Supporting recovery

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Strategic direction 2
Foster recovery and well-being for people of all ages living with mental illnesses, and uphold their rights
Central messages

1. It’s not obvious!

2. We’re not already doing it (as well as we could)

3. Clinicians have a lot to offer

4. Clinical expertise can support recovery – when combined with the expertise of lived experience

Recovery processes: The CHIME framework

A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis,
How can mental health services support recovery?

Approaches to supporting recovery

<table>
<thead>
<tr>
<th>Approach</th>
<th>RCT evidence</th>
<th>SR evidence</th>
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<tbody>
<tr>
<td>Peer Support Workers</td>
<td>11</td>
<td>Yes</td>
</tr>
<tr>
<td>Advance Directives / JCPs</td>
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<td>Strengths Model</td>
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<td>Trialogues</td>
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</table>

‘International’ best practice

Sources
International policy, practice guidance, Google, reference lists

Data
30 documents from Denmark, England, Ireland, New Zealand, Scotland, USA

Analysis
Inductive thematic analysis, interpretive analysis


Organisational commitment
Working relationship
Promoting citizenship
Support for personally defined recovery

Recovery Oriented Practice

Organisational commitment

Working relationship

Promoting citizenship

Support for personally defined recovery

Recovery Oriented Practice


ImROC - 30 NHS Trusts - 2011-2014
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’

What is peer support?

A “credible role model”


Multiple levels

- Mutual self-help groups
- Peer support workers
- Peer-led services

**What do mutual self-help groups do?**

1. Personal stories and community narratives
2. Role models
3. Opportunity for new roles
4. Social support, sense of belonging, connection


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**Personal stories**

*Stories matter. Many stories matter.*

*Stories have been used to dispossess and malign, but stories can also be used to empower and to humanise.*

*Stories can break the dignity of a people, but stories can also repair that broken dignity*

Chimamanda Adichie
Cochrane review

11 RCTs – employing consumers in statutory mental health services

Involving consumer-providers in mental health teams results in psychosocial, mental health symptom and service use outcomes for clients that were no better or worse than those achieved by professionals employed in similar roles, particularly for case management services.


Benefits

1. For the Peer Support Worker
   - it’s a job
   - lived experience is an asset
   - giving to others
2. For other staff
   - awareness of personal values
   - natural challenge to ‘them-and-us’
3. For other service users
   - visible role models
   - less social distance
4. For the system
   - carriers of culture

Peer support workers

I have often noticed that when I employed a madman who had just recovered his senses either to sweep or to assist a servant, and then to become himself a servant...that his state improved every month, and that somewhat later he was totally cured.

Jean-Baptiste Pussin, Governor of the Asylum at Bicêtre, 1793

**Recovery Oriented Practice**

1. Support for personally defined recovery

*Three working practices*

- Understanding values
- Assessing strengths
- Supporting goal-striving
The international issue

How can we avoid ‘recovery’ being just the next thing that services do to people?

We need to do more than just ‘try the next thing’

REFOCUS Intervention

1. Support for personally defined recovery

   Three working practices
   - Understanding values
   - Assessing strengths
   - Supporting goal-striving

2. Working relationship
   - Coaching

Free to download: researchintorecovery.com/refocus


ISRCTN02507940

Promoting citizenship

Exceptionalism vs generic legislation
Capacity
Entitlements
Stigma
Treatment vs everyday solutions


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Treatment is a means not the end

Broader societal context

Mental health system → Interactions → Mental health service user

ImROC → REFOCUS
Relevant bodies of knowledge

Academic disciplines linked to recovery:
  Positive psychology
  Mental capital
  Well-being


What is positive psychology?

The field of positive psychology at the subjective level is about valued subjective experiences: well-being, contentment, and satisfaction (in the past); hope and optimism (for the future); and flow and happiness (in the present).

Positive mental health

1. Ability to enjoy life
2. Dealing with life’s challenges
3. Emotional well-being
4. Spiritual well-being
5. Social connections and respect for culture, equity, social justice and personal dignity

Nothing about us without us
Mental wellbeing

This is a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.

Foresight Mental Capital and Wellbeing Project (2008)

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.
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.

### The transformation challenge

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<th>FROM</th>
<th>TO</th>
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<tbody>
<tr>
<td>Clinical knowledge</td>
<td>Co-production</td>
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<tr>
<td>Adherence</td>
<td>Partnership</td>
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<tr>
<td>Management</td>
<td>Support</td>
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<tr>
<td>Doing to</td>
<td>Doing with</td>
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### Who is responsible?

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<tbody>
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<td>Consumer</td>
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<td>Carer</td>
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<tr>
<td><strong>Total</strong></td>
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<td><strong>100</strong></td>
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100 ways to support recovery.

A guide for mental health professionals
by Mike Slade

Slade M (2013) 100 ways to support recovery, 2nd edition,
London: Rethink Mental Illness
Free to download: rethink.org/100ways

Thank you

More information at researchintorecovery.com

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