Microsystem Grows Mesosystem

Innovative Approaches to Mental Health in the UK

Presentation title set in header

Microsystem........

Vision to improve healthcare outcomes for people with long term mental health difficulties.
1 in 4
1.7% GDP
Largest cause of ill health in the developed world by 2030
Complexity
**Principle Aim**

We wanted to:

- Try a new way of thinking about person centred care for people experiencing long term mental health difficulties
- Co-design and run ‘pop up’ Recovery Colleges across Gloucestershire and Herefordshire
- Provide personal coaching for Recovery College students to embed their learning after the course had finished

**What is Recovery?**

Personal recovery means different things to different people and should be defined by the person experiencing mental illness. However, for many people it means a way of living a satisfying and meaningful life within the limits of mental illness

Rethink
Recovering is:

An attitude not an outcome
A journey not a destination
‘One step at a time’ and ‘baby steps’ too
Seeing the person not just the illness
Recognising and managing distress
Finding connections with others again
Finding meaning
Finding purpose, vocation and or occupation
Finding a safe place to call home

Tim’s ‘slinky’ model of recovery

Tim’s old circle of despair

Tim’s new slinky model of progress [APT 2013]
A Recovery College…. 

Is educational rather than traditional ‘health care’

Offers courses based on a blend of real life experience and testimony as well as evidence from research

Is designed and taught by people with lived experience of mental illness

Offers students the opportunity to learn more about their condition and treatments, develop fresh insights, learn new life skills and gain a sense of hope that recovery is possible

A place where people learn from each other and can offer each other friendship, support, validation and recognition of people’s strengths and attributes

The Health Foundation
**Recovery Colleges support people**

To be aware that recovering from mental illness is possible.

To feel inspired by those already on the recovering journey.

To understand the many routes to recovering.

To develop knowledge about what is needed for recovering.

To learn how to lead themselves and others on the recovering journey and proactively manage their own care.

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**Here are some of our student’s thoughts**
What we have learnt is…….
Student Self Reported Outcome Measures

CHIME

Connectedness
Hope and Optimism
Identity
Meaning and Purpose
Empowerment

Leamy M et al (2011)
A student’s story