

# Setting the scene: What is Recovery Why Recovery Research

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**Recovery Research Network Conference – 16 November 2016**

**Are Clinical and Personal Recovery opposed?**

# Concept of recovery came out of the disability rights and survivor movements of the 1970s and 1980s



Judi Chamberlin



Pat Deegan



Mary  
O'Hagan



Rachel  
Perkins



Ron  
Coleman

# Recovery is about recovering a life

*‘It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness’ (Anthony 1993)*

*‘Recovery is about building a meaningful and satisfying life, as defined by the person themselves, whether or not there are ongoing or recurring symptoms or problems’ (Shepherd Boardman Slade 2008)*

*‘Making sense of what has happened, discovering your own resources, building a new sense of self, meaning and purpose, growing within and beyond what happened and pursuing your dreams and ambitions’ (Perkins 2012)*



# Recovery is not just clinical recovery as defined by services

- Recovery is not the same as cure – it is not recovering from an illness but recovering a life – recovery can happen even though the symptoms continue
- It is not a professional intervention or service model – it can and does occur without professional intervention
- Recovery is not an end product or a linear process – it is a journey
- It is not about through-put nor simply discharging people

# Recovery as defined by people using services includes Clinical Recovery

- We need ask people what their goals in life are
- Clinical recovery may help people achieve their life goals – clinical, social and personal recovery are not in competition
- 14% recovery college students' goals were about improved mental state and symptoms:

more stable  
behaviour

Lessen anxiety

Help the stiffness  
in my neck

Manage mood  
swings better

Feel less  
depressed

# Personal Recovery

- Making sense of what has happened and grieving what's been lost
- Finding a new sense of self, meaning and purpose
- 40% personal goals were about personal recovery

Coming to terms  
with mental illness

self-esteem and  
wellbeing

To have a better  
understanding of my  
condition and  
recovery process

Feel  
more  
confident

a sense of  
achievement



# Social Recovery

- Following our dreams, ambitions, and own goals in life
- A meaningful, purposeful, contributing and satisfying life
- Someone to love, somewhere to live and something to do
- 33% students' personal goals were about social recovery

Get back to work

Meet people with  
similar issues

Make  
friends

Stepping stone to  
other courses

Help others  
in their  
recovery

# What helps people in their recovery journeys

- Hope
- Taking back control
- Opportunity





# Why recovery matters

- It puts the person and their life at the centre of what we do
- It changes the balance of power so professionals are 'on tap not on top'



## What are we doing already?

- Personal recovery plans, self-management and personalisation  
Shared decision making and safety planning?
- Individual placement and support for employment?
- Transforming the workforce to value lived experience?
  - Employment of peers and patient leaders
  - Valuing the lived experience of all staff
- Family inclusive practice and triangle of care?
- Co-production?
- Recovery Colleges and Discovery Colleges?
- Reducing the use of compulsion, seclusion and restraint?
- Lived experience advisory forum and  
Approaches to Involvement and Recovery research theme



# Recovery oriented research: what and how we research

## What

- Researching recovery oriented practice eg recovery college, peer support, living well with dementia
- Researching recovery processes eg hope

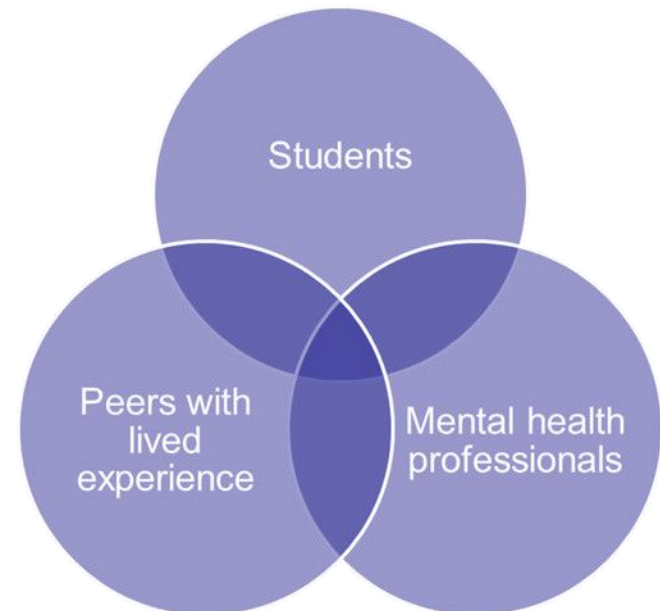
## How

- Research led by or asking the questions suggested by people who use services and their relatives or carers
- Genuinely co-producing methodology
- Service users as researchers and authors

**All Sussex Partnership research has LEAF involvement**

# Co-producing the Recovery College evaluation

- A story of co-production
- How would we know that the recovery college was successful?

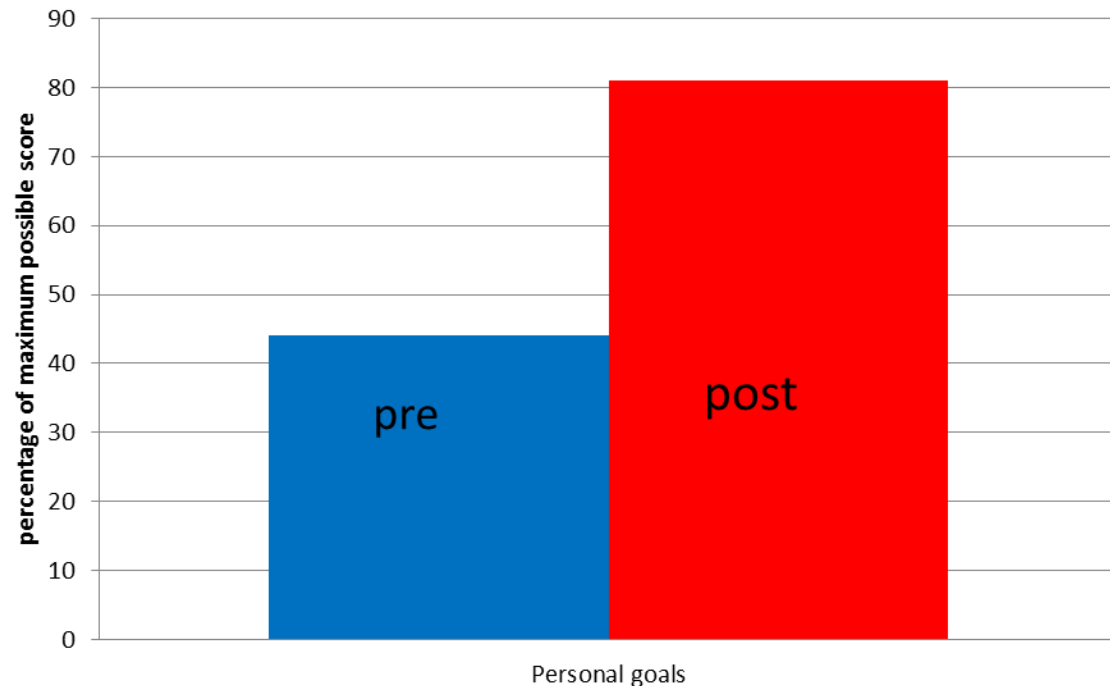


# Recovery College Students achieved their own goals

Personal Goals achieved (N = 35,  $p < 0.01$ , effect size = 0.84)

But was this  
because of the  
recovery  
college?

**We need  
research**

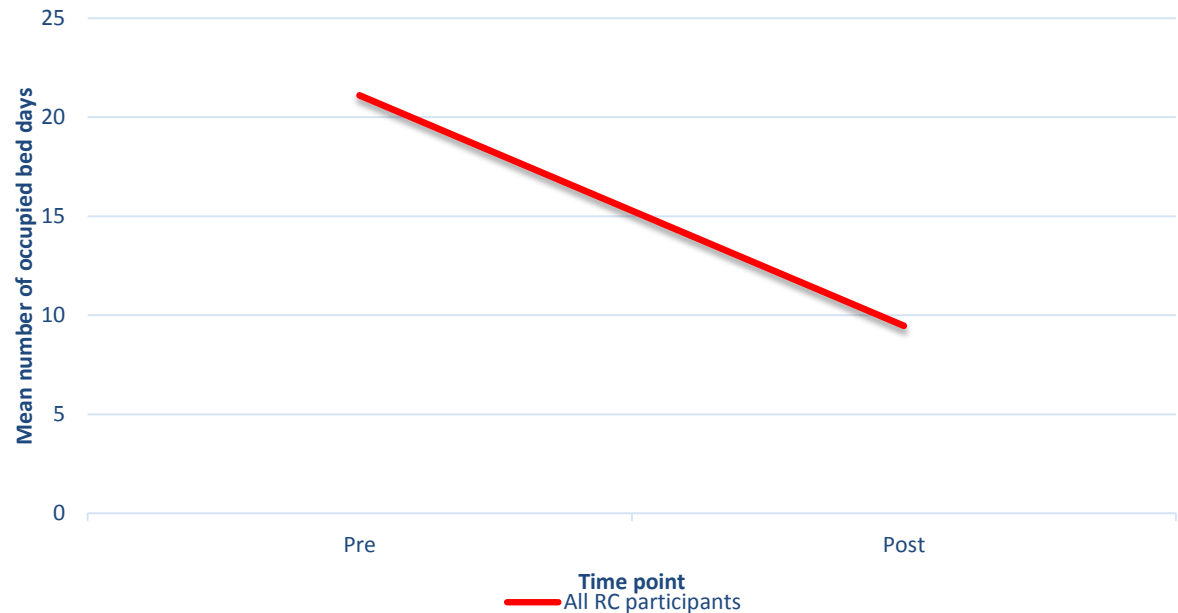


# Students had fewer hospital admissions after attending the Recovery College

Hospital bed days reduced (N= 463,  $p=.000$ , effect size =-0.16)

But was this  
because of  
the recovery  
college?

**We need  
research**





# Recovery Focused Research is needed

## **AIR Recovery College research:**

- RECOLLECT – Recovery Colleges Characterisation and Testing

## **Other AIR research highlights:**

- COCAPP – collaborative care planning
- ENRICH – testing peer worker interventions to enhance discharge from hospital
- C-DEMQOL - Measuring quality of life in dementia carers
- REACT – relatives education and coping toolkit effectiveness
- Caring for Caregivers – positive writing and wellbeing for carers

# Thank you

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