

**Recovery Research Network Minutes
First meeting**

**Thursday 23 April 2009
10am-4pm**

**Room 1 (STD/GFSB1), Ground Floor, KCL Building, Strand,
London, WC2R 2LS**

Present

Ann Ley
Caroline Cupitt
Craig Milosh
Dave Pilgrim
David Armes
Glenn Roberts
Heather Straughan
Helen Cording
Helen Gilbert
Helena Kaliniecka
Jan Wallcraft
Jason Price
John Larsen
Julie Williams
Kelly Davies (minutes)
Mark Hayward
Martin Webber
Mike Slade (facilitator)
Nigel Wellman
Paul Mccrone
Ruth Chandler
Shula Ramon
Steven Livingstone
Sue Holttum
Tony Sparkes
Trevor Lowe

Apologies

Alison Blank
Cailzie Dunn
Jane Kelly
Janey Antoniou
Jed Boardman
Joanna Fox
Julie Ridley
Justine Schneider
Liz Pitt
Marieke Wrigley
Mary Leamy
Melanie Davies
Michael Brazendale
Monica McCusker
Naomi Gilbert
Rosie Davies
Sally Carr
Sarah Cook
Vanessa Pinfold

2. Introductions

Action

The network introduced themselves to each other, and included information on their professional background and areas of specific interest.

Kelly Davies – Programme Administrator for Mike Slade

Helena Kaliniecka – Research Worker working on the CEDAR study for Mike Slade at the Institute of Psychiatry

Helen Gilbert – Service user Research Worker, currently coordinating a study of assertive outreach for alcohol dependence for the Section of Alcohol Research at the IoP

Caroline Cupitt – involved with assertive outreach, recovery from psychosis and service development

Sue Holttum – Teaches research at the Salomons Centre for Canterbury Christ Church University

Shula Ramon – Research Lead at Hertfordshire

Dave Pilgrim – Professor of Mental Health Policy

Julie Williams – Occupational Therapist working for the SLAM SHARP Team

Martin Webber - Social Worker Researcher at the IoP, experience of working with adults with mental health problems.

Steven Livingstone – Clinical Psychologist working at the IoP

Mark Hayward – Clinical Psychologist working for Sussex Partnership NHS Foundation Trust

Ruth Chandler – Service user interested in peer collaboration

John Larsen – Head of research and evaluation at Rethink

Glenn Roberts – Consultant Psychiatrist working in rehabilitation

Ann Ley – Mental Health Researcher based in Devon.

David Armes – Service user Research Worker with 10 years experience, currently working for SURE at the IoP

Heather Straughan – Visiting research fellow

Paul Mccrone – Health Economist at the IoP, interested in looking at economic consequences of recovery

Helen Corden – Researcher at the University of Central Lancashire

Nigel Mann – Professor of Mental Health

Trevor Lowe – Trainer in mental health awareness in primary care

Jason Price – Service user researcher on recovery programme based at Prestwick and Manchester University

Jan Wallcraft – Service user researcher involved with Strategies for Living research at the Mental Health Foundation

Craig Milosh – Psychologist for the SHARP Team at SLAM, interested in key recovery domains

Mike Slade – Researcher and Clinician for the IoP with an intellectual interest in recovery and a moral interest in social justice movement

Tony Sparkes – PGI student Lancashire, interest in recovery vision

The following themes around recovery were discussed:

It was discussed that organisational change would be a key challenge, there are issues of power and control and who owns the power to interpret a recovery focus service.

It was suggested that recovery should be central to NHS practice.

The main concern about recovery is that it needs to be owned and accepted by service users, this is not happening at present. It is also important that service users are made aware of what mental health services are for.

Recovery training was discussed, and it was suggested that it was often the delivery of training that made an impact rather than the content. It was agreed that there should be a collaboration between service users and staff for the training to be successful.

3. Aims of network

The aims of the network were discussed, and a new version is attached.

4. Membership

Current members were encouraged to invite potential new members to join the group – the updated invitation letter is attached. **All**

5. Description of current studies

Helena Kalienecka from the Institute of Psychiatry described the CEDAR Study. Its two main objectives are to develop a methodology to assess scope and quality of clinical decision-making (CDM) from both service user and clinician perspective, and then to identify how and to what degree CDM in routine care is associated with short- and long-term treatment outcome.

Mike Slade from the Institute of Psychiatry described the REFOCUS

Project. REFOCUS is a five year programme which will develop recovery focussed quality standards, fidelity measure, outcome measures and manualised interventions and produce randomised controlled trial evidence.

6. Maximising value from the network

The use of the profile membership list was discussed, and it was suggested that members should email the group outlining particular areas of work they would like to take forward. **All**

It was suggested that PhD students could be invited to attend the network and present results on recovery based research. **All**

The possibility of setting up a website with a forum to share areas of interested and draw together expertise was discussed. MS confirmed that there is a resource available at the IoP to set a website up and this could be investigated further. **MS/KD**

It was agreed that the network should be used to identify people who are interested in writing journals together. There should also be an emphasis on submitting recovery focussed grant proposals. **All**

7. Processes within the network

It was agreed by vote of all present that Mike Slade should lead the group for 1 year and the leadership will then be reviewed. **MS**

Network communication should be kept electronic and it was suggested that all emails Subject lines should start with [Recovery Research Network]. **All**

If members cannot email to large numbers then please send to Kelly and she will forward. **KD**

It was suggested that existing members should promote the network to people who are interested. It was suggested that the group should actively target service user researchers. **All**

8. Name of network

Agreed as “Recovery Research Network”.

9. Any other business

No other business was raised.

10. Future meeting

It was agreed that meetings are to be held six monthly.

KD

There will be a request for volunteers to present at the next meeting.

MS