

Evaluation of the Recovery Café



Presented by:

Marc Kerry MBPsS (Higher Assistant Psychologist)

Lianne Jamfrey (Clinical Lead)

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Aims of Presentation

- Definition of recovery
- A model of recovery - CHIME
- The rationale for introducing the Recovery Café
- Aims of the Recovery Café
- The Recovery Café
- Challenges of the Recovery Café
- The ongoing evaluation of the Recovery Café
- Methodology
- Results so far
- Early conclusions

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Definition of recovery

- Anthony (1993) defined personal recovery as ‘a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles... a way of living a satisfying, hopeful and contributing life even with the limitations caused by illness’ (p.15).



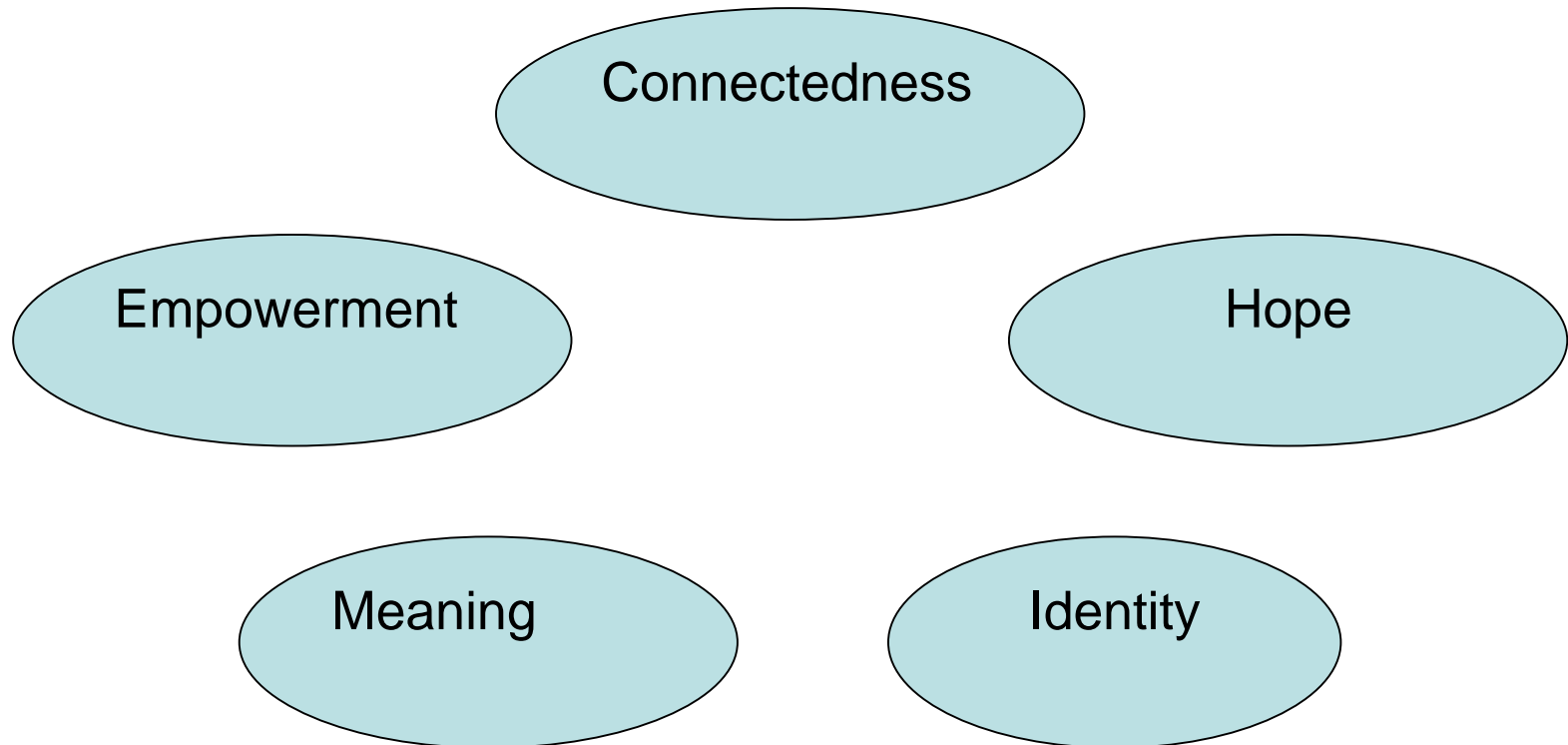
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A Model of Recovery

CHIME was developed based on a literature review conducted by Leamy (2011)



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Rationale for the Recovery Café

The Recovery Café was introduced at HMP YOI Low Newton due to high prevalence rates of mental health in the prison



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Aims of the Recovery Cafe

- To provide information and support about mental health difficulties and how to cope with mental health problems
- To provide residents with an opportunity to interact with other residents who are having mental health difficulties and to realise they are not alone
- To provide a safe, relaxed and welcoming environment for residents to feel comfortable to talk about mental health

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The Recovery Cafe

- The Recovery Café is open on a Friday afternoon during free association and on a Monday evening
- Open to all residents in the prison
- Provides an opportunity for residents who find it difficult to ask for help to access mental health support
- Provides information on mental health difficulties and how to cope with mental health difficulties
- Provides an opportunity for residents to get off the wing and interact with other residents

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The Recovery Café

- It is facilitated in a true café style
- Provides refreshments
- Residents choose from a menu and order their drink
- Several seating areas to choose from
- Music in the background



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Challenges

- Appropriate room
- Appropriate time
- Staffing
- Resources
- Ensuring it is a supportive environment
- Security issues



Evaluation of the Recovery Café

- To our knowledge there are no other recovery cafes in a prison
- It was agreed to evaluate the Recovery Café



Methodology

Mixed-methods design

Descriptive data was examined to explore:

- The uptake of individuals attending the Recovery Café
- Attendance of the residents on different wings
- Whether repeat attendance occurs
- How helpful the Recovery Café was in terms of managing mental health difficulties
- Whether the Recovery Café was enjoyable
- Whether residents attending the Recovery Café would recommend it to a friend

Methodology

A qualitative approach was employed to examine evaluation forms:

- Benefits of residents accessing the Recovery Café
- Ways it could be improved



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Methodology

It is also planned to examine:

- Time spent by facilitators to resource the Recovery Café
- Focus groups will be undertaken to identify benefits of attendance

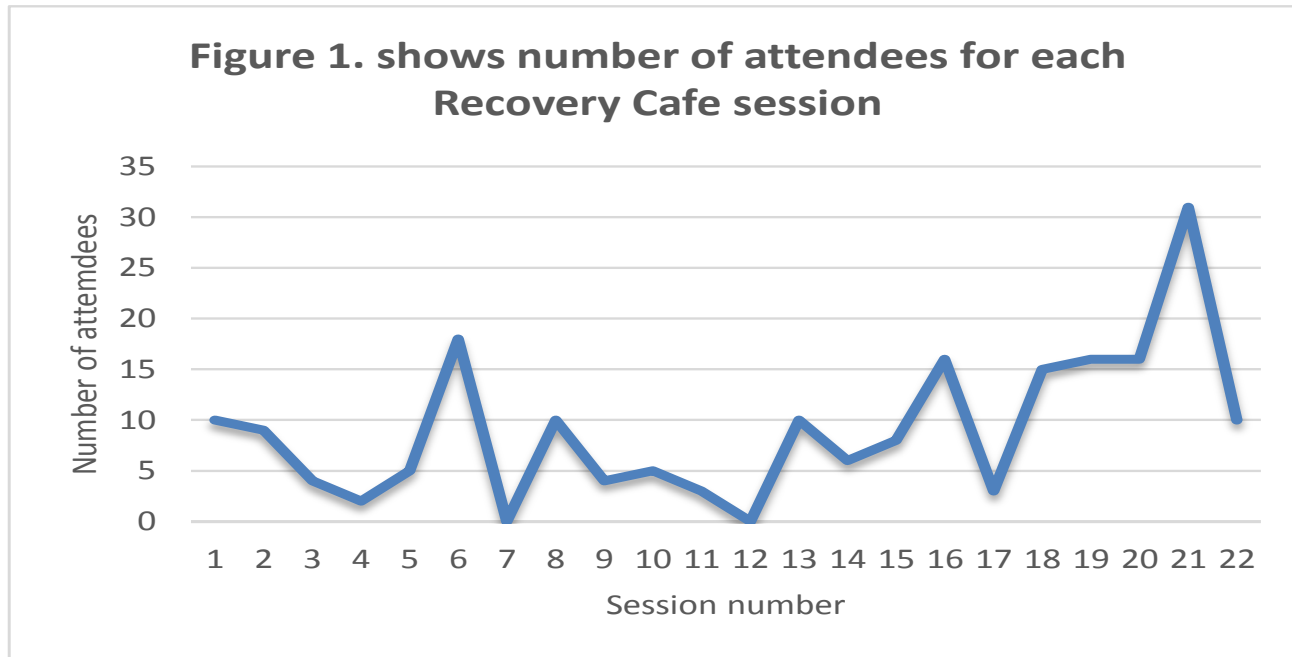


Results so far

Recovery Café was introduced on Friday 8th December 2017.

- 201 attendees have attended the Recovery Café over all 22 sessions
- 116 residents have attended once
- 32 have attended on two or more times
- Attendance of the Recovery Café has ranged from 0 to 31 residents attending with a mean of 9.37 attendees per session

Results so far



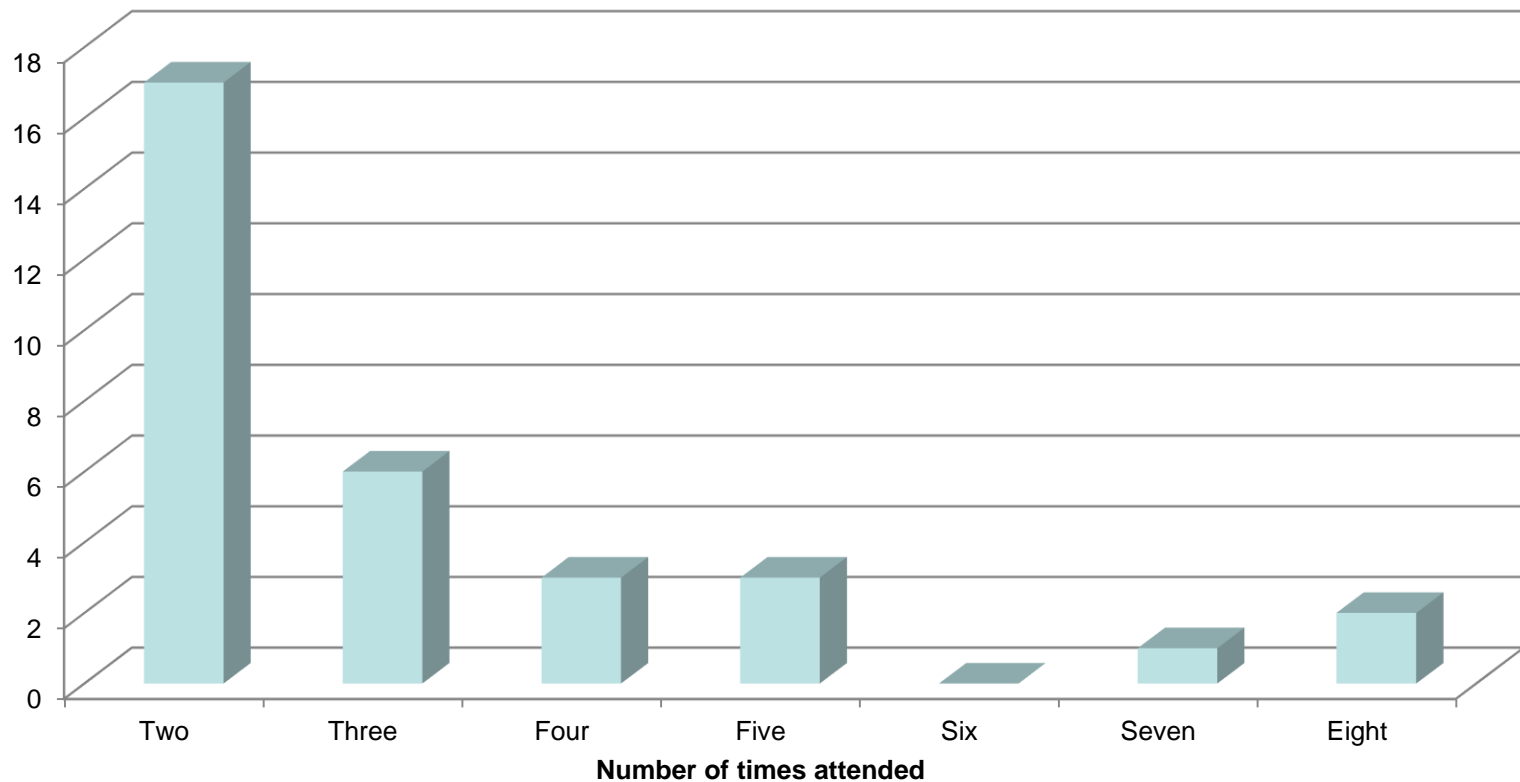
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Results so far

Figure 2 shows the number of times repeat attendees have attended



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Results so far

- How helpful has the Recovery Café been in terms of managing your mental health?
- Residents rated from 1 (not at all) to 10 (extremely)
- Mean rating = 8.39

- Would you recommend the Recovery Café to a friend if they were struggling with their mental health?
- Residents rated from 1 (not at all) to 10 (very much)
- Mean rating = 9.21

Results so far

- How much did you enjoy the Recovery Cafe?
- Residents rated from 1 (not at all) to 10 (extremely)
- Mean score = 8.39



Quotes from the residents attending the Recovery Café

- “The Recovery Café is really relaxing. It’s nice to talk to others going through the same issues”.
- “It’s helpful to talk to people that are either the same as you or have issues. It’s also helpful just knowing someone is there. I enjoyed talking to someone today. It’s made me feel happier”.
- “I’ve enjoyed it today. Found out some good information on how to try to cope with my issues”

Early Conclusions

- The results and feedback so far are encouraging
- Attendance of the Recovery Café is variable
- Residents appear to be finding it helpful and enjoyable and would recommend it to a friend
- Residents report feeling relaxed and comfortable enough to talk about mental health
- Continuing this evaluation of the Recovery Café will provide insight into how it benefits the residents of the prison and how the Recovery Café can be improved

Thanks for listening!

Any questions?

Contact details:

marc.kerry@nhs.net

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