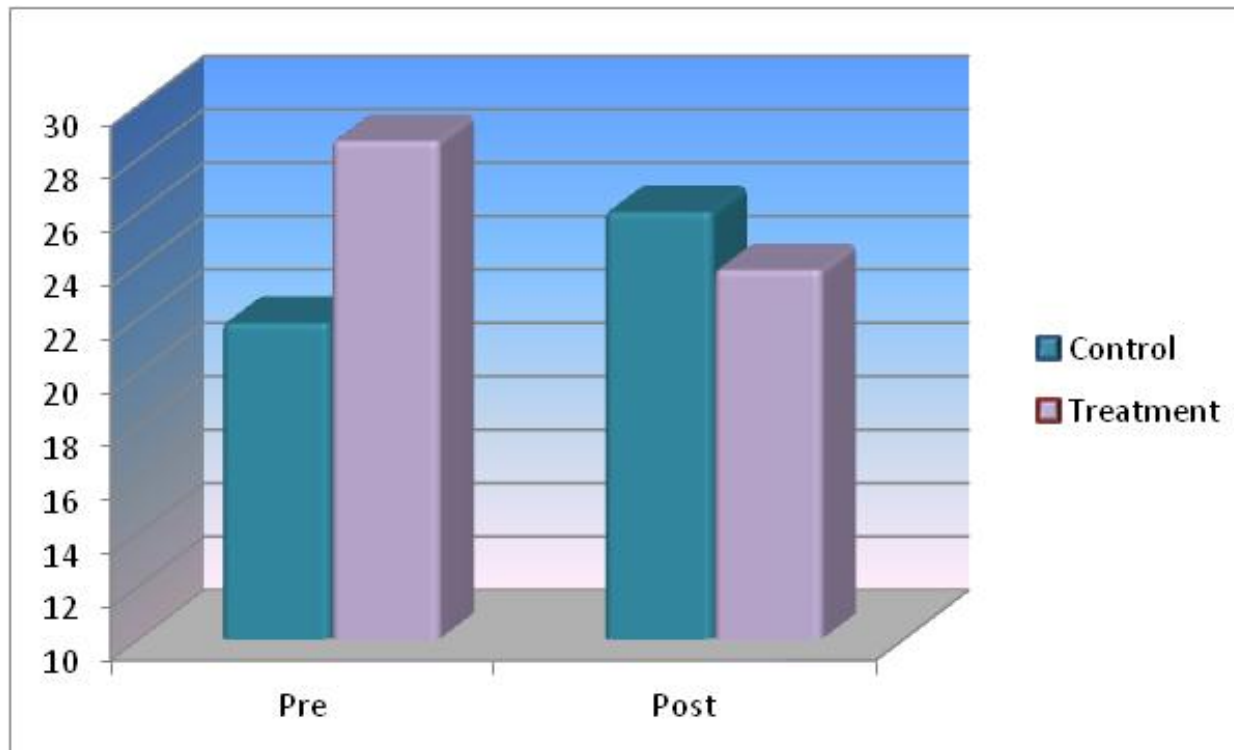
Quality of Life Enjoyment and Satisfaction - Overall



$F(1,11)=10.711, p=.007$



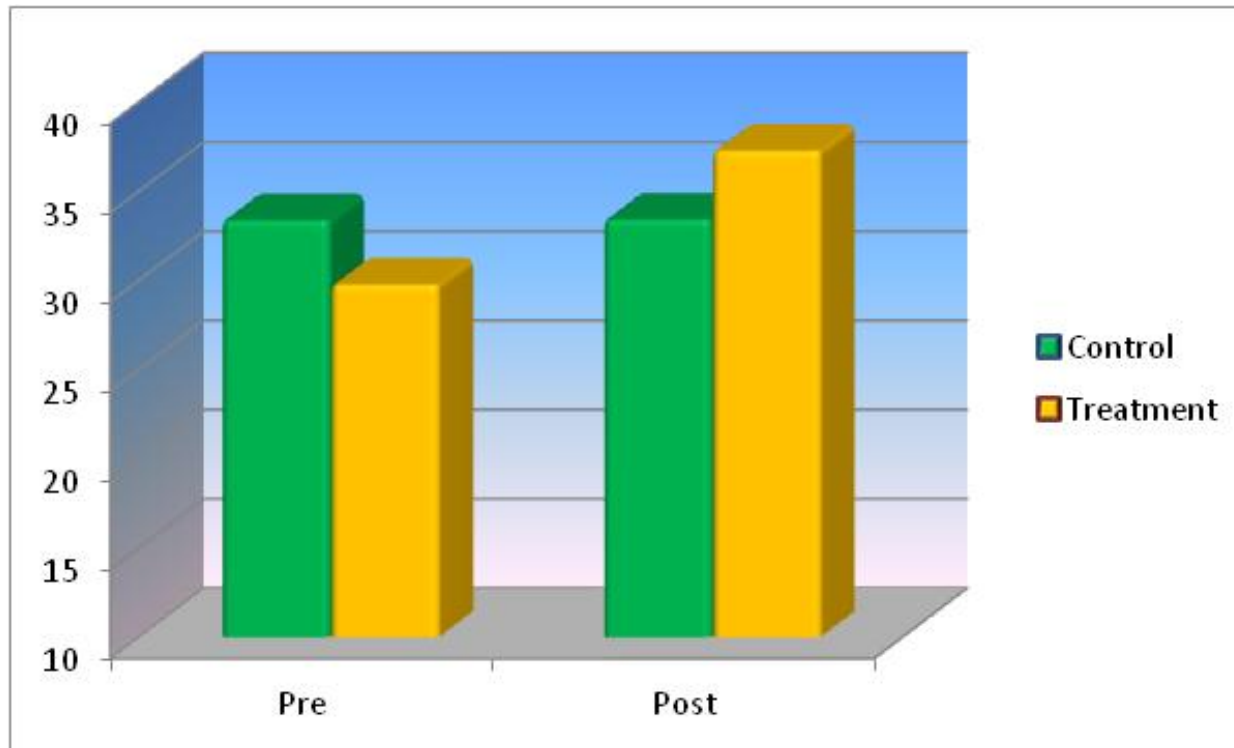
Kessler 10



$F(1,11)=5.178, p=.044$



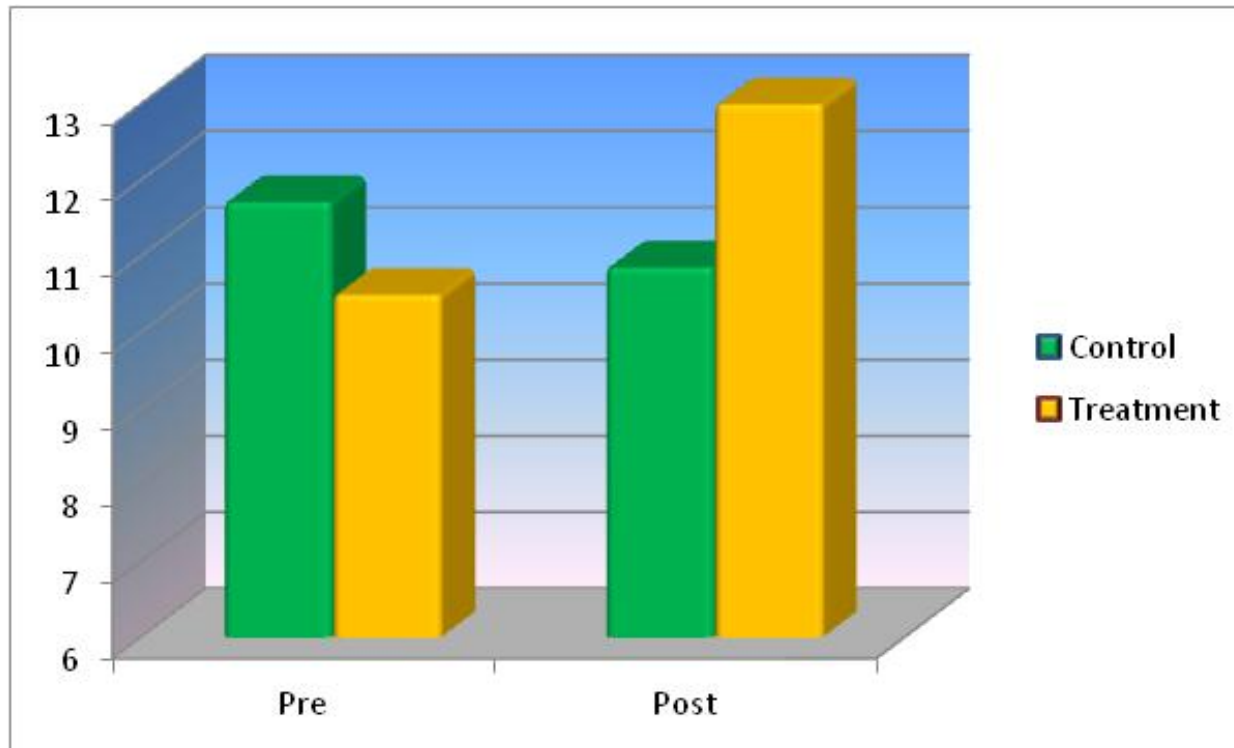
Recovery Assessment Scale – Personal confidence and hope



$F(1,11)=3.637, p=.083$



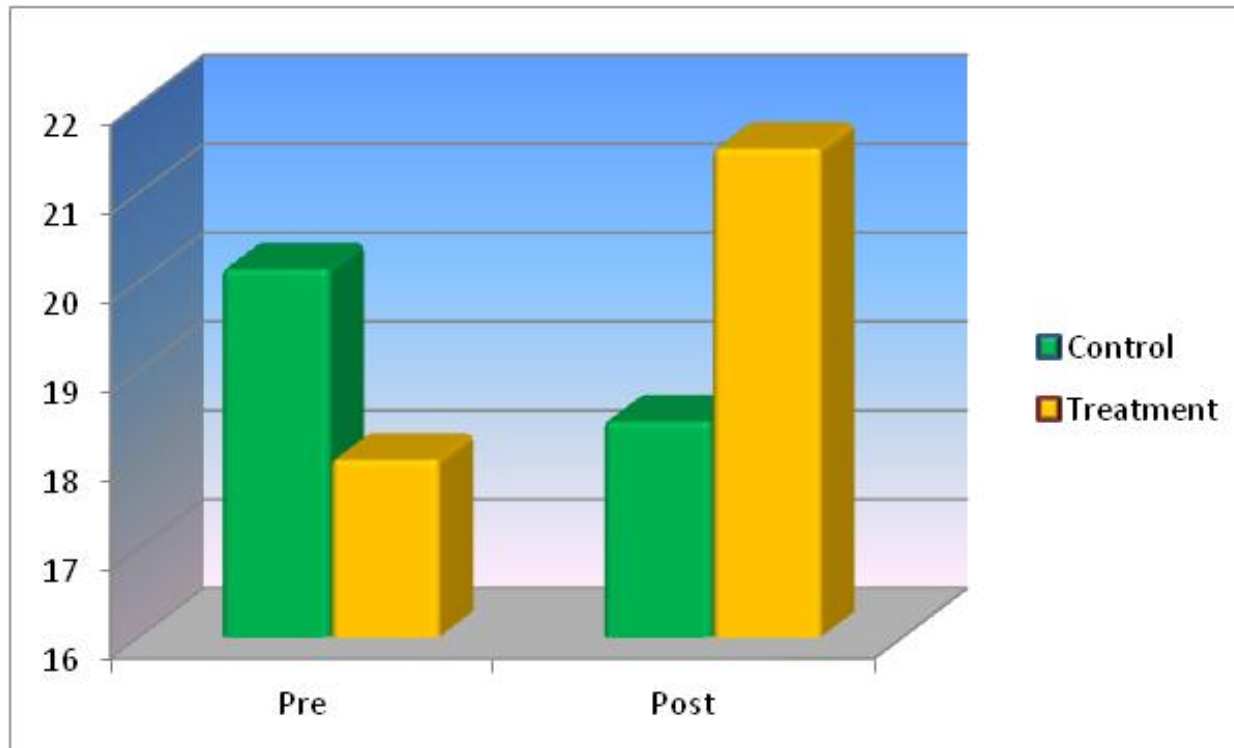
Recovery Assessment Scale – Willingness to ask for help



$F(1,11)=6.224, p=.030$



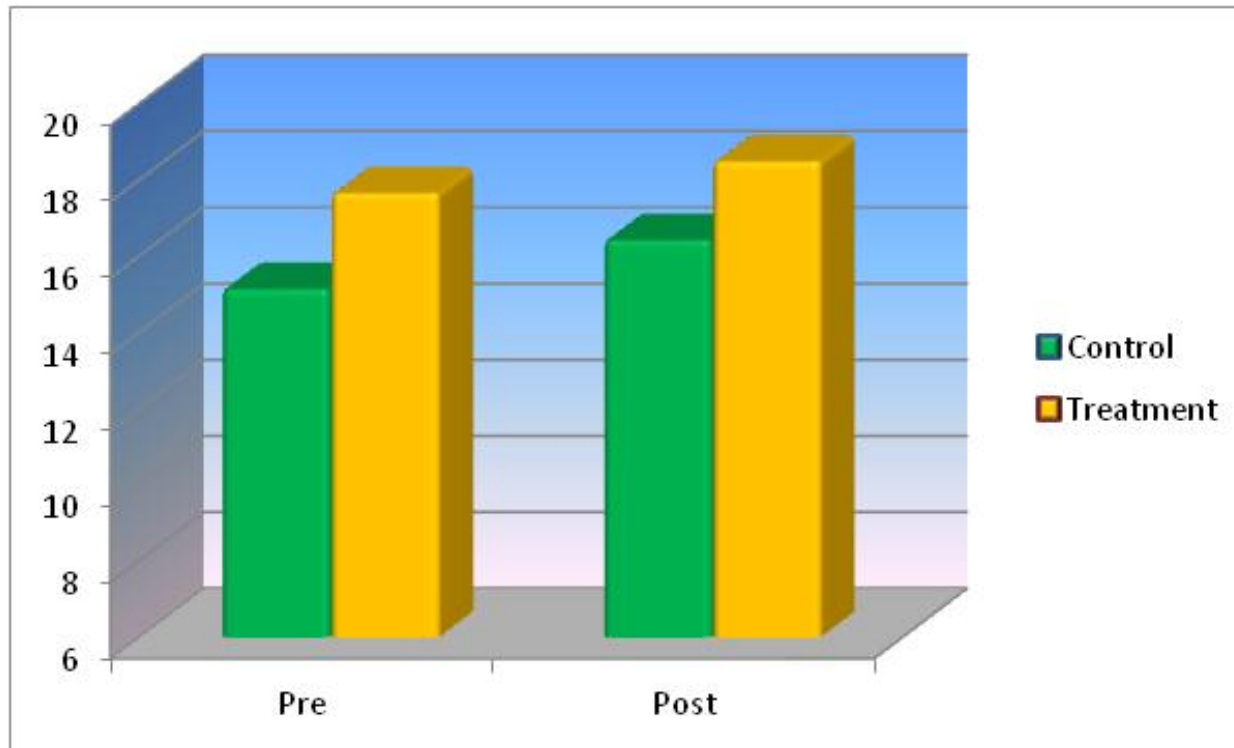
Recovery Assessment Scale – Goal and success orientation



$F(1,11)=7.161, p=.022$



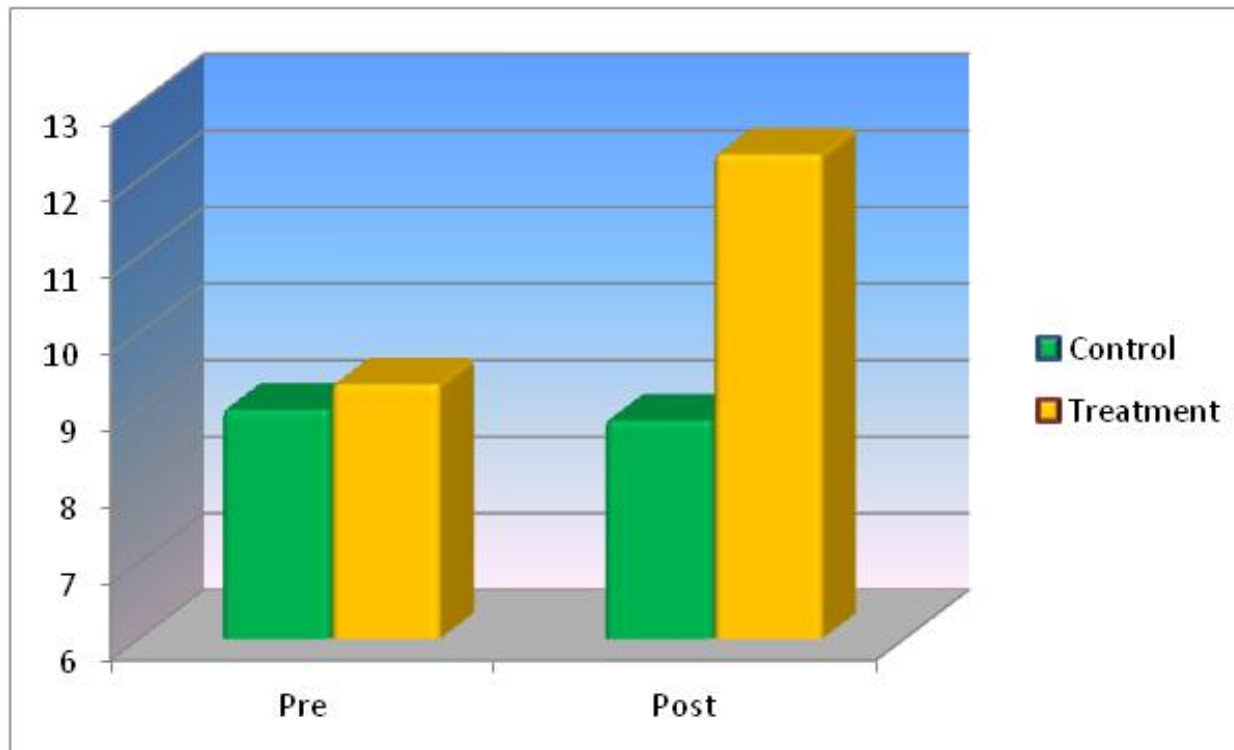
Recovery Assessment Scale – Reliance on others



$F(1,11)=0.212, p=.654$



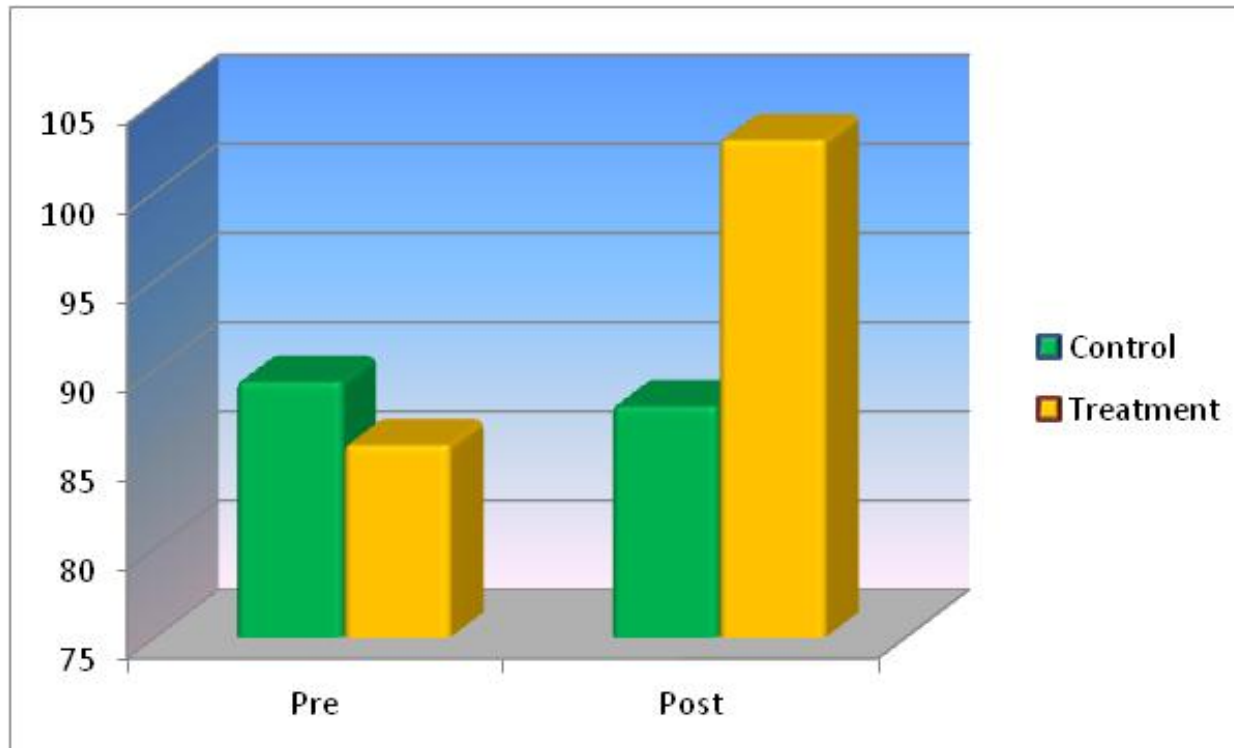
Recovery Assessment Scale – No domination by symptoms



$F(1,11)=5.768, p=.035$



Recovery Assessment Scale – Total Score



$F(1,11)=7.068, p=.022$



What's next for Flourish?

The study is currently ongoing to determine long-term outcomes as well as outcomes from a larger population of participants.

Positive initial results – still need more participants for study validity and reliability!

Referrals welcome - OS Outpatient Services, upcoming discharges, community agencies.

Help your client population gain access to a very promising recovery-oriented program!



Contact for participants and referrals

Tammy Purdy at CONTACT:

(905) 430-4055 Ext 6198

purdyt@ontarioshores.ca

Thank you!



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