

# Recovery in Mental Health May 2015

## Dear Colleague

See below recent articles and other items of interest on Recovery in Mental Health

If you wish to see the full text and there is a link below the abstract you should be able to access the article using your Athens password. If there is no link or you have any problems please email Marzena Szczepanska [marzena.szczepanska@southernhealth.nhs.uk](mailto:marzena.szczepanska@southernhealth.nhs.uk)

## News items, books, reports

### WestBridge Launches “Marathon” Campaign to Support Mental Health and Substance Use Recovery

PR Web (press release)

Because **recovery** is a journey that requires preparation, training, ... a solution for loved ones with **mental health** issues and substance use disorders. <http://bit.ly/1FZgxuq>

### Facebook can worsen or improve mental health

Economic Times

LONDON: Facebook can either help people **recover** from **mental health** problems or make their symptoms worse, a new research shows, adding that ... <http://bit.ly/1GYEZYW>

European Master Programme in **Recovery and Social Inclusion** <http://www.raiseinrecovery.com/index.html>

## Journal articles

### **Relationships over time of subjective and objective elements of recovery in persons with schizophrenia.**

Psychiatry Res. 2015 Mar 20;

Authors: Jørgensen R, Zoffmann V, Munk-Jørgensen P, Buck KD, Jensen SO, Hansson L, Lysaker PH

Recovery from schizophrenia involves both subjective elements such as self-appraised wellness and objective elements such as symptom remission. Less is known about how they interact. To explore this issue, this study examined the relationship over the course of 1 year of four assessments of symptoms with four assessments of self-reports of subjective aspects of recovery. Participants were 101 outpatients with schizophrenia. Symptoms were assessed with the Positive and Negative Syndrome Scale (PANSS) while subjective recovery was assessed with the Recovery Assessment Scale (RAS). Separate Pearson's or Spearman's rank's correlation coefficients, calculated at all four measurement points, revealed the total symptom score was linked with lower levels of overall self-recovery at all four measurement points. The PANSS emotional discomfort subscale was linked with self-reported recovery at all four measurement points. RAS subscales linked to PANSS total symptoms at every time point were Personal confidence and hope, Goal and success orientation, and No domination by symptoms. Results are consistent with conceptualizations of recovery as a complex process and suggest that while there may be identifiably different domains, changes in subjective and objective domains may influence one another.

### **Peer Education as a Strategy for Reducing Internalized Stigma Among Depressed Older Adults.**

Posted: 29 Apr 2015 10:48 AM PDT

Conner, Kyaïen O.;McKinnon, Symone A.;Ward, Christine J.;Reynolds, Charles F., III;Brown, Charlotte Psychiatric Rehabilitation Journal 27 Apr 2015 <http://bit.ly/1K1cbVU>

### **Subthreshold Psychotic Symptom Distress, Self-Stigma, and Peer Social Support Among College Students With Mental Health Concerns.**

Posted: 29 Apr 2015 10:48 AM PDT

Denenny, Danielle;Thompson, Elizabeth;Pitts, Steven C.;Dixon, Lisa B.;Schiffman, Jason Psychiatric Rehabilitation Journal 27 Apr 2015 <http://bit.ly/1lwc9TX>

### **Recovery from severe mental illness.**

CMAJ. 2015 Apr 27;

Authors: Whitley R, Palmer V, Gunn J <http://1.usa.gov/1Ruonk4>

## **A Pilot Study of the Nutrition and Exercise for Wellness and Recovery (NEW-R): A Weight Loss Program for Individuals With Serious Mental Illnesses.**

Brown, Catana;Read, Halley;Stanton, Morgan;Zeeb, Michael;Jonikas, Jessica;Cook, Judith Psychiatric Rehabilitation Journal 06 Apr 2015 <http://bit.ly/1zVxjcU>

## **ProQuest:Next-Generation Psychiatric Assessment: Using Smartphone Sensors to Monitor Behavior and Mental Health.**

Ben-Zeev, Dror;Scherer, Emily A.;Wang, Rui;Xie, Haiyi;Campbell, Andrew T. Psychiatric Rehabilitation Journal 06 Apr 2015 <http://bit.ly/1Ff4WbH>

## **ProQuest:How Are Perceived Stigma, Self-Stigma, and Self-Reliance Related to Treatment-Seeking? A Three-Path Model.**

Jennings, Kristen S.;Cheung, Janelle H.;Britt, Thomas W.;Goguen, Kandice N.;Jeffirs, Stephanie M.;Peasley, Allison L.;Lee, Abigail C. Psychiatric Rehabilitation Journal 06 Apr 2015 <http://bit.ly/1ltrPc5>

## **Client Views of Engagement in the RAISE Connection Program for Early Psychosis Recovery.**

Psychiatr Serv. 2015 Apr 15;:appips201400475

Authors: Lucksted A, Essock SM, Stevenson J, Mendon SJ, Nossel IR, Goldman HH, Goldstein AB, Dixon LB

OBJECTIVE: This study assessed factors that facilitated or impeded clients' engagement in services offered by the Recovery After an Initial Schizophrenia Episode (RAISE) Connection Program for youths and young adults experiencing early psychosis. It was part of the larger RAISE Implementation and Engagement Study.

METHODS: Thematic qualitative analyses of data from in-person, semistructured interviews with 32 clients were used to examine experiences of program services, staff practices, clients' engagement behaviors, and related factors, such as expectations, family involvement, illness, and setting. Eighteen clients were well engaged with services, and 14 were not. Thirteen were interviewed early in their program involvement (two to nine months after enrollment) and 18 others later (12 to 24 months after enrollment).

RESULTS: Four domains of factors influenced engagement: individualized care, program attributes, family member engagement, and personal attributes. A central factor was the program's focus on clients' life goals. For many interviewees, engagement hinged substantially on receiving what could be considered nonclinical services, such as supported education and employment. Other key factors were individualized services and staff interactions that were respectful, warm, and flexible; engagement of family members; and a focus on shared decision making.

<http://1.usa.gov/1KA6QI5>

## **Stakeholder views on a recovery-oriented psychiatric rehabilitation art therapy program in a rural Australian mental health service: a qualitative description.**

Int J Ment Health Syst. 2015;9:11

Authors: De Vecchi N, Kenny A, Kidd S

**BACKGROUND:** Recovery-oriented care is a guiding principle for mental health services in Australia, and internationally. Recovery-oriented psychiatric rehabilitation supports people experiencing mental illness to pursue a meaningful life. In Australia, people with unremitting mental illness and psychosocial disability are often detained for months or years in secure extended care facilities. Psychiatric services have struggled to provide rehabilitation options for residents of these facilities. Researchers have argued that art participation can support recovery in inpatient populations. This study addressed the research question: Is there a role for the creative arts in the delivery of recovery-oriented psychiatric rehabilitation for people with enduring mental illness and significant psychosocial disability detained in a secure extended care unit?

**METHODS:** The study had two major aims: to explore the experiences of consumers detained in a rural Australian secure extended care unit of an art therapy project, and to examine the views of nurse managers and an art therapist on recovery-oriented rehabilitation programs with regard to the art therapy project. A qualitative descriptive design guided the study, and a thematic network approach guided data analysis. Ethics approval was granted from the local ethics committee (AU/1/9E5D07). Data were collected from three stakeholders groups. Five consumers participated in a focus group; six managers and the art therapist from the project participated in individual interviews.

**RESULTS:** The findings indicate that consumer participants benefitted from art participation and wanted more access to rehabilitation-focussed programs. Consumer participants identified that art making provided a forum for sharing, self-expression, and relationships that built confidence, absent in the regular rehabilitation program. Nurse manager and the art therapist participants agreed that art participation was a recovery-oriented rehabilitation tool, however, systemic barriers thwarted its provision. <http://1.usa.gov/1J4WQSH>

## **Recovery from first-episode psychosis: A dialogical perspective.**

Bull Menninger Clin. 2015;79(1):70-90

Authors: Connell M, Schweitzer R, King R

This study aims to understand the process of change in self and its relationship to recovery in the first 3 months following first-episode psychosis (FEP). Because psychosis is understood as a disorder of self, theories of self are needed to consider how sense of self is affected and restored. The authors used semistructured interviews to explore the experiences of 12 young people who had been diagnosed with FEP. The interviews were conducted at two time points: during the first month following the onset of psychosis and 3 months later. The authors employed Interpretive Phenomenological Analysis to explicate interview data and explore the experience of change following FEP. Themes that emerged in the data came under two superordinate themes: loss of self and strengthening of self. Dialogical theory of self was used to interpret the findings and explore the relationship between sense of self and recovery for young people during this critical phase following <http://1.usa.gov/1KA7Dm0>