

Lived Experience Involvement in RECOLLECT

By Jason Grant-Rowles BA, MA, Mrs

INTRODUCTION

- RECOLLECT stands for Recovery Colleges Characterisation and Testing, which is a programme of research investigating Recovery Colleges. The Team have been awarded two National Institute of Health Research (NIHR) grants to further our understanding of Recovery Colleges in England. RECOLLECT 2 aims to address how Recovery Colleges can provide the most benefit to people who use mental health services.
- One of the main objectives of the RECOLLECT project, is to enhance the collaboration between researchers and individuals with lived experiences through the Lived Experience Advisory Panel (LEAP).



LIVED EXPERIENCE

- Jason has been working with the Team as a LEAP member, on the RECOLLECT project for 24 months. Jason was approached by Sussex Partnership NHS Foundation Trust to see whether they wanted to be involved in a research project that investigated Recovery Colleges. Jason had previously been a student at the Sussex Recovery College, completing courses such as 'Understanding Psychosis' as well as 'Food and Mood'.
- Jason agreed to take part and was put in touch with Peter Bates who was leading the Patient and Public Involvement (PPI) elements of the study. Jason starting on the project by meeting the Team at one of the advisory group meetings.
- Alongside the work of the study, Jason has helped to interview new members of staff, is presenting this poster at the Recovery conference, and feels like a valued member of the Team.
- Jason's reasons for joining RECOLLECT was to gain more experience working on a research project and to learn more about Recovery Colleges. Jason now works for Camden and Islington NHS Foundation Trust and has been involved with the local Recovery College, even becoming a peer tutor for the 'Understanding Psychosis' course.

BACKGROUND

- Recovery Colleges are a relatively recent initiative within mental health services with the first one opened in London 2009.
- They are based on principles of personal recovery in mental health, co-production between people with lived experience of mental health problems and professionals, and adult learning pedagogies.



CO-PRODUCTION

- The LEAP consists of 10 individuals with a good spread across the main demographics including age, gender, and geographical location.
- The LEAP members have been involved in various aspects of the research process, such as design, data collection, analysis, interpretation, and dissemination of findings. The LEAP has inputted into what measures are used, co-designed the study and documentation to be used for participants, interviewed participants, made sense of data, and assisted with publicising findings.

CONCLUSIONS

- Lived Experience involvement can be an important aspect of research if utilised to its full extent.
- RECOLLECT comprises of a Lived Experience Advisory Panel (LEAP) of 10 individuals, who have been actively involved in the design, collaborative data collection, analysis of interview data, interpretation and feedback on quantitative data, and the dissemination of findings.
- The RECOLLECT project can serve as a template for other researchers to involve patients and the public effectively in their research projects.

ACKNOWLEDGEMENTS

Huge thanks goes out to the whole RECOLLECT Team: Ed AGER; Katherine BARRETT; Peter BATES; Tania BUNCE; Julie COOPER; Danielle DUNNETT; Daniel ELTON; Jason GRANT-ROWLES; Mirza HAMIE; Claire HENDERSON; Tesnime JEBARA; Jessica JEPPE; Vanessa KELLERMAN; Stella LAWRENCE; Rebecca MCNAUGHTON; Merly MCPHILBIN; Ellen NICHOLLS; Owen REILLY; Dora SHERGOLD; Mile SLADE; Simran TAKHI; and Sarah TRICKETT.



University of
Nottingham
UK | CHINA | MALAYSIA

