

# Approaches to Involvement in Recovery (AIR)



Setting the scene:  
Involvement in research - for  
whose benefit?

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# POLL

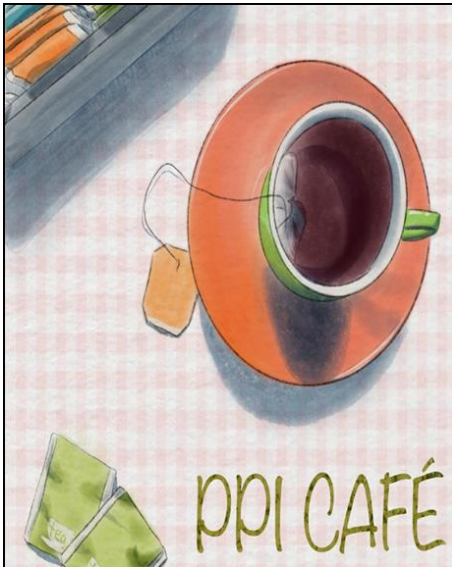


## Question 1

What percentage of UK adults have either never used the internet, or last used it over 3 months ago?



## Setting the Scene



- 🔥 What is this thing called **RECOVERY**?
- 🔥 What do we mean by **AIR Research Theme**?
- 🔥 What do we mean by involvement (PPI)?
- 🔥 Potential impact?
- 🔥 How do we get the research that we want funded?
- 🔥 Introducing Lucy Walsh (AIR Co-ordinator)
- 🔥 Any Questions?

## What is this thing called recovery?



'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 the illness. Recovery involves the **development of new meaning and purpose in one's life** as one grows beyond the catastrophic effects of mental illness'.

**(Anthony, 1993)**

# What is this thing called recovery?

## Four Tasks of Recovery (Slade 2009)

1. Developing a  
positive sense  
of self

3. Self management



2. Reframing lived experience

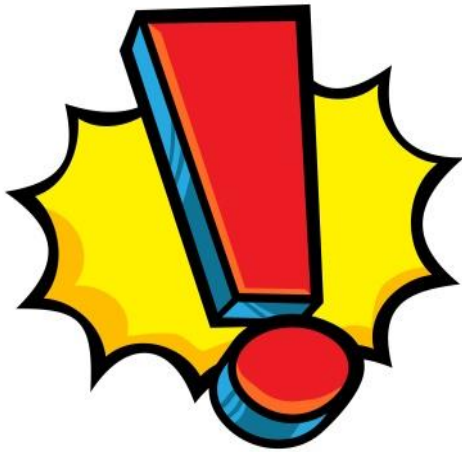
4. Developing  
valued social  
roles

**‘Recovery is generally seen in this model as a personal journey rather than a set outcome, and one that may involve developing hope, a secure base and sense of self, supportive relationships, empowerment, social inclusion, coping skills, and meaning’.**

**Wiki 2021**

# Why is this thing called recovery important?

Recovery (as a concept) and evidence-based research determine what and how mental health services are resourced and provided.



Who determines what recovery is.... And it's impact on:

- ✓ Our sense of self
- ✓ Power dynamics within relationships
  - ✓ Access to services
  - ✓ Our life opportunities
- ✓ Who gets to make these decisions?

**LANGUAGE, POWER, RELATIONSHIPS and RESOURCES**

# What do we mean by AIR?

- 🔥 **Working and building relationships with researchers at all levels and experience**
- 🔥 **Developing new pathways**
  - 🔥 Clinical Psychology and Occupational Therapy students
  - 🔥 Eating Disorders Clinic
  - 🔥 CYPs (Children and Young People) and PPI Youth Café
  - 🔥 Clinicians research on relationships and power
- 🔥 **Evaluation and impact of Peer workers within the Trust**
- 🔥 **Supporting more creative methodologies**
  - 🔥 Co-production, Participatory Action Research, Psychoeducation Programme development, Narrative and Using Film
- 🔥 **Development of AIR theme group**
- 🔥 **Peer Researchers, PPI Researchers and Commissioning Research**



## The Bigger Picture



- 🔦 **AIR impact across themes**
- 🔦 **Embedding PPI within Research Management structure and systems**
  - 🔦 Sponsorship Committee
  - 🔦 Design & Delivery Forum
- 🔦 **Modelling good practice**
  - 🔦 Staff well-being
  - 🔦 Reflective Practice
- 🔦 **Wider organisation role**
  - 🔦 Challenging and contributing to Trust Policy
  - 🔦 Trust-wide Peer Leadership role
- 🔦 **Wider Collaboration**
  - 🔦 McPin
  - 🔦 Professional Psychology Network PPN
  - 🔦 Applied Research Collaboration (ARC KSS)
  - 🔦 Regional Design Service (RDS SE)



WE are PPI and WE are AIR



## Potential impact: For Individuals, the Research and Organisation



'There is nothing out there for someone like you...'

### The Impact of Patient and Public Involvement in the SlowMo study: Reflections on Peer Innovation.

Journal: Health Expectations

Manuscript ID Draft

Wiley - Manuscript type: Original Article

Keywords: Patient and Public Involvement, Paranoia, Impact, Cognitive Behavioural Therapy, Digital Health, Mobile Applications

**Without PPI, the study will not get funded**

## Research – For Whose Benefit?

- 🔥 How do we get the research that we want funded?
- 🔥 Meaningful co-production?
- 🔥 Resources?
- 🔥 Greater Diversity and Inclusivity?
- 🔥 Time?
- 🔥 Power and Priorities?

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