

## Personal Recovery -The answer to the world of good mental health? **Chima Erondu**



## 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'







"If adopted successfully and comprehensively, the concept of recovery could transform mental health services and unlock the potential of thousands of people experiencing mental distress. Services should be designed to support this directly and professionals should be trained to help people to reach a better quality of life. This will mean substantial change for many organisations and individuals." The Future Vision Coalition (July 2009).



**Phase 1** 



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 2

Exploration of practitioner's perspective

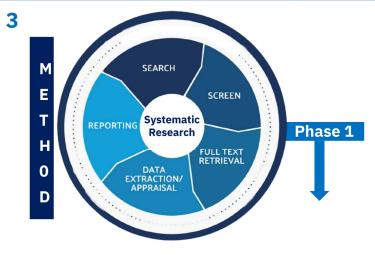
To explore the factors influencing the implementation of ROP in community mental health services from the community-based mental health practitioners' perspective.



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







## Phase 2

Pragmatic qualitative 20 - 30 participants informed Framework Approach to research design information power principle qualitative data analysis







Non-probability Semi-structured interview sampling method

Phase 3

Participatory, coproduction approach.

Workshops with key

Consensus workshop (mixed stakeholders)

40-50 participants

stakeholders

**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

Erondu C. & McGraw C. (2021) Exploring the barriers and enablers to the implementation and adoption of recovery-orientated practice by community mental health provider organizations in England, Social Work in Mental Health, DOI: 10.1080/15332985.2021.1949426

The Future Vision Coalition (July 2009). A future vision for mental health. http://www.ohrn.nhs.uk/resource/policy/FutureVisionforMentalHealth.pdf

World Health Organization. (2008). The Global Burden of Disease: 2004 Update. Table A2: Burden of disease in DALYs by cause, sex and income group in WHO regions, estimates for 2004. Geneva, Switzerland: World Health Organization.

