



**Service Priorities and Programmes**  
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**Recovery oriented practice in psychiatric rehabilitation: A preliminary service evaluation in occupational therapy**

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**Introduction**

Contemporary psychiatric rehabilitation is influenced by the recovery movement both world-wide (Crowe et al., 2006; Oades et al., 2005; Uppal et al., 2010) and locally (HA, 2010). The Collaborative Recovery Model (CRM; Oades et al., 2005) emphasizes individual processes of finding hope, redefining identity, finding meaning in life, and taking responsibility for recovery. The rehabilitation professionals work collaboratively with the clients and provide activities choices for them.

**Objectives**

Comparing to the worldwide trend, local utilization of the CRM is in a budding stage and this paper describes a preliminary evaluation of the recovery oriented practice (ROP) in the United Christian Hospital.

**Methodology**

In January 2011, we captured a snapshot of clients' perceptions of how far was our service from recovery oriented practice using the Recovery Self Assessment (RSA; O'Connell et al., 2005). The scale consists of 32 items each is rated on a 5-point Likert scale from strongly disagree to strongly agree. It can be subsumed into 5 domains, namely life goals, involvement, diversity of treatment options, choice, and individually-tailored services. In the past two years, we implemented a a small scale quality improvement program with regard to the principles laid down by Davidson et al. (2007), Deane et al. (2006), and Oades et al. (2009). The activities include (1) staff training on ROP; (2) assessment/interview system incorporating collaboration and pursuance of personal goals; (3) patients-led activities for better participation and initiatives; (4) increase variety of treatment activities for more choices; (5) patient performances to promote strength and empowerment; and (6) environmental set up propagating ROP atmosphere and information. In January 2013, the RSA survey was repeated to investigate the change in ROP. Mann-Whitney Test was used to detect any significant differences between the two assessments.

**Result**

A total of 112 psychiatric day hospital clients have been surveyed; 46 in 2011 whereas 66 in 2013. There is a significant difference in the RSA scores. Subsequent analysis

shows significant improvement in the domains of involvement, diversity of treatment options, and choice. It is recommended to further restructuring the present mental health services with system of the recovery oriented practice in place to enhance user empowerment.