



Refocus on Recovery 2019

The fifth international *Refocus on Recovery* conference took place on 3-5 September 2019 in Nottingham, England. The event comprised five expert workshops and a two-day scientific conference. *Refocus on Recovery 2017* was organised by the Institute of Mental Health, School of Health Sciences (University of Nottingham), ImROC (Implementing Recovery through Organisational Change), Making Waves, Mental Elf, Mental Health Foundation, Nottinghamshire Healthcare NHS Foundation Trust (NottsHC) and World Health Organization (WHO).

The expert workshops covered co-production (facilitator: Julie Repper), mental health and international law (facilitator: Peter Bartlett), Soteria Houses (facilitator: Pesach Lichtenberg), strategies for promoting citizenship (facilitators: Helen Hamer, Michael Rowe) and designing sensitive digital health interventions (facilitator: Stefan Rennick-Egglestone). They were attended by 59 participants from 11 countries. Feedback indicated 98% overall satisfaction and 100% satisfaction with the expertise of the facilitators.

The scientific conference had four themes: Mental health and human rights; Supporting recovery through services; Supporting recovery through communities; and Recovery and Power. Nine keynote speakers and 104 parallel session speakers gave talks. The conference also included a performance from The People's Choir and a Clap Happy wellbeing event, as well as a welcome from Robin Hood! The conference attracted 289 people from 28 countries: Australia, Austria, Belgium, Brazil, Canada, Denmark, Egypt, England, Estonia, Georgia, Germany, Hong Kong, Hungary, India, Israel, Japan, New Zealand, Nigeria, Norway, Peru, Scotland, Singapore, Somalia, South Africa, Spain, Switzerland, USA and Wales. 45 (16%) participants self-identified as having lived experience.

Feedback indicated 90% satisfaction with the conference, with the main reasons for attending being personal growth and development, scientific content and networking opportunities. The conference was described as giving 'new knowledge' about 'latest research' from 'highly inspirational' speakers giving an 'international perspective', with a 'warm and welcoming' environment giving a 'good chance for networking'.

In collaboration with Mental Elf, we for the first time used a social media strategy. In total, as of 9 September 2019 more than 2,400 tweets using the hashtag #RonR2019 were sent by 530 people in 28 countries, involving over 30 million Twitter impressions.

The conference archive can be accessed here:

<http://www.researchintorecovery.com/recovery-resources/refocus-recovery-conference-archive>