



Recovery focused interventions: Perceptions of mental health consumers and their case managers

Gaynor Ellis¹ and Robert King²

1. *Coordinator, Mental Health Resource Service, Cairns, Far North Queensland.*
This study was completed as part of the requirements of the Masters Degree in Mental Health at the University of Queensland.
2. *Senior Lecturer, Department of Psychiatry, University of Queensland*

Abstract

The concept of recovery has emerged as a central tenet of the mental health consumer movement, and is increasingly informing service development and evaluation. Key factors that contribute to recovery have been identified in both consumer writings and research, but few studies have explored the extent to which mental health workers and mental health consumers share perceptions of the relative importance of those factors. In this study a new instrument was developed to measure the importance of recovery factors as rated by paired mental health consumers and case managers. A pilot administration to 15 consumers and their case managers revealed that the measure was sensitive to differences in perceptions. Differences were found in the areas of medication, strengths-based interventions and perceptions of the relationship with the case manager and service. Case managers tended to rate their level of recovery-focused activity higher than did consumers. The instrument has potential to be used in a larger study to further establish its validity and reliability.

Keywords

consumers, case management, recovery, mental health

Contact: Gaynor Ellis, Coordinator, Mental Health Resource Service, Centacare, P.O. Box 201, Cairns, Queensland, Australia, 4870 mhrs@centacarecairns.org
Robert King, Department of Psychiatry, University of Queensland, K Block, Royal Brisbane Hospital, Herston, Queensland, Australia, 4029 robertk@psychiatry.uq.edu.au

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