Refocus on Recovery 2025

The 7th International Refocus on Recovery Conference took place on 4th and 5th September 2025. The conference was jointly organised by the Recovery Research Team and the Institute of Mental Health, and delivered in partnership with the McPin Foundation, Imroc, Nottinghamshire Healthcare NHS Foundation Trust, and the Global Mental Health Peer Network.

Our conference was attended by more than 200 people from 21 countries, with more than 160 people joining us in person at the Crowne Plaza Hotel in Nottingham. We invited contributors to "Reimagine Recovery", through submitting talks and posters on our three conference themes: 1) The role of lived experience in embedding and supporting recovery; 2) New perspectives around mental health and recovery; and 3) Extending recovery beyond mental health.

Seventeen abstracts were selected for full talks. Seven were grouped into a Recovery Colleges panel, in recognition of the substantial breadth of work that was submitted to the conference on this topic. As an innovation for this conference, a further 44 abstracts were given a one-minute slot as a lightning talk. With our four keynote presentations, this meant 65 people had a voice at our conference. As for the 2023 conference, we made a choice to host all talks in a single conference hall, with no talks given in parallel. We also chose to leave plenty of time between talks, for example to enable personal networking (or just having a break).

Feedback was positive. 85% thought that pre-event organisation was *very good* or *excellent* (98% *good*, *very good*, or *excellent*). 93% thought that the organisation of the two days was *very good* or *excellent* (100% *good*, *very good*, or *excellent*). The conference team were regularly described as *welcoming*, *kind*, *friendly*, and *efficient*.

We received some positive feedback on our single-track format, and no negative feedback. Lightning talks were mentioned as a highlight by some. *Networking* and *personal growth and development* were the most common reasons for attending the conference, other than *being a presenter*. All of your suggestions for improving the conference have been heard, and will be considered as we plan for the return of Refocus on Recovery in September 2027. We hope to see you there!

The conference programme for this and previous conferences is available on our website: https://www.researchintorecovery.com/networks/refocus-on-recovery/.