Recovery and mental illness
Latest research and how siblings can help

Mike Slade

Professor of Health Services Research
Institute of Psychiatry

Consultant Clinical Psychologist
South London and Maudsley NHS Foundation Trust

2 March 2013
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>What is recovery?</td>
</tr>
<tr>
<td>40 minutes</td>
<td>Small group discussion</td>
</tr>
<tr>
<td>20 minutes</td>
<td>Large group – key points</td>
</tr>
</tbody>
</table>
Clinical Recovery in schizophrenia

Full symptom remission, full or part time work / education, independent living without supervision by informal carers, having friends with whom activities can be shared – sustained for a period of 2 years

## Long-term (>20 year) schizophrenia outcome

<table>
<thead>
<tr>
<th>Team</th>
<th>Location</th>
<th>Yr</th>
<th>n</th>
<th>F-up (yrs)</th>
<th>Recovered / sig. improved (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huber</td>
<td>Bonn</td>
<td>1975</td>
<td>502</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Ciompi</td>
<td>Lausanne</td>
<td>1976</td>
<td>289</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Bleuler</td>
<td>Zurich</td>
<td>1978</td>
<td>208</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Tsuang</td>
<td>Iowa</td>
<td>1979</td>
<td>186</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Harding</td>
<td>Vermont</td>
<td>1987</td>
<td>269</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Ogawa</td>
<td>Japan</td>
<td>1987</td>
<td>140</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Marneros</td>
<td>Cologne</td>
<td>1989</td>
<td>249</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>DeSisto</td>
<td>Maine</td>
<td>1995</td>
<td>269</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Harrison</td>
<td>18-site</td>
<td>2001</td>
<td>776</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

Personal Recovery

A deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and roles. It is a way of living a satisfying, hopeful and contributing life even with limitations caused by the illness.

Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.

Effects of eating disorders

### Long-term (>20 year) AN outcome

<table>
<thead>
<tr>
<th>Team</th>
<th>Location</th>
<th>Yr</th>
<th>n</th>
<th>F-up</th>
<th>Recovered / sig. improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Löwe</td>
<td>Heidelberg</td>
<td>2001</td>
<td>84</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Ratnasuriya</td>
<td>London</td>
<td>1991</td>
<td>41</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
## Recovery in eating disorders

<table>
<thead>
<tr>
<th>Factors</th>
<th>Recovery Processes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maturation</td>
<td>Supportive relationships</td>
</tr>
<tr>
<td>“Waking up”</td>
<td>Supportive friendship</td>
</tr>
<tr>
<td>Increased self-esteem</td>
<td>Support from other patients</td>
</tr>
<tr>
<td>Willpower</td>
<td></td>
</tr>
<tr>
<td>Leaving home</td>
<td>Therapy</td>
</tr>
<tr>
<td>Religion</td>
<td>Medications</td>
</tr>
<tr>
<td>“Good loss”</td>
<td></td>
</tr>
<tr>
<td>Children/pregnancy</td>
<td></td>
</tr>
<tr>
<td>Job</td>
<td></td>
</tr>
</tbody>
</table>

Personal Recovery - a short definition

Recovery involves living as well as possible.

South London and Maudsley NHS Foundation Trust (2010)  
*Social Inclusion and Recovery (SIR) Strategy 2010-2015,*  
London: SLAM.
One word – two meanings

CLINICAL RECOVERY
- focus on professional imperatives
- partly operationalised
- not highly concordant with consumer views

PERSONAL RECOVERY
- focus on personal meaning and purpose
- not operationalised for research purposes
- ideological and oppositional, not empirical
Real-life consequences

Flat. Lacking in motivation, sleep and appetite good. Discussed aetiology. Cont. LiCarb 250mg qid. Levels next time.

Today I wanted to die. Everything was hurting. My body was screaming. I saw the doctor. I said nothing. Now I feel terrible. Nothing seems good and nothing good seems possible. I am stuck in this twilight mood where I go down into a lonely black hole. Where there is room for only one.

Which type of recovery should be the goal of the mental health system?

1. Epistemological
2. Ethical
3. Empowerment
4. Effectiveness
5. Policy

Personal Recovery and Mental Illness
A Guide for Mental Health Professionals

MIKE SLADE

Cambridge University Press, 2009
Services of the future will talk as much about recovery as they do about symptoms and illness.

The vast majority have real prospects of recovery – if they are supported by appropriate services, driven by the right values and attitudes.
No health without mental health

A cross-government mental health outcomes strategy for people of all ages

Aim 2
More people with mental health problems will recover

...ensuring that people with mental health problems are able to plan their own route to recovery, supported by professional staff
What is personal recovery?
## Stages of recovery

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Moratorium</strong></td>
<td>Denial, confusion, hopelessness, identity confusion, self-protective withdrawal</td>
</tr>
<tr>
<td><strong>Awareness</strong></td>
<td>The first glimmer of hope for a better life, that recovery is possible. Can emerge from within or be triggered by significant other, role model, clinician</td>
</tr>
<tr>
<td><strong>Preparation</strong></td>
<td>The person resolves to start recovery work, taking stock of personal resources, values, limitations</td>
</tr>
<tr>
<td><strong>Rebuilding</strong></td>
<td>Forging a more positive identity, setting &amp; striving towards personal goals, reassessing old values</td>
</tr>
<tr>
<td><strong>Growth</strong></td>
<td>Whether or not symptom-free, can manage illness &amp; stay well (resilience, self-confidence, optimism)</td>
</tr>
</tbody>
</table>

# Characteristics of the recovery journey

<table>
<thead>
<tr>
<th>Active process</th>
<th>Gradual process</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual &amp; unique process</td>
<td>Life-changing experience</td>
</tr>
<tr>
<td>Non-linear</td>
<td>Recovery without cure</td>
</tr>
<tr>
<td>A journey</td>
<td>Aided by supportive environment</td>
</tr>
<tr>
<td>Stages or phases</td>
<td>Multidimensional</td>
</tr>
<tr>
<td>A struggle</td>
<td>Trial and error process</td>
</tr>
<tr>
<td>Can occur without professional intervention</td>
<td></td>
</tr>
</tbody>
</table>

Recovery processes: The CHIME framework

A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis,
Recovery Practice Framework

Slade M (2009) *100 ways to support recovery*, London: Rethink. Free to download: rethink.org/100ways
REFOCUS Intervention

Support for recovery: working practices

- Understanding values
- Assessing strengths
- Supporting goal-striving

Working relationship

- Developing recovery promoting relationships
- Partnership project
- Creating expectations among service users

Free to download: researchintorecovery.com/refocus

Best practice in supporting recovery

- Promoting citizenship
- Support for personally defined recovery
- Organisational commitment
- Working relationship

Carers and recovery

Themes:

- Time and pace in recovery
- What carers do: providing intensive care
- What carers *could do*: relationships with formal services
- What carers know: recovery and the importance of social life
- What carers find difficult: managing risk and ‘letting go’
- Carers experience of their own recovery
- Barriers to recovery carers negotiate: stigma and community life
- Benefits of caring: experiencing co-recovery
Carers and recovery

Tipping points for successful recovery:

• Insights and acceptance in the person being supported
• Allowance of risk taking
• Co-development of social opportunities and knowledge
• Positive relationships with formal services based on good communication
• Carers involved in self-recovery and respite

Small group discussion

1. Briefly share your experiences.

2. How do these ideas apply to...
   ...you
   ...your sibling
   ...your family?
   (If relevant) ...your relationship with your sibling’s mental health team
Large group discussion

Top tips

- you
- your sibling
- your family
- your sibling’s mental health team
Thank you

More information at researchintorecovery.com

Email: mike.slade@kcl.ac.uk