

Week 4

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Module: Mental Health in the Community

Week 4: Psychosocial approaches to care in the community

Topic 4: The recovery paradigm (Part 1 of 3)

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Learning outcomes

- Gaining an understanding of the Recovery paradigm
- Being able to differentiate between personal recovery and clinical recovery
- Having an overview of some of the main recovery-promoting interventions
- Getting an understanding of what recovery-oriented services are
- Getting familiar with recent developments in the field

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Part 1**Part 2****Part 3**

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Introduction

Part 1:

Defining Recovery

Part 2:

Recovery-promoting
interventions

Part 3:

Recovery-oriented
mental health systems

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Summary of what you will learn

- Understand the 'recovery paradigm'
- Differentiate between personal recovery and clinical recovery
- Become aware of some of the main recovery-promoting interventions
- Understand what recovery-oriented services are
- Become familiar with recent developments in the field

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Changes in mental health services

Deinstitutionalisation
in the 60s



'recovery
paradigm'

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Emergence of the 'recovery paradigm'

Anthony (1993)

William Anthony

One of the pioneers of the Recovery paradigm and the founder of the Centre for Psychiatric Rehabilitation at Boston University.

“Recovery is described as a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

(Anthony, 1993, p. 15)



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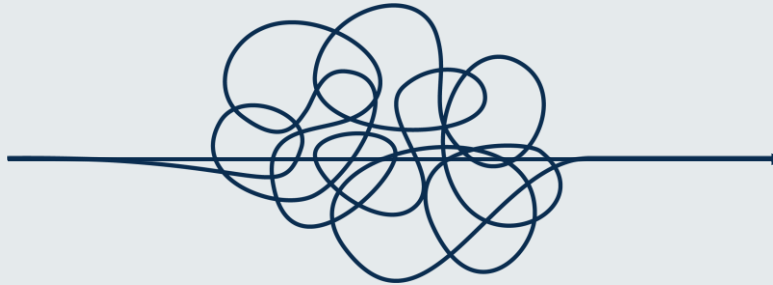
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Recovery according to Anthony (1993)

Anthony (1993)

Recovery may occur without full symptom remission.

Pre-morbid
functioning



Recovery is not a
linear process.

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Recovery as a complex process

Anthony (1993)

Recovery from the **consequences of the illness** may be more challenging than recovery from the illness itself due to **stigma, lack of opportunities, and iatrogenic effects of treatments**.

Interventions to facilitate recovery can leave a person with **more purpose, meaning empowerment, self-determination**, and not only with **less symptoms, discomfort, dysfunction**.

Mental health services play an important role in **recovery**, but also **natural support systems**.
“Recovery is a deeply human experience, facilitated by the deeply human responses of others”
(Anthony, 1993, p. 18)



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Personal recovery vs clinical recovery

Slade & Longden (2015)

Clinical Recovery

- Conceptualised and measured by professionals
- Recovery is an outcome, generally dichotomous
- It is observable and objective
- It is consistent between individuals
- Emphasis is placed in symptoms and sometimes role functioning

Personal Recovery

- Conceptualised by service users/survivors. The person in recovery is the expert on their recovery
- Recovery is a process or a continuum
- It is defined by the person in recovery and therefore subjective
- The meaning of recovery differs between people, although there may common aspects
- Emphasis is placed in hope, meaning and empowerment

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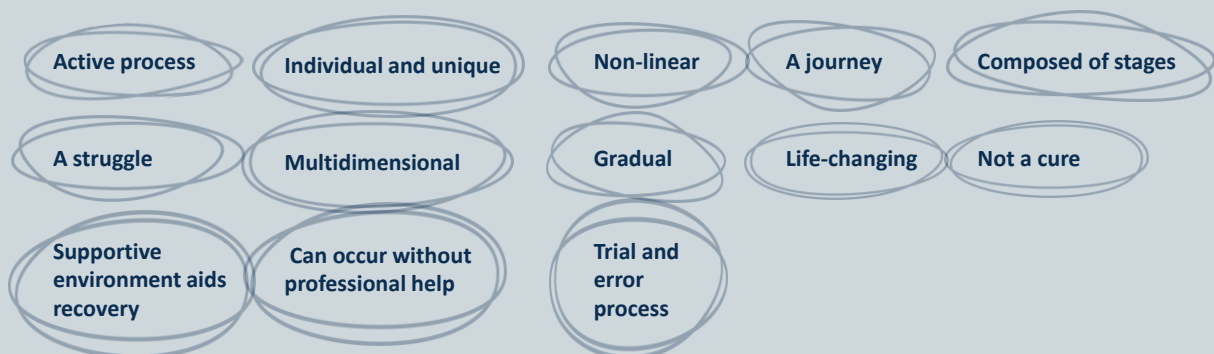
Characteristics of the recovery journey

Leamy et al. (2011)



First systematic review and narrative synthesis of personal recovery (Leamy et al., 2011, p. 448)

Conceptual framework for personal recovery



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Recovery processes: CHIME

Leamy et al. (2011)

- 1. Connectedness**
- 2. Hope**
- 3. Identity**
- 4. Meaning in life**
- 5. Empowerment**

(Leamy et al., 2011, p. 448)

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Recovery processes: CHIME (1)

Leamy et al. (2011)

- 1. Connectedness**
2. Hope
3. Identity
4. Meaning in life
5. Empowerment

(Leamy et al., 2011, p. 448)



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Recovery processes: CHIME (2)

Leamy et al. (2011)

1. Connectedness
- 2. Hope**
3. Identity
4. Meaning in life
5. Empowerment

(Leamy et al., 2011, p. 448)



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Recovery processes: CHIME (3)

Leamy et al. (2011)

1. Connectedness
2. Hope
- 3. Identity**
4. Meaning in life
5. Empowerment

(Leamy et al., 2011, p. 448)



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Recovery processes: CHIME (4)

Leamy et al. (2011)

1. Connectedness
2. Hope
3. Identity
- 4. Meaning in life**
5. Empowerment

(Leamy et al., 2011, p. 448)



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Recovery processes: CHIME (5)

Leamy et al. (2011)

1. Connectedness
2. Hope
3. Identity
4. Meaning in life
- 5. Empowerment**

(Leamy et al., 2011, p. 448)



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Recovery in individuals of Black Minority Ethnic origin

Leamy et al. (2011)



Subgroup analysis of studies reporting recovery experiences of people of Black and minority ethnic origin (Leamy et al., 2011).

Findings:

- There was similarity between Black and minority ethnic communities and ethnic majority communities
- Black and minority ethnic communities placed more emphasis on spirituality and stigma
- There were also cultural and collectivistic factors



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Misconceptions about personal recovery

Slade et al. (2014)

There are several **misuses and abuses of the concept of recovery.**
(Slade et al., 2014)

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Peer workers

Slade et al. (2014)

1) Mental health organisations that hire peer workers are recovery-oriented

- Peer workers are staff with a lived experience of mental health problems
- Recovery-oriented mental health organisations hire peers
- Hiring peers is not enough to transform services
- Benefits might not be seen if they are not valued or if there is discrimination within the organisation
- A paradigm shift involves partnership not only between service users and professionals but also between peer and non-peer workers



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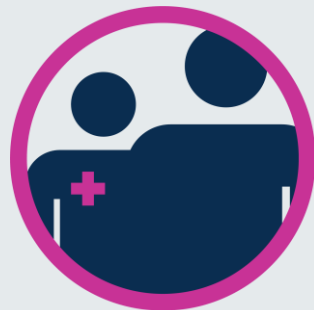
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Psychosis

Slade et al. (2014)

2) The recovery paradigm is focused on psychosis

- Some professionals consider that:
 - the paradigm is not applicable to patients who do not have psychosis
 - recovery-orientation would not be possible in patients that are severely impaired by their symptoms
- However, neither of these considerations are valid
- A recovery orientation can benefit many clinical populations besides the field of psychosis, including those in acute phases



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Treatment services

Slade et al. (2014)

3) Treatment services foster recovery

- Treatment services can hinder the recovery process if these services do not promote self-determination and valued roles
- Stigma from mental health professionals towards the people they serve can be an obstacle towards recovery
- Treatment services need to move away from coercive and paternalistic practices



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Compulsory treatment

Slade et al. (2014)

4) Compulsory treatment aids recovery

- Compulsory treatment is not in line with the values of self-determination
- Reducing the use of coercion or compulsion and having clear procedures to safeguard the rights of people when compulsory treatment occurs is a recovery-oriented goal



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Meaning of recovery

Slade et al. (2014)

6) Recovery means becoming independent and “normal”

- The recovery paradigm defends the rights of people with mental health problems to have a meaningful life and the opportunity to perform roles of their choice in society
- Conceptions of normality are not in line with an inclusive society and therefore with the paradigm of recovery
- Services must be available whenever individuals need them and should cater to different degrees of independence
- Personal recovery (a meaningful life) can be achieved with various degrees of independence



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Closure of services

Slade et al. (2014)

5) The paradigm of recovery envisions closing services

- There is the expectation that as people progress in their recovery journey, their need of services may decrease
- However, recovery is non-linear and services need to be available whenever people need them
- Instead of closing services, the goal is to make them recovery-oriented



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Welfare reform

Slade et al. (2014)

7) The welfare reform disrespects people with a lived experience of mental illness

- The cut on welfare pensions is in fact problematic for many people who live with a mental health condition
- More incentives and interventions to make employment an obtainable goal are needed
- The right to work and the right to welfare benefits are equally important



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Part 1 summary

In this part of the lecture, you have learned:

- What personal recovery is
- What the differences between personal recovery and clinical recovery are
- The characteristics of the recovery journey and the main processes of recovery
- Misconceptions about personal recovery

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