

Partnership working for recovery How far can the balance swing?

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11 February 2010

Goals

What is recovery?

Relationships with mental health professionals

Peer-run services

Using different filters

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.

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.

What do recovered people identify as important to their recovery?

Hope

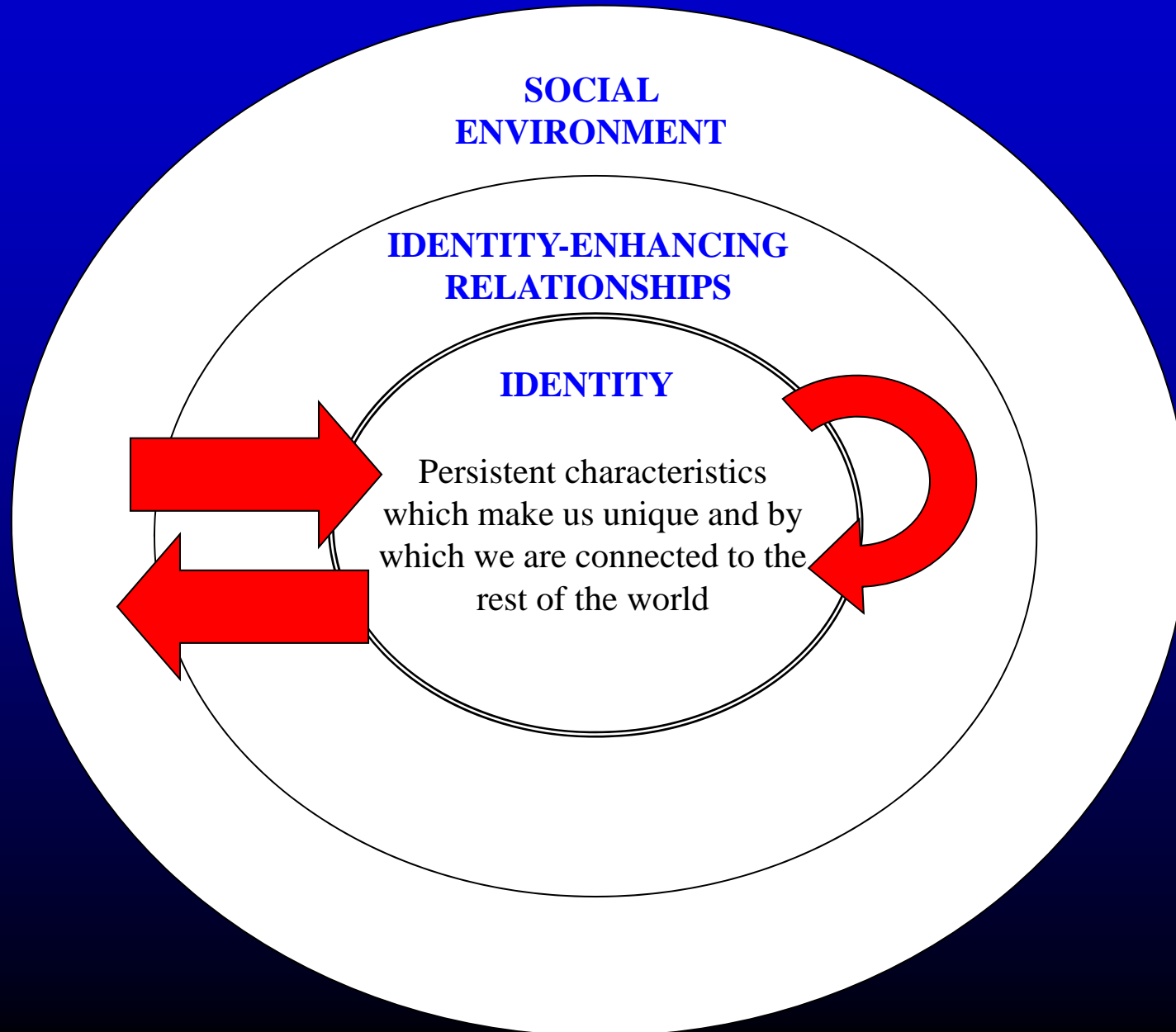
Identity

Meaning

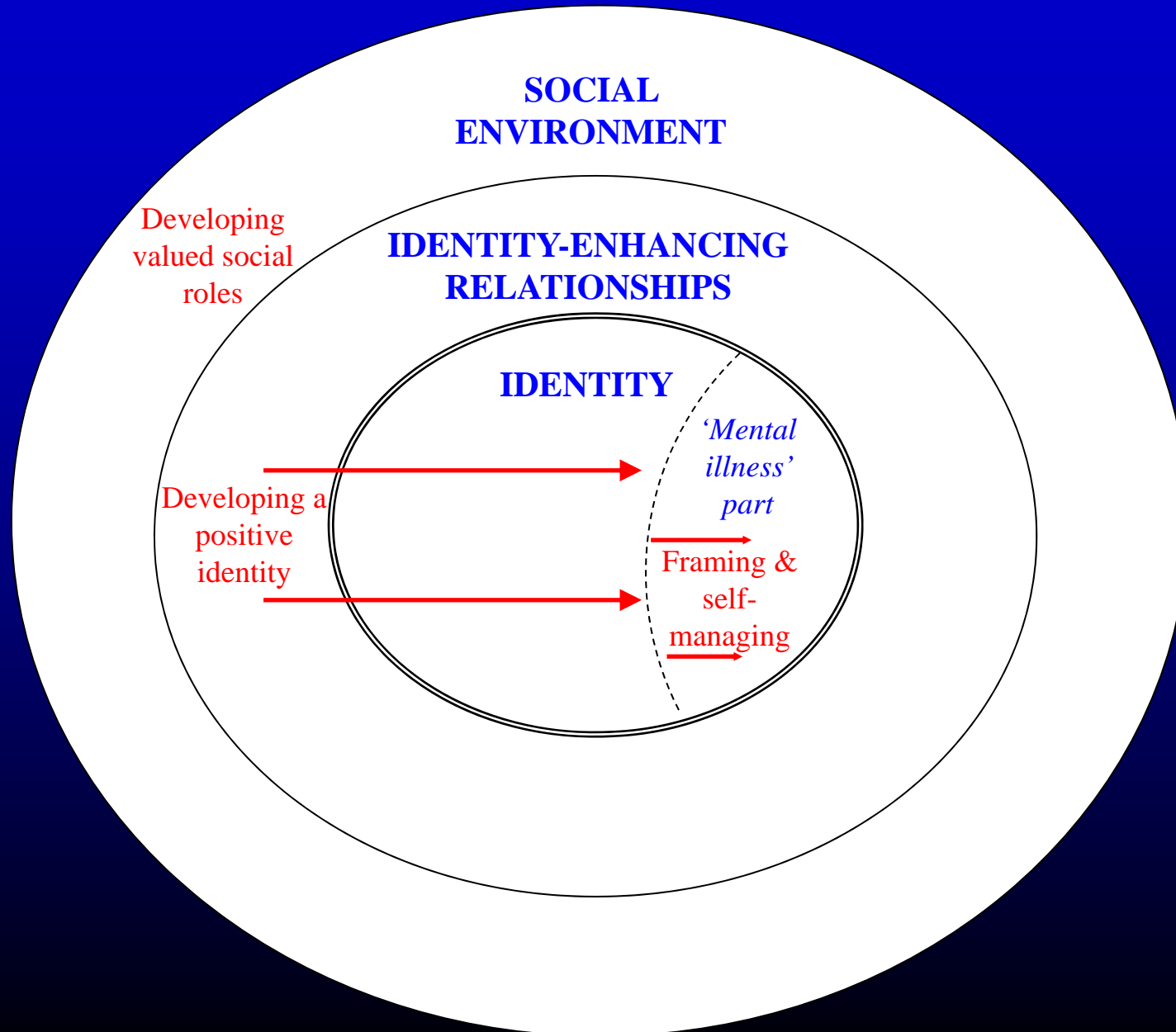
Personal responsibility

Andresen R et al (2003) *The experience of recovery from schizophrenia: towards an empirically-validated stage model*, Australian and New Zealand Journal of Psychiatry, **37**, 586-94.

The Personal Recovery Framework



The Personal Recovery Framework

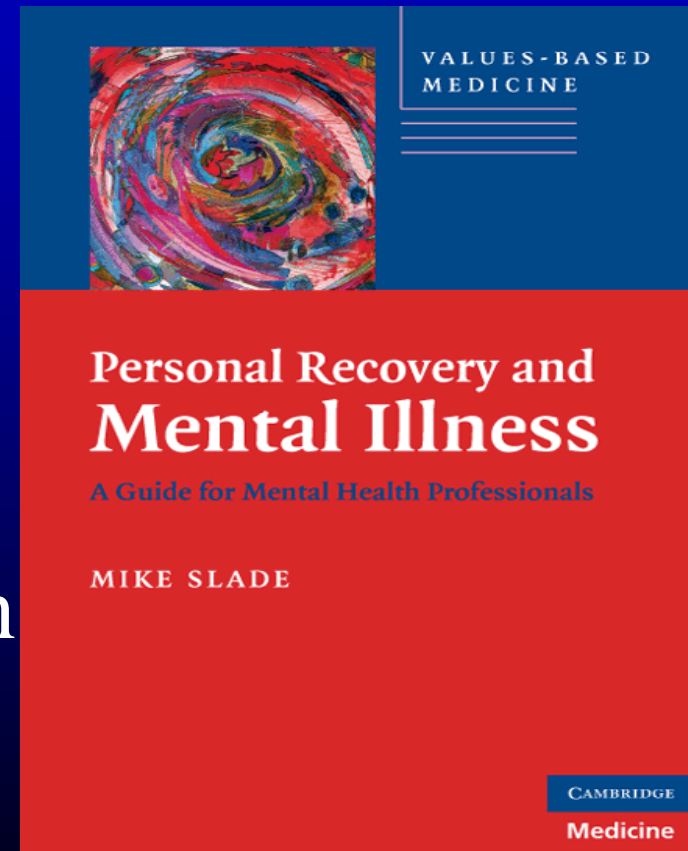


RECOVERY SUPPORT TASKS

aka

The job of mental health professionals

1. Fostering relationships
2. Promoting well-being
3. Offering treatments
4. Improving social inclusion



Types of professional relationship

1. DETACHED RELATIONSHIPS

Fully context-based: relationship is filtered by the clinician through their own model

2. PARTNERSHIP RELATIONSHIPS

Defined by the mental health context, involves collaboration and joint working. Requires activation of expertise-by-training and expertise-by-experience

3. REAL RELATIONSHIPS

Genuineness (being who one truly is) and Realism (perceiving the other in ways that benefit him or her, rather than through a clinical or in other ways distorting lens)

Gelso CJ et al (2005) *Measuring the Real Relationship in Psychotherapy*, *J Counsel Psychol*, **52**, 640-649.

Relationships with professionals

Traditional

Detached ——— Partnership ———

Recovery-oriented

Detached ——— Partnership ——— Real

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.

Coaching

1. Personal responsibility
2. The recovery process
3. Self-righting
4. Goals
5. Active participation

rethink



100 ways to support recovery
A guide for mental health professionals

Rethink recovery series: volume 1

by Mike Slade

Recovery and risk

Harmful risk: illegal or not socially sanctioned

vs.

Positive risk-taking: risk for a reason

The possibility of risk is an inevitable consequence of empowered people taking decisions about their own lives... This guidance therefore aims to support the principle of empowerment through managing and choice and risk transparently in order to enable a fair appraisal of the decision process”

Department of Health (2007) *Independence, choice and risk: a guide to best practice in supported decision making*,
London: Department of Health.

Strategies

Clear policy – risk of creating dependency

Separate treatment goals from recovery goals

Adams N, Grieder DM (2005) *Treatment Planning for Person-Centered Care*.
Burlington, MA: Elsevier.

Build risk self-management through positive risk-taking

Perkins R, Goddard K (2008) *Sharing responsibility for risk and risk-taking*,
Realising Recovery Learning Materials, NHS Education for Scotland
[www.nes.scot.nhs.uk]

Use Strengths Model

Rapp C, Goscha RJ (2006) *The Strengths Model: Case Management With People With
Psychiatric Disabilities, 2nd edn*. New York: Oxford University Press.

Introduce Wellness Recovery Action Planning

Copeland M, Mead S. *WRAP and Peer Support: A guide to individual, group and
program development*. Dummerston, VT: Peach Press; 2003.

Peer Support Workers

All mental health services will be expected to recruit and train service users as part of the workforce'

Department of Health (2001) *The Journey to Recovery - The Government's vision for mental health care*, London: Department of Health.

An international transformation:

Telling your story

Youth peer support workers

Scottish Recovery Network

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





Key We Way

www.wellink.org.nz/services/keyweway.htm

POLICY

SAINSBURY CENTRE
for MENTAL HEALTH
removing barriers achieving change



Making Recovery a Reality

Geoff Shepherd, Jed Boardman & Mike Slade

Shepherd G et al (2008)
Making recovery a reality,
London: Sainsbury Centre
for Mental Health

Recovery innovations

www.recoveryinnovations.org

RCT evidence: peer-led services

In-patient mental health services (n=393)

Consumer-operated unlocked service vs. locked inpatient unit

Improvements in symptoms and great improvement in satisfaction

Greenfield TK et al (2008) *A Randomized Trial of a Mental Health Consumer-Managed Alternative to Civil Commitment for Acute Psychiatric Crisis*, American Journal of Community Psychology, **42**, 135-144.

Consumer-operated mental health services (n=1,827)

Drop-in / peer support / education & advocacy vs TAU

Improvements in empowerment, dose-effect

Rogers ES et al (2007) *Effects of participation in consumer-operated service programs on both personal and organizationally mediated empowerment: Results of multisite study*, Journal of Rehabilitation Research & Development, **44**, 785-800.



Boston University Center for Psychiatric Rehabilitation

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VALUES-BASED
MEDICINE

Personal Recovery and Mental Illness

A Guide for Mental Health Professionals

MIKE SLADE

CAMBRIDGE

Medicine

Cambridge University Press

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100 ways to support recovery

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Free to download from
rethink.org/100ways