

REFERENCES AND BIBLIOGRAPHY

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2. "An Action Research Report Prepared for Walsall Social Services", Paul J. Carling, Piers Allott, September 2000, published by University of Central England in Birmingham, Centre for Mental Health Policy.
3. Psychiatric Rehabilitation Journal 19, 3, pp 91-97, Recovery as a Journey of the Heart. Pat Deegan (1996)
4. "What Recovery means to Us". Mary Ellen Copeland, www.mentalhealthrecovery.com/read13.html
5. In New Zealand the recovery Approach has been adopted nationally as the underlying 'vision' for all services. 50% of States in USA have similarly committed themselves to the Approach.
6. Making Sense of Voices, Mind Publication, p.128. Prof. Marius Romme & Sondra Escher 2000.
7. "Partnerships in Mental Health, Directional Paper 3: Principles of Recovery and For a Modern Community Mental Health System", Dr. P. J. Carling, Piers Allott, Mike Smith, Ron Coleman.
8. "Victim to Victor I,II and III, Handsell Publishing.
9. "Reflections on the recovery model" by S. Caras. Unpublished 1999
10. "The Wounded Prophet" in " Recovery: The new force in mental health." By S. Clay, Columbus Ohio, Ohio Dept. of Mental Health, 1994.
11. A 'maintenance approach' to service delivery is one that accepts the view that most people who use psychiatric services will need continuing support from professional mental health services and workers for a long period, if not for the rest of their life.
12. A 'recovery approach' is based on the belief that everyone has the potential to recover a meaningful life where they have taken control.
13. The term 'people navigator' recognises that the role of a navigator in a ship or aeroplane is to support and to guide the pilot. They have expertise and experience but they do not take control. They may offer advice and guidance but it is up to the pilot to make the decisions. The 'pilot' in the recovery approach is the person with the 'lived experience' of mental distress.
14. "Challenging Mental Impotence, A Perspective from Queensland, Australia, unpublished, by Helen Glover, edited by Piers Allott.
15. The Recovery Approach is an inclusive approach in that it accepts the individual's understanding of their own distress. This may be medical, social, psychological, spiritual, etc.
16. This is a contested area. The mental health user movement is divided on whether to support Recovery. Some do not like its medical language and its American origin. Others feel it is better to support self-management, which came from

- grass roots action in the UK. Still others feel it will be hi-jacked by the mental health system There are signals that at least some psychiatrist see Recovery as a new paradigm to supercede and make redundant the medical model and social model. Some feel it places expectations too high. Others want it redefined as 'Recovery from Psychiatry' and thereby in the domain both of anti-psychiatry and the survivor movement.
17. For example the Mental Health Foundation's "Spiral Programme" from autumn 1999. Spiral News, www.mentalhealth.org.uk/spiral
 18. See his book "Psycho Politics". Pluto Press, 1982
 19. See Mary Barnes and Joseph Burke: "Mary Barnes: two accounts of a journey through Madness. Penguin Book. 1976.
 20. See "Accepting Voices" by Professor Marius Romme and Sandra Escher, Mind Publications, 1993.
 21. Ron Coleman. "Recovery an alien concept". August 1999
 22. A person's 'lived experience' of 'mental distress' or 'recovery' are expressions that are gradually being used more generally in preference to words like 'user' or 'customer' to highlight the reality of where people are coming from. They give value to the struggles, and to the learning and growth that are a part of these experiences.
 23. CUES, Carers' and Users' Expectations of Services was developed by partnership that included Royal College of Psychiatry, Royal College of Nursing, NSF , and University of East Anglia. There is a Carer and a User Version. Copies can be obtained through NSF Research Department.
 24. Avon Measure was produced in a collaborative venture involving the Health Authority, Health Trusts, Voluntary Sector representatives, users and carers in the former County of Avon. Copies can be obtained through Mind Publications.
 25. For details of WRAP contact University of Central England, Centre for Mental Health Policy.
 26. "NSF and the Vision of Recovery", by Cliff Prior, Internal NSF Document November 1999.
 27. Labour Force Survey, winter 1995-96
 28. Meltzer et al. Economic activity and social functioning of adults with psychiatric disorders. Office of Population Census and Surveys, Surveys of psychiatric morbidity in Great Britain. Report 2. 1995
 29. Cook and Razzano. Vocational Rehabilitation for persons with schizophrenia; recent research and implications for practice. Schizophrenia Bulletin 2000;26:87-103
 30. Ron Coleman has summarised his approach to Recovery in his book: "Recovery an Alien Concept". Handsell Publishing, August 1999.
 31. "Stuff Dreams Are Made Of", by Peter Bates, Health Services Journal 33, 4th April 1996.
 32. "We also found that patients diagnosed with schizophrenia were able to relate their experience of hearing voices to stressful and traumatic events in their life history". "Making Sense of Voices", by Prof. Marius Romme & Sandra Escher, Mind Publicaions, 2000.

33. "The Gloucester Caseload Project", by Dr. Rob Macpherson et al, Severn NHS Trust unpublished 2001.
34. "There's Madness in Mankind's Method", by David Horrobin, The Sunday Times, 1-4-01
35. "Early Intervention In Psychosis - IRIS" by Initiative To Reduce the Impact of Schizophrenia, West Midlands Partnership, NSF, designed and printed by Kaleidoscope. 2001.
36. "Early Warning Signs – Self Management Pack for Individuals with Psychosis" By Jo Smith, Clinical Psychologist, Newtown Hospital, Worcester Community and Mental Healthcare NHS Trust. 2000. The pack includes an Action Plan performa.
37. "Living on the Edge", by Steve Hennessey, Unpublished Report commissioned by Cheltenham Locality Planning Team from NSF, 1995.
38. "A Gift of Stories" gathered by Julie Leibrich, published by The University of Otago Press

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www.mentalhealthrecovery.com/9.html

“Building Self Esteem”, by Mary Ellen Copeland,
www.mentalhealthrecovery.com/read16.html

“What Are The Key Facets Of A Recovery Scenario?” by Mary Ellen Copeland,
www.mentalhealthrecovery.com/read13.html

“Key Recovery Concepts”, by Mary Ellen Copeland,
www.mentalhealthrecovery.com/read10.html

“Reclaiming Your Power During Medication Appointments With Your Psychiatrists”, by Pat Deegan, www.power2u.org/selfhemp/reclaim.html

“People Can Recover From Mental Illness”, by Dr. Daniel Fisher & Laurie Ahern,
www.power2u.org/recovery/people_can.html

