

Module:
Mental Health in the Community

Week 4:
Psychosocial approaches to care in the community



Dr Frank Holloway

Topic 3
Community care in practice

Part 2 of 2

Part 2

Why is assessment important?

Identifies the problems

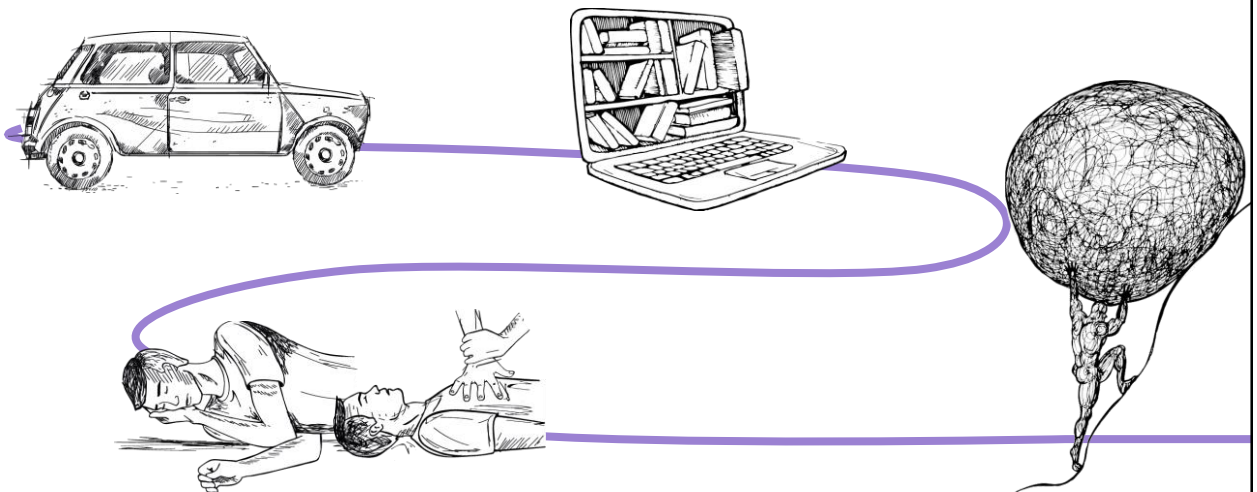
Identifies entitlement to services

Identifies steps for action

Identifies outcomes

Services are there to ensure people's problems and needs are assessed

Multiple meanings of recovery



Recovery – a personal perspective

“Recovery”

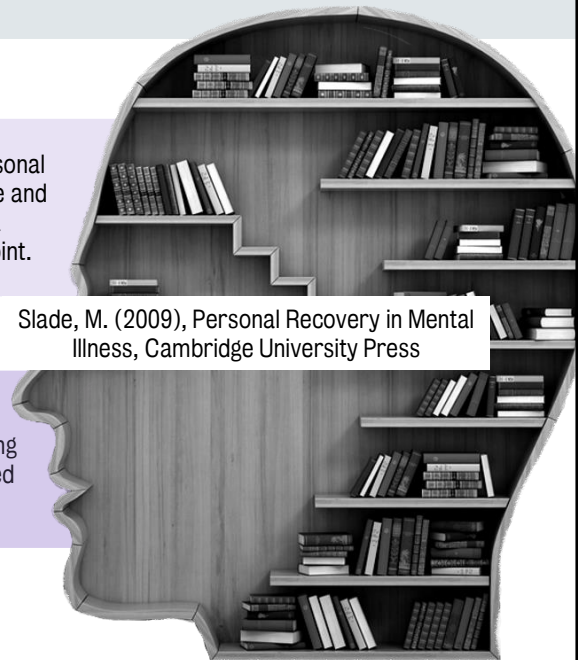
Seeks a new perspective on living with mental health problems.

Takes personal experience and needs as a starting point.

Slade, M. (2009), *Personal Recovery in Mental Illness*, Cambridge University Press

Suggests changes within the way services are organised

Offers interesting insights into need



The recovery model

Model = Approach = Movement = Paradigm

Fourth National Mental Health Plan: An agenda for collaborative government action in mental health 2009-2014.

New York State Office of Mental Health Mission

Closing the Gap: Priorities for Essential Change in Mental Health.

Rising to the challenge: The mental health and addiction service development plan 2012-2017.

Changing directions, changing lives: the mental health strategy for Canada.



Understanding recovery

Understanding recovery:

one word,
three meanings,
five usages

Recovery

Commonly regarded as a natural healing response and an approximation to cure (most people get better from most things, most of the time).

Clinical recovery

Recovery from symptoms and difficulties in response to effective care and treatment as described in most evidence-based guidelines (e.g. National Institute for Health and Care Excellence guidelines).

Personal recovery

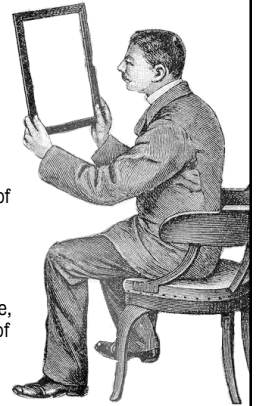
Recovery of a valued pattern of life and living, with or without ongoing symptoms and difficulties, linked to an active personal commitment to working on recovery.

Recovery-oriented approaches and services

The overall pattern of care, support and professional practice based on learning 'what works' from people in recovery, conducted by staff with appropriate qualities and skills in recovery-supportive relationships.

The recovery movement

A values-led collaborative endeavour of people in recovery, practitioners and many others, working to develop and transform mental healthcare and treatment. This recognises the concurrent value of diverse experience, research and training and the benefit of working together in partnership to co-construct and co-produce learning, teaching and change.



Roberts and Boardman (2013)

Different meanings of recovery

Getting better

Make services work in a recovery-oriented way

Living well

Knowing if you are in it or not



Recovery definitions

Pat Deegan (1996b)

'The goal of recovery is not to become normal. The goal is to deeply embrace the vocation of becoming more deeply, more fully human.'

US New Freedom Commission on Mental Health (Hogan 2003)

'A process of positive adaptation to illness and disability, linked strongly to self-awareness and a sense of empowerment.'

South London and Maudsley NHS Foundation Trust (2007)

'Recovery involves living as well as possible.'

Royal College of Psychiatrists (2012)

'For many people, recovery is the process of developing a new sense of self, purpose in life and hope. It is a journey for the individual and those close to them in rebuilding a satisfying life. Central to the theme of recovery is resilience which allows for individual strengths and coping skills to surface, in spite of adversity.'

Roberts and Boardman (2013)

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Recovery and the understanding of mental health care

"Recovery"

Patient identified as an agent rather than an "illness".

Focus on the person's goals and how to support achieving them.

Places emphasis on:

The importance of "hope" and "empowerment".

Peer support and peer-led services.

Creativity within recovery narratives.

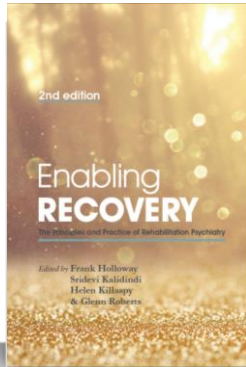


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Rehabilitation in mental health services



A definition of psychiatric rehabilitation

*“A **whole systems approach** to **recovery** from mental illness that maximises an individual’s **quality of life** and **social inclusion** by **encouraging their skills**, promoting independence and **autonomy** in order to give them **hope** for the future and leads to **successful community living** through **appropriate support**.”*

Killaspy et al. (2006)

The balanced care model



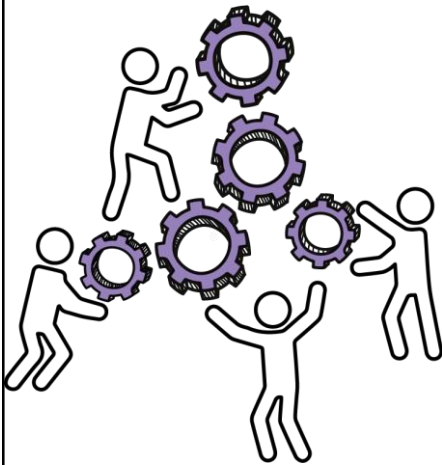
High-resource setting achievements aren't necessarily appropriate for a low-resource setting.

The bedrock of mental health services lies in primary care.

There is always a need for some inpatient provision.

Thornicroft & Tansella (2013)

Components of a competent community-oriented mental health service



High-resource settings	Primary care mental health + General adult mental health services + Specialised adult mental health services
Medium-resource settings	Primary care mental health + General adult mental health services
Low-resource settings	Primary care mental health + Limited specialist mental health staff

Thornicroft (2011)

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Operationalising - service components



1 Crisis and emergency services



2 Early intervention for people with psychosis

3 Case management and assertive community treatment

4 Outpatient clinics

5 Day hospitals and partial hospitalisation programmes

6 Work rehabilitation - Individual placement and support

7 Inpatient treatment

8 Residential care

9 Programmes to support family members and carers



10 Medication



11 Managing co-occurring physical disorders

12 Illness self-management programmes

Thornicroft, G. (2011). Oxford textbook of community mental health. Chapters 13-24, Oxford University Press.

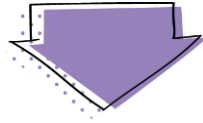
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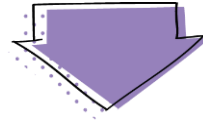
Other components

Similar list of components of a standard textbook on community mental health services or rehabilitation psychiatry.

“Peer support services”



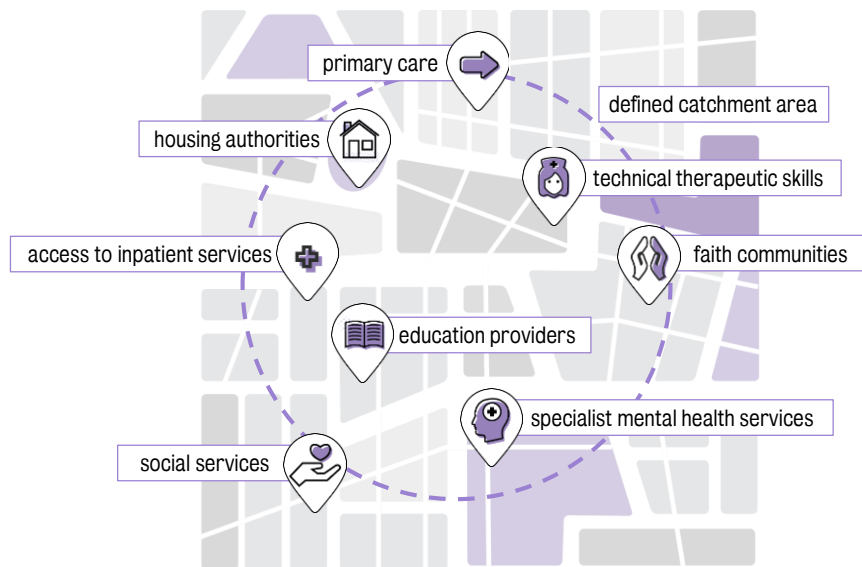
“Recovery College movement”



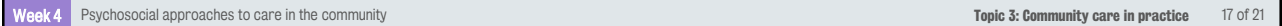
These two components entail a lot of detail and require time to analyse



A vision for good community mental health service (1)



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End of topic