

Clinical, personal, and social recovery – how to keep them apart (– and (why) should we?)



United Nations Human Rights Council–

Report of the Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health

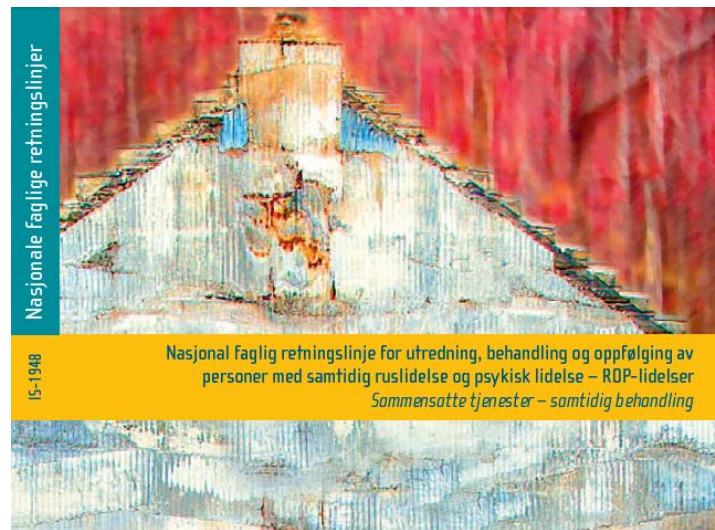
- “No health without mental health”
- A human rights approach to health
- The right to health is an inclusive right to both health care and the underlying and social determinants of health
- A right to health must also be understood to guarantee the entitlement to treatment *and* integration in the community.
- Thus – health and health care are not primarily about individual problems and solutions
- Health is social and rights-based

Suggested implications for policies and services

- Enhanced focus on human rights and social determinants
- Community based support and inclusion in the local community
- Focus on blurring power balances and roles – towards collaboration, partnership and inclusion of experiential knowledge
- Moving from a biomedical towards a psychosocial model
- **A recovery-oriented paradigm**

The UN Special Rapporteur on the Right of Everyone on the Enjoyment of the Highest Attainable Standard of Physical and Mental Health (2017)

Along with several national guidelines



At least three different perspectives on recovery in relation to mental health:

(Borg, Karlsson og Stenhammer, 2013)

Clinical recovery

Clinical outcome, measured through symptom decrease and improved functional status. Involves standard assessment tools and is best determined by professional experts

Personal recovery

A personal and unique process. Involves regaining control through own efforts and with support from others. It is about living the best possible life.

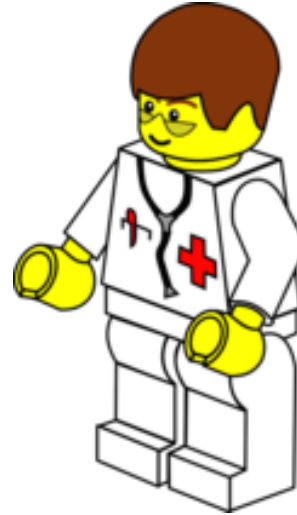
Social recovery

Focuses on social contexts and the dynamic relationship between the person, others and material contexts.



Clinical recovery

- Treatment and result oriented
- Considered an outcome or result
- Observable
- Assessment done by professionals
- Little individual variation



Clinical recovery (Libermann og Kopelowicz, 2002)

The widespread definition of clinical recovery entails that the person for at least two years has no symptoms (remission), partly or fully return to work or education, that the person is living independent of informal carers, and that the person has friends whom he/ she is involved in activities with

Recovery involves living a meaningful and satisfactory life as the person defines it, with or without symptoms and trouble which may come and go.

(Shepherd, Boardman & Slade, 2008)

Roots in the civil rights movement

Experience-based knowledge on what helps and is important to people



Journal of Mental Health,
August 2007; 16(4): 459–470

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healthcare

**Recovery from versus recovery in serious mental illness:
One strategy for lessening confusion plaguing recovery**

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A personal process

William Anthony (1993):

... a deeply personal, unique process of changing one`s attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one`s life as one grows beyond the catastrophic effects of mental illness...

Conceptual framework for personal recovery in mental health: systematic review and narrative synthesis (Leamy et al., 2011)

Leamy et al. (2011) found more than 110 definitions.....

- Connectedness
- Hope and optimism for the future
- Identity
- Meaning in life
- Empowerment



“Recovery is said to be “personal” (Slade, 2009); it is “deeply individual”. Why would anyone object to that? Because we are not isolated individuals, to put it bluntly” (Rose, 2014, p.2017).



Sosial prosess



- Recovery happens in «everyday life» – not in a vacuum or within different services
- Rebuild belonging and an identity which goes further than challenges and problems
- Context and surroundings get more attention
- Uncover and handle social consequences to living conditions because of mental health struggles
- Stigma, power, human rights

Social recovery

Reformulated version of Anthony (1993):

Recovery is a deeply social, unique and shared process in which our living conditions, material surroundings, attitudes, values, feelings, skills, and/or roles are changing. It is a way of living satisfying, hopeful lives together with others, even though we may still experience distress, unusual experiences and troubling behaviour. Recovery involves engaging in new material and social contexts and in dialogues where new ways of understanding and handling the situation are created as we move beyond the psycho-social-material crisis.

Topor, Larsen & Bøe (2020)

<https://www.madinnorway.org/2020/05/recovery-sosial-transformasjon/>



What differentiates recovery from other perspectives?

- Knowledge base is based on systematizing personal experiences
- Local communities, participation and inclusion is central
- Knowledge and practices developed through collaboration – in context rather than being implemented
- (Human/Civil) Rights



Slade & Longden (2015) – The empirical evidence about mental health and recovery: how likely, how long, what helps? (p. 9)

«Traditional perspectives»:	«Challenging the traditional»:
<ol style="list-style-type: none">1. Recovery is best judged by experts2. Few people with mental health problems recover3. If a person no longer meets criteria for a mental illness, they are in remission4. Diagnosis is a robust basis for characterising groups and predicting needs5. Treatment is needed to improve outcome – and should be widely available6. The barriers to receiving effective treatments are availability, financing and client awareness7. The impact of mental illness, in particular schizophrenia, is entirely negative	<ol style="list-style-type: none">1. Recovery is best judged by the person living with the experience2. Many people with mental health problems recover3. If a person no longer meets criteria for a mental illness, they are not ill4. Diagnosis is not a robust foundation5. Treatment is one route among many to recovery6. Some people choose not to use mental health services7. The impact of mental health problems is mixed