

# Master list of references and resources on recovery

**Maintained by Glenn Roberts**

**What this is:** this is a list of references, articles, web addresses, podcasts, research materials, touchstones, tools and books which all share a common thread of being about recovery in some way. The purpose of this list is to make it easy for anyone interested in looking into recovery and the associated issues to easily access the available literature. It hasn't been gathered through any systematic fashion so much as drawn together over time on personal recommendation from people who have read or used these references and valued them. The headings used are not from any other system either – they just seem to make sense. Also do not read too much into the number of items under each heading – that is simply how they have been filed and what has come along so far ...

**How to use it:** in a way that is obvious – have a look. Entries are listed in two ways – alphabetical for the first names author, much like any academic reference list, but also by recovery topic, which in a way explains why these references are here – they each add something to this topic and probably many else as well. But do not be too guided by the subject headings for some materials could appear under many headings and have only been put under what seemed the most appropriate – so have a good look. Some interesting unpublished materials are referenced for which ecopy is available from Glenn. At present you will see that I have avoided headings that either relate to diagnostic categories or theories of causation. In a way this links to a core recovery principle, that whatever 'it' is called and whatever you think the cause to be, the aim of recovery is the most important consideration and so recovery itself is the organising principle of the list rather than clinical or theoretical descriptors.

There are 3 exceptions, the sections on 'Clinical recovery' and 'Dual diagnosis' have been gathered in relation to recovery from what would broadly be considered 'long-term conditions' or 'severe mental illness' possibly in combination with substance misuse, and these relate mostly to the psychoses also I have been persuaded by one service user researcher that there are some recovery issues which are best (from a user point of view) described in relation to specific diagnoses – so there is a section on Diagnosis specific recovery issues.

In general I have not included material that is focused on causation – there are massive other literatures on every and all possible causes of emotional distress / mental illness – this list is about recovery.

**How to improve it:** the aim is to gather a comprehensive archive of materials relevant to mental health recovery – so please let me know if you find anything wrong with this list – refs in the wrong place, suggestions for more appropriate or additional headings, links that do not work etc. also do consider helping to top it up with any materials you come across your self – if possible

submit the material itself – article etc and web address to:  
[glenn.roberts@devonptnrs.nhs.org](mailto:glenn.roberts@devonptnrs.nhs.org)

## **Category headings:**

**Accommodation**

**Advocacy**

**Clinical recovery**

**Controversy**

**Collaboration: professionals and service users working together**

**Diagnosis specific recovery issues**

**Expert patients / experts by experience**

**First Person Accounts**

**Foundations: concept**

**Measurement**

**Movement**

**Peer Support**

**Podcasts**

**Policy**

**Process of recovery**

**Professional perspectives / perspectives from professional**

**Reviews / overviews**

**Self-Care**

**Services – steps towards recovery-based practice**

**Social Inclusion**

**Spirituality and recovery**

**Stories**

**Touchstones – contacts**

**Training**

**Values**

**Work and Employment**

**Working with experience**

**Workforce**

**WRAP**

## **Accommodation**

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## Clinical recovery

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Warner, R. (1994) *Recovery from Schizophrenia: Psychiatry and political economy* (2nd ed). New York: Routledge.

Whitwell, D. (1999) The myth of recovery from mental illness. *Psychiatric Bulletin*, 23, 621-622.

## **Controversy – dissonant perspectives and critiques**

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## **Diagnosis specific recovery issues**

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### **Professional perspectives / perspectives from professionals**

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### **Reviews / overviews**

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Recovery Guide: Department of mental health and addiction service Connecticut (and from Glenn)

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## **Touchstones – contacts**

Keepwell

<http://www.keepwell.co.nz/default.aspx?AspxAutoDetectCookieSupport=1>

Long-term Medical Conditions Alliance [www.lmca.org.uk](http://www.lmca.org.uk)

Manic Depressive Fellowship self-help resources [www.mdf.org.uk](http://www.mdf.org.uk) ,  
[smt@mdf.org.uk](mailto:smt@mdf.org.uk)

Mary Ellen Copeland (WRAP) [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

National Empowerment Center (US) [www.power2u.org](http://www.power2u.org)

New Zealand Mental Health Commission [www.mhc.govt.nz](http://www.mhc.govt.nz) , email [info@mhc.govt.nz](mailto:info@mhc.govt.nz)

Ohio State: guiding principles of the recovery model and outcomes  
<http://www.mh.state.oh.us/oper/outcomes/outcomes.index.html>

Schizophrenia Self-management Project (Rethink)  
<http://www.rethink.org/recovery/>

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A user and providers perspective of the implementation of WRAP plans in stoke-on-trent by Jackie Williamson (from Glenn)

A project evaluating trainee's experiences of implementing a recovery focused tool (WRAP) into mental health services in South Tynside By Tonia Culloty (from Glenn)

WRAP Around New Zealand article by Leo. L. McIntyre, Victoria University of Wellington (unpublished – from Glenn)