Making sense of recovery

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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

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

<table>
<thead>
<tr>
<th>Team</th>
<th>Location</th>
<th>Yr</th>
<th>n</th>
<th>F-up (yrs)</th>
<th>Recovered / sig. improved (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huber</td>
<td>Bonn</td>
<td>1975</td>
<td>502</td>
<td>22</td>
<td></td>
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<tr>
<td>Ciompi</td>
<td>Lausanne</td>
<td>1976</td>
<td>289</td>
<td>37</td>
<td></td>
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<tr>
<td>Bleuler</td>
<td>Zurich</td>
<td>1978</td>
<td>208</td>
<td>23</td>
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<tr>
<td>Tsuang</td>
<td>Iowa</td>
<td>1979</td>
<td>186</td>
<td>35</td>
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<tr>
<td>Harding</td>
<td>Vermont</td>
<td>1987</td>
<td>269</td>
<td>32</td>
<td></td>
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<tr>
<td>Ogawa</td>
<td>Japan</td>
<td>1987</td>
<td>140</td>
<td>23</td>
<td></td>
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<tr>
<td>Marneros</td>
<td>Cologne</td>
<td>1989</td>
<td>249</td>
<td>25</td>
<td></td>
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<tr>
<td>DeSisto</td>
<td>Maine</td>
<td>1995</td>
<td>269</td>
<td>35</td>
<td></td>
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<tr>
<td>Harrison</td>
<td>18-site</td>
<td>2001</td>
<td>776</td>
<td>25</td>
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</table>
Effects of eating disorders

<table>
<thead>
<tr>
<th>Team</th>
<th>Location</th>
<th>Yr</th>
<th>n</th>
<th>F-up</th>
<th>Recovered / sig. improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Löwe</td>
<td>Heidelberg</td>
<td>2001</td>
<td>84</td>
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<td>Ratnasuriya</td>
<td>London</td>
<td>1991</td>
<td>41</td>
<td>20</td>
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## Recovery in eating disorders

<table>
<thead>
<tr>
<th>Maturation</th>
<th>Supportive relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Waking up”</td>
<td>Supportive friendship</td>
</tr>
<tr>
<td>Increased self-esteem</td>
<td>Support from other patients</td>
</tr>
<tr>
<td>Willpower</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Leaving home</th>
<th>Therapy</th>
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<tbody>
<tr>
<td>Religion</td>
<td>Medications</td>
</tr>
<tr>
<td>“Good loss”</td>
<td></td>
</tr>
<tr>
<td>Children/pregnancy</td>
<td></td>
</tr>
<tr>
<td>Job</td>
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</table>

Another view of recovery in eating disorders

Recovery means...

• Living without obsessing on food, weight and body image

• Gaining or regaining the power to see our options, to make careful choices in our lives

• Rebuilding trust with ourselves...

As we learn and practice careful self-honesty, self-care and self-expression, we gain authenticity, perspective, peace and empowerment.

eatingdisordersanonymous.org
What is recovery?

<table>
<thead>
<tr>
<th>Category</th>
<th>Elements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical</td>
<td>Symptoms, functioning</td>
</tr>
<tr>
<td>Existential</td>
<td>Hope, empowerment, agency</td>
</tr>
<tr>
<td>Functional</td>
<td>Valued societal roles</td>
</tr>
<tr>
<td>Physical</td>
<td>Health, lifestyle</td>
</tr>
<tr>
<td>Social</td>
<td>Relationships</td>
</tr>
</tbody>
</table>

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.

Recovery - a short definition

Recovery involves living as well as possible.

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
Unmeetable expectations in the system

Keep people safe, stop them coming to harm: versus let them be autonomous and make their own decisions.

People want help and advice, versus they want to be able to decide their own future

Society must be protected from mad people: versus vulnerable people must be protected from society

A wide range of treatment options should be available, versus everything must be regulated.

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.

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

1. Epistemological
2. Ethical
3. Empowerment
4. Effectiveness
5. Policy
Aim 2
More people with mental health problems will recover

...ensuring that people with mental health problems are able to plan their own route to recovery, supported by professional staff

No health without mental health

A cross-government mental health outcomes strategy for people of all ages

2011
Priority area 1
Social inclusion and recovery

...improved outcomes in relation to housing, employment, income and overall health and are valued and supported by their communities
Strategic direction 2

Foster recovery and well-being for people of all ages living with mental illnesses, and uphold their rights
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
Our vision

An Ontario where every person enjoys good mental health and well-being throughout their lifetime, and where all Ontarians with mental illness or addictions can recover and participate in welcoming, supportive communities.
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
Stages of recovery

**Moratorium**  Denial, confusion, hopelessness, identity confusion, self-protective withdrawal

**Awareness**  The first glimmer of hope for a better life, that recovery is possible. Can emerge from within or be triggered by significant other, role model, clinician

**Preparation**  The person resolves to start recovery work, taking stock of personal resources, values, limitations

**Rebuilding**  Forging a more positive identity, setting & striving towards personal goals, reassessing old values

**Growth**  Whether or not symptom-free, can manage illness & stay well (resilience, self-confidence, optimism)

### Characteristics of the recovery journey

<table>
<thead>
<tr>
<th>Active process</th>
<th>Gradual process</th>
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<tbody>
<tr>
<td>Individual &amp; unique process</td>
<td>Life-changing experience</td>
</tr>
<tr>
<td>Non-linear</td>
<td>Recovery without cure</td>
</tr>
<tr>
<td>A journey</td>
<td>Aided by supportive environment</td>
</tr>
<tr>
<td>Stages or phases</td>
<td>Multidimensional</td>
</tr>
<tr>
<td>A struggle</td>
<td>Trial and error process</td>
</tr>
<tr>
<td>Can occur without professional intervention</td>
<td></td>
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</tbody>
</table>


Recovery processes: The CHIME framework

A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis,
Reviewing the evidence

Connectedness

Hope and optimism

Identity
International Review of Psychiatry

Recovery developments in:

Australia
Austria
Canada
England
Hong Kong

Israel
New Zealand
Scotland
USA

Thank you

More information at researchintorecovery.com

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