The Competence Centre for Rehabilitation and Recovery
Research Plan 2017-2020

Our mission
The work of the Competence Centre for Rehabilitation and Recovery relates to the central vision of The Mental Health Services in the Capital Region to provide a recovery-oriented and patient-centred mental health care practice, based on the knowledge of recovery in mental health and on social inclusion and rehabilitation.

The work of the Competence Centre is therefore directed at supporting and contributing to the realisation of this vision through a broad range of developmental, teaching and research projects, all of which are founded upon a recovery-oriented approach.

The staff
The Competence Centre is an interdisciplinary team currently comprising nine permanent staff members and four project staff members.
Permanent staff members: the manager/head of the centre, a senior researcher, two academic-administrative staff members, and five teachers at the Centre’s Recovery College.
Staff members employed on a project basis: a project coordinator, a project manager, and two Ph.D. students.

Almost half of the staff members at the Competence Centre have lived experiences of mental illness and recovery. One staff member, the senior researcher, has a specific focus on conducting and establishing research.

Our vision for research
Our vision for the research at the Competence Centre for Rehabilitation and Recovery is to develop, contribute to and promote experience- and science-based empirical knowledge to support the recovery processes of the people using the Capital Region’s Mental Health Services.
The overall objective of our research
The overall objective is to develop and contribute to the research in the Mental Health Services of the Capital Region, which specifically supports a fundamental recovery-oriented development and practice of the mental health care. This entails a focus on research taking peoples’ lived experiences as a starting point when producing and developing the knowledge of their recovery processes, as well as qualifying and providing scientific support for the recovery-oriented interventions and practices in mental health to ensure a consistent integration of the recovery approach.

Therefore, it is a goal also that co-production increasingly is an integral part of the research conducted and disseminated by the Competence Centre, i.e. consumers/patients and relatives are part of producing and delivering knowledge and people with lived experiences contribute as fellow researchers.

The target groups
The primary target group for the research at the Competence Centre are people using the mental health services in the Capital Region.
A secondary target group are employees in the Mental Health Services of the Capital Region, as well as the relatives, the social context and community of those using the mental health services.

Relationship to the central visions and strategies of the Mental Health Services of the Capital Region
The Research Plan 2017-2020 of the Competence Centre for Rehabilitation and Recovery works in unison with the central visions and strategies of the Mental Health Services of the Capital Region to provide a recovery-oriented practice, as well as to the National Strategy of Research 2015 to support people with mental health problems. In this, the following policy papers are of key importance:

- The Visions for the Future of the Mental Health Services, 2011
- The Central Strategy of Integrating Consumers into the Mental Health Services, 2014
- The Operational Plan, 2015
- To Focus, Clarify and Improve 2016-2018 – A Three-year Implementation Plan

The main objectives of our research 2017-2020
Based on our vision, the research at the Competence Centre for Rehabilitation and Recovery has three main objectives for the period of 2017-2020.

1. To contribute to the overall knowledge of patient recovery processes

This knowledge is essential to the organisation and provision of mental health services to ensure that they support patient opportunities and recovery processes.
2. To qualify and provide evidence for pre-existing recovery-oriented interventions and practices

This knowledge is essential to ensure if and to what degree recovery-oriented interventions, which already form part of the Mental Health Services of the Capital Region, support patient opportunities and recovery processes. Such knowledge also helps determine whether they shall be further implemented and expanded in our services.

3. To establish knowledge and provide evidence for new or experimental recovery-oriented interventions and practices

This knowledge is essential in order to remain continuously updated on the effects and overall impact of the national and international interventions and practices launched to support recovery and the development of a recovery-oriented mental healthcare.

Our strategic goals
The three main objectives can be divided into strategic goals for the planning of the research projects at the Competence Centre.

1. To contribute to the overall knowledge regarding patient recovery processes

To achieve this objective, our strategic goals are:

a) To establish studies on the recovery processes of people with severe mental illnesses from the perspectives of those using the services.

b) To develop an instrument to measure recovery based on the perspectives of people with lived experience, to be used by those using the mental health services to assess their own recovery process.

c) To establish a qualitative study on illness insight and recovery from the perspective of people with lived experiences of mental illness and recovery.

2. To qualify and provide evidence for pre-existing recovery-oriented interventions and practices

To achieve this objective, our strategic goals are:

a) To establish research studies of the current recovery-oriented interventions and practices in the Mental Health Services of the Capital Region to support patient opportunities and recovery processes.

b) To collect data and review the literature on how mental health services become more recovery-oriented.

c) To develop a method to measure the degree to which mental health services are recovery-oriented.
3. To establish knowledge and provide evidence for new or experimental recovery-oriented interventions and practice

To achieve this objective, our strategic goals are:

a) To continuously work to establish research projects to follow-up on new initiatives in the Mental Health Services of the Capital Region.
b) To remain continuously updated on recovery-oriented initiatives by reviewing and assessing the international scientific literature on recovery and recovery-oriented practice.

Our interactions with clinical practice

When we relate to the central visions and strategies of the Mental Health Services of the Capital Region, we in the period 2017-2020 pay particular focus to The Operational Plan 2015 and the three-year implementation plan To Focus, Clarify and Improve 2016-2018.

This particularly applies to the emphasis of the three-year implementation plan on the need to evaluate and consolidate the existing recovery-oriented interventions to support recovery and to develop new tools and methods to facilitate shared decision making and recovery practice, with the aim of ensuring that the patients’ preferences and needs are actually met.

However, it is the ambition of the Competence Centre to become more closely associated with clinical practice by establishing a continuous scientific follow-up on the recovery-oriented interventions and practice.

It is therefore a specific area of focus for the Competence Centre to establish a systematic follow-up and measurement of the effects of the activities of the Recovery College in the Mental Health Services of the Capital Region.

Publications and research dissemination

The Competence Centre for Rehabilitation and Recovery works, both nationally and internationally and in peer-reviewed scientific journals, to disseminate the accumulated knowledge, and participates in relevant professional and scientific networks in Denmark and abroad.
Appendix
The current research projects at the Competence Centre for Rehabilitation and Recovery:

**Ph.D. study projects**

- *Recovery-oriented practice in the mental health inpatient settings.*
  A qualitative study, conducted by Anna Kristine Waldemar in the period of 2014-2018, of how and to which degree recovery-oriented practice unfolds in the mental health inpatient settings (observational study and qualitative study interviews).

- *RENEW: Rehabilitation for Empowerment, Natural Supports, Education and Work.*
  A qualitative study, conducted by Michaela Høj in the period of 2014-2018, of the US-developed recovery-oriented rehabilitation program focusing on education and work for vulnerable young people aged 18-30 (participatory research study methods and qualitative study interviews).

- *Momentum Trial: Sharing decisions in mental health treatment.*
  A study of the efficacy of using electronic self-monitoring and preparing for treatment consultations by using a smartphone-based decision aid to support shared decision-making in people with a diagnosis of schizophrenia or related psychotic disorders in outpatient treatment settings (A randomised controlled single-blind trial to be conducted as a Ph.D. study in the period of 2017-2020).

- *Illness management and recovery in the Danish community mental health centres.*
  A randomised study of the effects of the recovery-oriented, educational program Illness Management and Recovery (IMR) in the mental health community settings, conducted as a Ph.D. study by Helle Stenstrof Dalum in the period of 2012-2015 (results currently being published).

**Review study projects**

- *Illness Management and recovery Programme (IMR) for people with severe mental illness.*

- *Peer Support in the Mental Health Services – what are the effects?*
  A review of the quantitative research literature of peer support in the mental health services, *The Nordic Journal of Mental Health (Tidsskrift for Psykisk Helsearbeid)*, 04 /2016 (Volume 12): [https://www.idunn.no/tph/2016/04/peerstoette_i_de_etablerede_psykiatriske_ogPsyko_sociale_ind](https://www.idunn.no/tph/2016/04/peerstoette_i_de_etablerede_psykiatriske_ogPsyko_sociale_ind)