

# “What recovery means to me?”

**Perspectives on recovery for individuals  
from Black communities.**

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REFOCUS on Recovery Conference

21<sup>st</sup> September 2010

**Institute of  
Psychiatry**

at The Maudsley

**KING'S**  
*College*  
**LONDON**

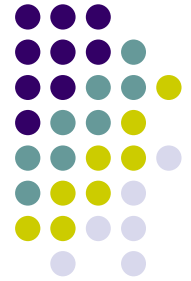


# Outline



- Conceptual framework of personal recovery
- Study overview
- Preliminary findings
- Implications for IRIS

# Two questions...



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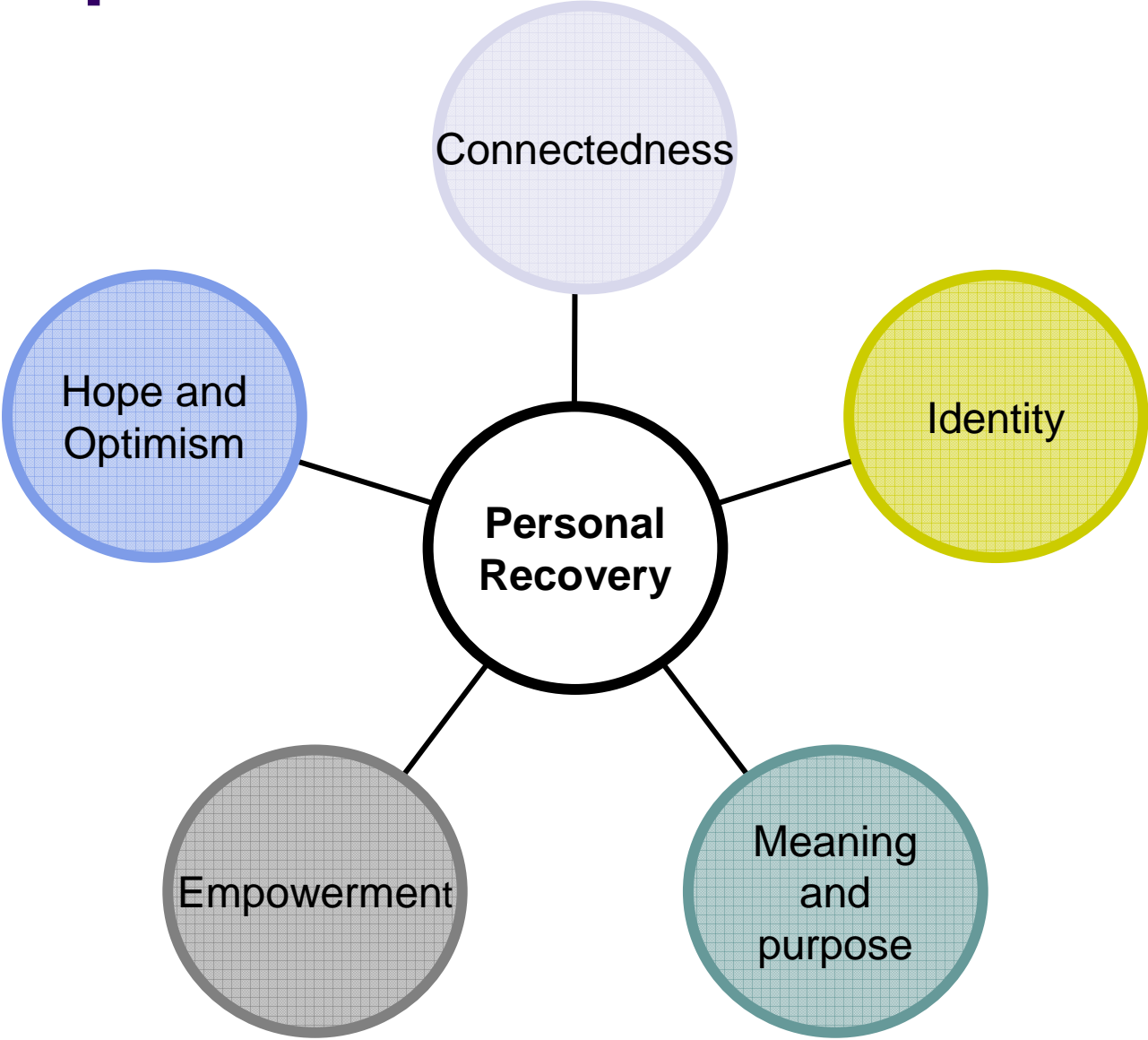
THANK YOU!

# Conceptual Framework of Personal Recovery



- Systematic review and narrative synthesis
  - Stage 1: Thematic analysis and vote counting.
  - Stage 2: Sub-group analysis
  - Stage 3: Expert Consultation
- 97 papers reporting on 87 models of recovery.
  - 3 overarching themes: characteristics of recovery, processes and stages.

# Conceptual Framework Cont...



# Study Overview



## Rationale:

- Present recovery literature is very “*monocultural*”
- Bhui et al. (2003) review highlighted 5 areas of concern.

## AIM:

- To develop a framework of personal recovery for black individuals\*.
- Develop a section of the manual
- Test the framework in the IRIS RCT

# Data Sources



- Systematic literature review – sub-group analysis
- 5 Focus groups
- 15 Individual interviews

# Main findings



- Recovery is moving forward, becoming a new person.

*“When you let go of the old person and say There’s going to be a new one, a better one” - FG2*

*“I can be better in other ways, find other talents and stuff, aim to explore and think again and do things again” – FG2*

- Areas of difference
  - Spirituality and Religion
  - Stigma and Discrimination
  - Treatment Preference
  - Individuality
  - Individualistic vs. Collectivist values

# Spirituality and Religion



- Religion as a means for understanding
- Spirituality and prayer as a source of strength

*“These respondents also believed that their faith in God helps them to survive and will continue to sustain them on their journey to recovery.” Southside Partnership (2008)*

- Services should be doing more to encourage spirituality

*“They should be spurring us on. If they don’t recognise spirituality and that, they’re blocking our path to recovery.” – FG2*

- Belief in God as a higher power vs. Abstract notions

# Stigma and Discrimination



- Within system discrimination
- Discrimination in wider society
- Multiple stigmatised identity

*“Is it a problem with my skin color or because I have mental health issues. Which is it?” Armour (2009)*

- Minority status accentuates stigma attached to mental illness.

*“I have realised that I am recovering from the discrimination as much as I am recovering from the mental health problems.”  
SRN (2007)*

# Treatment preferences



- Wanting a BME therapist, staff member or experience

*“I would like a black therapist, the longer I am in the system is the more I fear interaction with white people” – FG2*

- Race, culture and ethnicity not the most important features for everybody

*“The quality, I think it depends on the individual, the way you are as a person”*

- Access to talking therapies

*“I presented with anxiety and tantrums and reaction and wanting to talk. I wanted to talk. But they locked me up, put me in seclusion and gave me drugs.” –FG4*

- Choice – alternative treatments and holistic therapies

# Individuality



- Staff assumptions
- Holistic approach

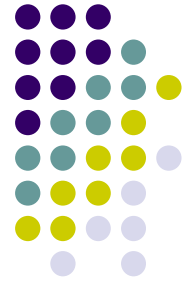
*“I think the lady I have, she’s excellent. She hasn’t looked at me at the colour of my skin or my culture or background, she’s just taking me as an individual and she’s really really done an excellent job. I owe all my recovery to her.” – FG1*

- One size doesn’t fit all

*“They say ‘oh well we’ve provided for an Asian group so we’ve covered BME’ because that’s what happening in Leicester as far as I’m concerned. The BME they talk about is Asian, and I’m not Asian.” – FG4*

- Respecting the person and their preferences.

# Individualistic vs. Collectivist Values

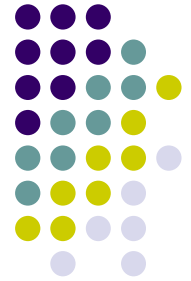


- The notion of self-reliance and prominence on the individual regaining a sense of independence vs. social roles and relationships.

*“In some cultures the highest level of attainment for recovery may be defined in terms of social relationships rather than individual autonomy” Mental health providers Forum (2009)*

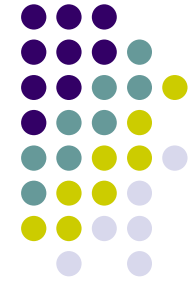
- Collectivist values seen as facilitating and hindering factors
- Ethnic communities lacking information and awareness
- Stigma at the family level

# Implications for IRIS



- Understanding values module
- Importance of race, ethnicity, culture, and experiences of racism
- Narrative approach and person centred planning tools
- Sub-group analysis within trial

# Recovery: Hope and Choice DVD



- Due for Release: November 2010

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