# Personal Recovery –
## The answer to the world of good mental health?
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## Introduction

Mental health recovery implementation research is still in its infancy, yet mental illness is the leading cause of disability worldwide (WHO, 2008).

- Recovery-approach implementation in community-based mental health services is a key priority for the Department of Health and Social Care, UK.
- Paucity of research investigating Recovery Orientated Practice (ROP) implementation.
- Providers are struggling to implement ROP (Erondu & McGraw 2021)
- There is need for wider stakeholder involvement in service development to prevent the ‘co-optation’ of ‘recovery’

## Research Objective

To systematically search, appraise, and synthesise mental health literature on implementation framework and the UK community-based mental health literature on implementation of mental health ROP.

### Phase 1

**Systematic review**

To explore the factors influencing the implementation of ROP in community mental health services from the community-based mental health practitioners’ perspective.

### Phase 2

**Exploration of practitioner’s perspective**

To co-produce with practitioners, users and/or their carers, and academics a recovery-orientated toolkit.

### Phase 3

**Framework Approach to qualitative data analysis**

- Pragmatic qualitative research design
- 20 - 30 participants informed information power principle
- Non-probability sampling method
- Semi-structured interview
- Participatory, co-production approach.
- Workshops with key stakeholders
- Consensus workshop (mixed stakeholders)
- 40-50 participants

## Expected Outcome

To identify different factors influencing ROP implementation in the community-based mental health services.

To develop a “Toolkit” to bolster its adoption, implementation, and assessment in practice.

## Conclusion

The challenges community-based mental health providers are facing in the implementation of recovery-oriented practice have not been well explored. This research will contribute to the knowledge-base by developing a recovery-orientated practice toolkit to improve its adoption and implementation in practice.

## Reference

