



***“Recovery from Mental Health Problems:
Lessons for services from clinical and
personal recovery literatures.”***

Jerome Carson,
Professor of Psychology,
University of Bolton.



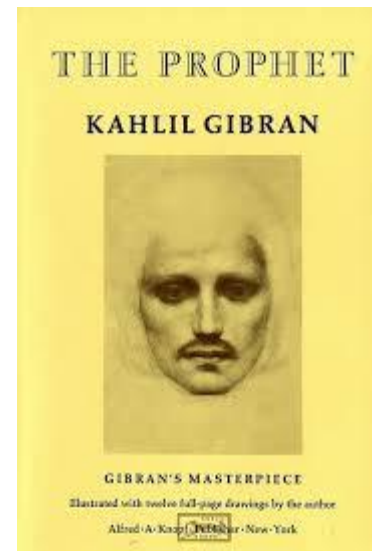
Dr Paul Wolfson.



“The mountain to the climber is clearer from the plain.”



Kahlil Gibran.





Clinical recovery.



Outcome in bipolar

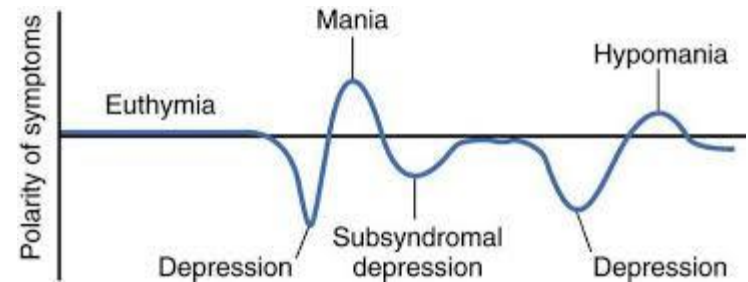
Recovered no episode in 5 yrs	16%
Remitted good function > 1 episode	25%
Incomplete remission, recurrences	35%
Chronic- 2 years in an episode	16%
Suicide	8%

(Hunt, 2005, based on Angst)

80% relapse after 5 years **41% reasonable recovery.**

Functional recovery lags symptomatic recovery

(Quinn, 2007)



Clinical Recovery

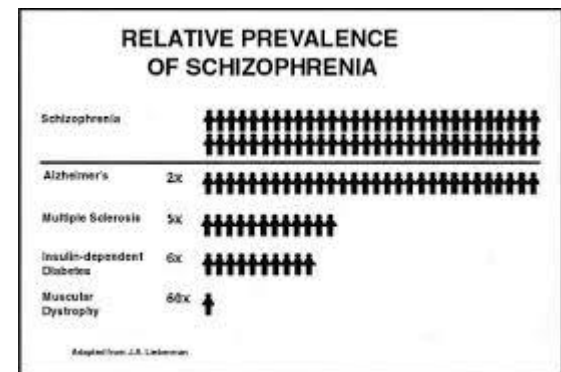
Outcome in Schizophrenia.

	clinical rec	social rec	poor outcome
• Bleuler (1978) n=208, FU 5-20 years	20%	51%	24% (+13)
• Ciompi and Muller (1984), n=1642, FU 37 ys	27%	33%	18%
• Huber et al (1975), n=758, FU 8-28ys	22%	75%	35%
• Salonkangas (1983), n=175, FU 7-8ys	26%	69%	24%
• Satorius et al (1986), n=1065, FU 5ys			
developing countries	45%	75%	29%
developed countries	25%	33%	50%

Evidence of late recovery

23% clinical recovery, 57% social recovery

Outcomes more favourable in developing countries





***“The one thing that Laing never really understood.
Madness can kill.”
Dr Peter Chadwick.***



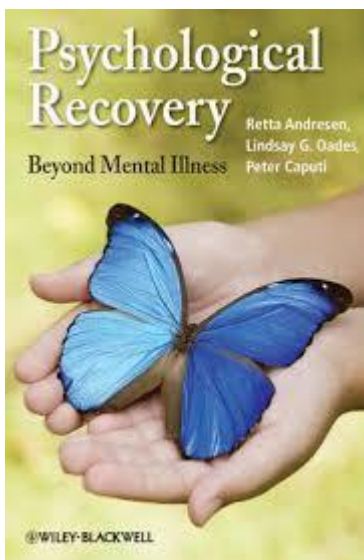


Personal Recovery.





Components of personal recovery.



The restoration of hope
Self-identity
Meaning in life
Self-determination

(Connectedness/ relationships).



<https://www.youtube.com/watch?v=cZAw8qxn0ZE>



The Recovery Film.



Dr Frank Holloway



Dr Paul Wolfson



Michelle McNary



Recovery Film: The Stars.



Dolly Sen



Ben Haydon



James Bellamy



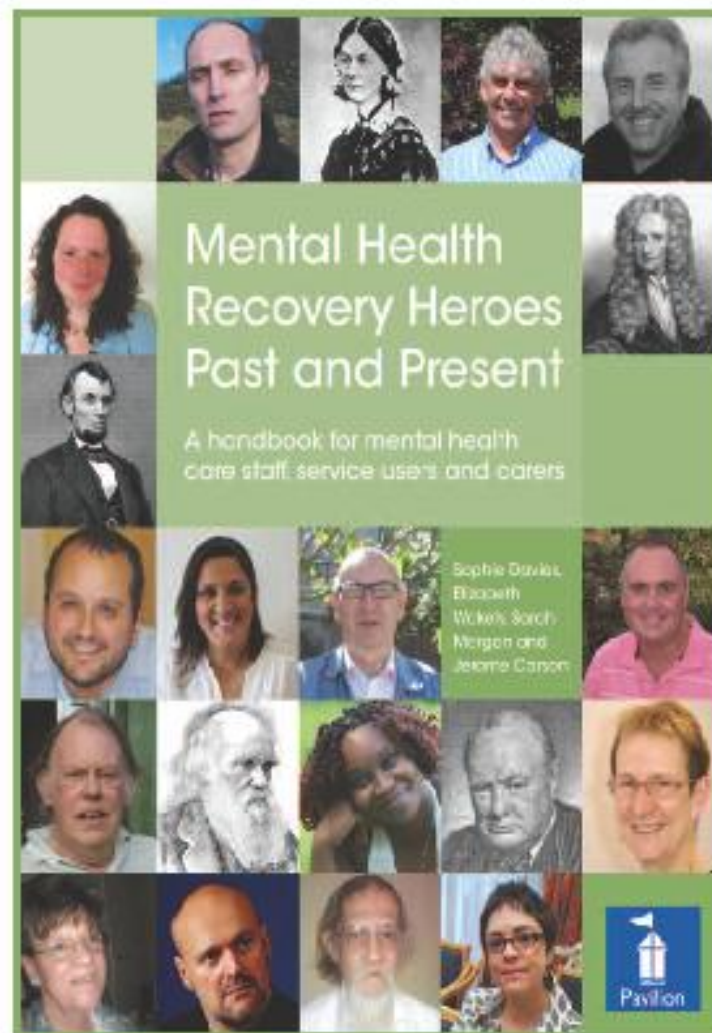
Gordon McManus

The Recovery Film by Michelle McNary.



<http://www.youtube.com/watch?v=purscrXmygc>

<http://www.youtube.com/watch?v=G6l7Ud2zZfc>



Clinical Recovery.

“The goal of recovery is to become the unique, awesome, never to be repeated human being that we are called to be.”

Patricia Deegan (1996)



“Recovery is possible.” **Dolly Sen (2012)**



Lessons from clinical recovery:

Outcomes not as positive as we would like
Serious conditions can last decades
Services need to think about longer term care needs

Lessons from personal recovery:

Five key elements to the recovery process
What can provide meaning?
“Somewhere to live, something to do, someone to love.”
Dr Rachel Perkins.
What can the best lived experience people tell us to
Improve mental health care?



Dr Rachel Perkins.



Peter Bullimore.



Dr Paul Wolfson.