Mental Health Recovery for Psychiatric Inpatient Services – Perceived Importance of Elements of Recovery

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What is **Recovery**?
Definition of Recovery

- Researcher or user-based definition
- Official governmental definition
Recovery is:

“A journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

(The National Consensus Statement on Mental Health Recovery, 2004)
Recovery is:

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

(Anthony, 1993)
Recovery-oriented Services

• **Empowering** people with mental illnesses to have effective **self-management** for wellness and meaningful life

• **Enhancing collaboration** with our patients for a shared decision for **better treatment adherence**
Why is Recovery?
Recovery-oriented Services

• The driving force of “consumer movement” and “human right”

• Increasing expectation from patients and the community
International Trend Policies & Guiding Principles

- Canada
- England, Scotland
- New Zealand
- Australia
- USA
Methodology- thematic content analysis

• Developing Recovery Enhancing Environments Measure (DREEM, Ridgway & Press, 2004)

• Recovery Self Assessment (RSA, Person in Recovery Version, O'Connell et al., 2005)
<table>
<thead>
<tr>
<th>Potential Elements</th>
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<tbody>
<tr>
<td>Positive identity</td>
<td>Being active &amp; partnership</td>
<td>Strength-based</td>
<td>Stigma &amp; discrimination</td>
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<tr>
<td><strong>Meaning in life / life goals</strong></td>
<td>Respecting rights, choice, interest &amp; culture</td>
<td>New skills development</td>
<td>Risk taking &amp; new challenges</td>
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<td>Hope</td>
<td>Peer support</td>
<td>Basic needs</td>
<td>Role models</td>
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<td><strong>Up-to-date knowledge in treatment</strong></td>
<td>Meaningful activities</td>
<td>Sense of control, empowerment &amp; participation</td>
<td>Assistance when in crisis</td>
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<td><strong>Self-management and responsibility</strong></td>
<td>Community involvement</td>
<td>Spirituality</td>
<td>Intimacy &amp; Sexuality</td>
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<td>General health &amp; wellness</td>
<td>Positive relationship</td>
<td>Ordinary social roles</td>
<td>Caring/welcoming/trustworthy helpers</td>
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Methodology- assessment tool

• Development of an assessment tool in Chinese basing on the 24 elements

• 5-point Likert scale (strongly agree; agree; neutral; disagree; strongly disagree)

• Rates the perceived importance of the elements of mental health recovery by people with mental illnesses in Hong Kong
Results

• 101 patients recruited from the medium-stay and rehabilitation wards of the Department of General Adult Psychiatry, Castle Peak Hospital

• Mean age: 41.9 years (SD = 11.3 years)

• Schizophrenia: 76 (75.2%)
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<th>Elements</th>
<th>% of agreement (agreed or strongly agreed)</th>
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<tr>
<td>Meaning in life</td>
<td>91.1</td>
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<td>Hope</td>
<td>86.1</td>
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<td>General health and wellness</td>
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<td>Basic needs</td>
<td>84.2</td>
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<td>Assistance when in crisis</td>
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<td>Respect rights, choice, interest and culture</td>
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Patients’ opinions on the elements of recovery

- **Self-management and responsibility**
- 其他人唔可以一曰廿四小時跟著你，照顧你，自己要識照顧自己。
- 人生只倚靠別人，獨立不來。
- No one can take care of you all the times, one should learn to care for oneself.
- One can’t be independent if only relies on others.
Strength-based

- A simple question asking me what I can help makes me feel that I am a useful person.

- Sometimes I need someone to help me to identify my strength on top of my mental illness.
Being active and partnership

• 主動參與，自動自覺，人才是真正的人。
• 主動表達及參與，其他人才可清楚了解自己的需要。

• Active participation makes me feel that I am a real person.
• Active expression and participation allow others to understand my needs.
Implement Recovery
1. Steering Committee
2. Policy on Recovery-oriented Practice in Castle Peak Hospital
Recovery in Chinese

- Recovery = 康復進程
- 康復 = getting well
- 進程 = ongoing improvement
10 elements / principles of Recovery-oriented Practice in Castle Peak Hospital
Services should be oriented towards patients’ life roles, aspirations, and maximizing independence, including techniques for self-management.

1. Personal Responsibility and Self Management
2. Strength-based Approach

Recovery focuses on valuing and building on the multiple capacities, resiliences, talents, coping abilities, and inherent worth of individuals.
3. Peer Support

Patients should be encouraged and engaged in providing peer support and role models to other patients.
Other elements/principles

- 4. Hope, satisfying and meaningful life
- 5. Empowerment and choice
- 6. Partnership
- 7. Sense of identity
- 8. Individualized approach
- 9. Holistic approach
- 10. Community integration
Recovery Model

- Individualized approach
- Self management
- Participation
- Empowerment & Choice
- Engagement & partnership
- Strength-based
- Mental Patient
Application of Recovery Model:
Examples from the Rehabilitation Team of Castle Peak Hospital
The EXITERS Farm is run by patients, they decide what, when, how and who to plant. They cook and share farm products among themselves.
Peer Mentor Service

Each newly transferred-in patient is assigned two Peer-mentors for emotional, social, and practical assistance for settling into the new environment.
Activity Planning

Monthly outing activity is planned, organized, and evaluated by patients. Staff acts as a “coach” only.
Video
Thank you