



CME COURSE TITLE	Developing a recovery focus in mental health services
COURSE DIRECTOR	Dr. Mike Slade, UNITED KINGDOM
COURSE LEVEL	Advanced
EDUCATIONAL OBJECTIVES	<ol style="list-style-type: none">1. To convince participants that the recovery approach should be the guiding philosophy for 21st Century mental health services2. To crystallise exactly what personal recovery means3. To catalyse - to support mental health professionals who are convinced about the values, have crystallised beliefs and knowledge about personal recovery, and want to know where in practice to start.
COURSE DESCRIPTION	<p>Five reasons why personal recovery should be the guiding principle for 21st Century mental health services will be described: epistemological (arguing for a constructivist perspective); ethical (challenging the concept of 'duty of care'); effectiveness (demonstrating that the benefits of the most common treatment - medication - have been exaggerated); historical (the interests of the individual mentally ill person being subordinated to the interests of other dominant groups in society) and policy (in most English-speaking countries, a focus on recovery is policy).</p> <p>New research into the processes involved in personal recovery will be presented. Mental health services can support recovery in four ways: fostering relationships, promoting well-being, offering treatments and improving social inclusion. Concrete examples of each type of how each recovery support task can be implemented will be presented. The REFOCUS RCT will be described. The academic foundation of the course is Slade M (2009) Personal Recovery and Mental Illness, Cambridge: Cambridge University Press. The approaches to supporting recovery are outlined in Slade M (2009) 100 Ways to support recovery, London: Rethink (free to download at rethink.org/100ways). The REFOCUS intervention is described in Bird V et al (2011) REFOCUS: Promoting recovery in community mental health services, London: Rethink (free to download at researchintorecovery.com/refocus).</p>
COURSE METHODS AND MATERIAL	The course will comprise didactic material about recovery, with empirical evidence and illustrative case studies from around the world to illustrate how mental health services are putting recovery principles into practice. These will provide a resource of innovative, established strategies which increase the organisational and clinical focus on personal recovery.
TARGET AUDIENCE	Psychiatrists and other clinicians who work in or manage mental health services. The course will be suitable for people who want to learn about recovery, want to understand why system transformation will be needed for services to support personal recovery, and want to implement a recovery focus in their own services.
LANGUAGES	English