



Second Edition

# Care Planning in Mental Health

## Promoting Recovery



10041029

ห้องสมุด วพบ. สุรินทร์

Michael Wren and Stephan D. Kirby

WILEY Blackwell

# Contents

<i>Contributors</i>	ix
<b>1 Introduction: The Emergence of Recovery as a Key Concept</b>	<b>1</b>
<i>Stephan D. Kirby, Angela Hall and Mike Wren</i>	
The chapters	10
<b>2 Experiencing Recovery</b>	<b>18</b>
<i>Aidan Moesby and Sandra Cleminson</i>	
<b>3 Recovery as a Framework for Care Planning</b>	<b>25</b>
<i>Jim Campbell, Theo Stickley, Sarah Bonney and Nicola Wright</i>	
Introduction	25
Recovery debated	27
Historical context	28
Recovery concepts in the literature	30
The social construction of recovery	39
Models for recovery	40
Conclusion	45
<b>Section 1: Surviving</b>	<b>53</b>
<b>4 Discovering the Person</b>	<b>55</b>
<i>Angela Hall and Donna Piper</i>	
Introduction	55
Conclusion	67
<b>5 Parity of Esteem</b>	<b>71</b>
<i>Mike Wren and Natalie Iley</i>	
Introduction	71
Parity of esteem considerations	72
Personalising parity of esteem	75

<b>6</b>	<b>Holistic Care: Physical Health, Mental Health and Social Factors</b>	<b>84</b>
	<i>Teresa Moore and Scott Godfrey</i>	
	Recovery	85
	Promoting health and recovery	86
	Physical considerations for quality of care	87
	Medical considerations for quality of care	88
	Emotional considerations for quality of care	89
	Social consideration for quality of care	90
	Lifestyle considerations for quality of care	90
	Educational considerations for quality of care	91
	Practice-related considerations for quality of care	92
	Emergency department and mental health	92
	Preventative considerations for quality of care	94
	Conclusion	96
<b>7</b>	<b>Strengths and Diversities: A Substance Misuse Perspective</b>	<b>100</b>
	<i>Julie Wardell</i>	
	Introduction	100
	Background to substance misuse	101
	Approaches to substance misuse	102
	Government strategy and substance misuse	103
	Recovery and substance misuse	104
	Evaluating recovery from substance misuse	110
	Conclusion	111
	<b>Section 2: Managing</b>	<b>115</b>
<b>8</b>	<b>The Legal and Ethical Landscape</b>	<b>117</b>
	<i>Charlotte Chisnell and Gordon J. Mitchell</i>	
	Review of the Mental Health Act 1983	118
	The Mental Health Acts 1983 and 2007	120
	Supervised Community Treatment (SCT)/Community treatment: section 17A–section 17G	120
	Mental Health Tribunal (MHT)	121
	Age-appropriate services	122
	Electro-convulsive therapy	122
	Advocacy and rights	122
	Revised Code of Practice and principles	123
	Changes to the Mental Capacity Act 2005	123
	The Mental Capacity Act 2005	124
	The authorisation of Deprivation of Liberty safeguards	127

Urgent authorisation	129
Conclusion	129
<b>9 Enabling Risk to Aid Recovery</b>	<b>132</b>
<i>Angela Hall</i>	
Introduction	132
Risk and regulation	134
Impact of inquiries	134
Exploring risk issues	136
Enabling risk	138
Risk management cycle	139
Conclusion	143
Acknowledgement	144
<b>10 Collaborating Across the Boundaries</b>	<b>146</b>
<i>Mike Wren, Stephan D. Kirby and Angela Hall</i>	
Introduction	146
Collaborating across professional boundaries	152
Policy drivers	155
Conclusions	157
<b>Section 3: Thriving</b>	<b>161</b>
<b>11 Relationships and Recovery</b>	<b>163</b>
<i>Stephan D. Kirby</i>	
The therapeutic alliance	168
A model of therapeutic alliance in mental health recovery	172
Conclusions	175
<b>12 Holistic Care Planning for Recovery</b>	<b>179</b>
<i>Devon Marston and Jenny Weinstein</i>	
The recovery approach	179
Holistic person-centred care planning	180
Barriers to person-centred care planning	181
What would good care planning look like?	181
How can change be achieved?	182
A holistic response at admission to hospital	182
Experiences of people from BME communities	183
Risk assessment and keeping women safe	187
Continuity of care planning	190
Recognising skills and potential to aid recovery	190
Planning a return to work	191

Personalisation	192
Conclusions	193
<b>13 Recovery-Orientated Practice in Education</b>	<b>197</b>
<i>Mike Fleet</i>	
Introduction	197
Challenges to implementing recovery in education	198
The quality of experience for both nurse and service user	199
Redefining service user involvement	204
Transforming the workforce to deliver service user-led education	205
Establishing a 'Recovery Education Centre'	205
Changing the way we approach risk assessment and management	206
Increasing opportunities for building a life 'beyond illness'	207
Increasing 'personalisation' and choice	207
Conclusion	209
<b>14 The Recovery Journey</b>	<b>217</b>
<i>Stephan D. Kirby</i>	
Survive (domain)	219
Manage (domain): 'reconstruction'	219
Thrive (domain)	220
'Deconstruction'	221
'Consolidation'	222
<b>15 Conclusions: Reflection on the Future (Again)</b>	<b>223</b>
<i>Stephan D. Kirby, Mike Wren and Angela Hall</i>	
...And in closing	225
<i>Index</i>	229