

# DROP-IN SERVICES

WHAT CONTRIBUTION  
DO THEY MAKE TO  
RECOVERY?

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# RECOVERY

- 4<sup>th</sup> Objective of the National Programme
- Recovery is recognised as a journey or a process & that this is unique to each individual
- Recovery is recognised as more than the absence of symptoms – includes the sense of well-being
- Major research reported by SRN (2007)

# SOCIAL NETWORKS

- People with more severe forms of mental illness have smaller & less dense networks than others

(Goldberg et al 2003, Corrigan & Phelan 2004)

- Mental health service users were 4 x more likely to live alone & more than 2 x as likely to be single than general population.

(Berzins 2007)

# RECOVERY THEMES

- IDENTITY
- ENGAGEMENT
- RELATIONSHIPS
- TREATMENTS & SUPPORTS
- TURNING POINTS & REFRAMING

# IDENTITY

- Social Identity

“Having the opportunity to relate to others & share similar experiences is crucial”

(Brown & Kandirikirira 2007)

- Self awareness aided through peer support

“Peer support was valued highly not only in relation to emotional support but was regarded as an integral part of learning and development (personal identity)”

(Altenberger & Mackay 2008)

# ENGAGEMENT

- Participating socially
- Social citizenship - belonging & being valued  
- giving back
- Learn about self & condition
- Access to education
- Community & social engagement
- Social action groups

# RELATIONSHIPS

- Social contacts are a protective factor  
(Green et al 2002)
- Importance of friendships especially those of peers  
(Berzins 2007)
- Acceptance and non-judgemental attitudes found in peer support groups highly valued  
(Altenberger & Mackay 2008)

# RELATIONSHIPS

- “Overwhelming narrative evidence suggests that Maintaining relationships and staying connected socially is an important part of recovery.”
- “Issues of social networks and social capital should be more emphasised in m.h. services”  
“Narrators’ capacity to cope often related to the social capital available to them”

(Brown & Kandirikirira 2007)

# SOCIAL CAPITAL

- “Networks of reciprocity and trustworthiness”  
(Putnam 2000)
- Skills, competencies, capacities and connections
- Contribute to personal identity
- Collective body with a shared sense of identity
- ❖ Point is that synergy is created here by a network of individuals that could never be created by a number of individual operating independently.

# TREATMENTS & SUPPORTS

- 24 hour crisis & support services

A range of daytime services

(Grant 2004)

- Access to and continuity of supports
- A sense of security
- Peer support
- Relationships, attitudes & power

(Brown & Kandirikirira 2007)

# ONE RESEARCH PROJECT

Comparison of day centres & day hospitals

- Day centre clients had much larger social networks but had more needs for care related to psychological distress:
  - 3 x difference in total contacts
  - 2 x difference in confidants

(Burns et al 2005)

# User focussed evaluation & monitoring

- Vital that service users are involved at a high level in the design & implementation of a system to monitor & evaluate drop-in services. There are tools available:

[www.socialinclusion.org.uk](http://www.socialinclusion.org.uk)

- “It’s not pound, shillings and pence. It’s our lives, our spirit, our being”