

Exploration of how Psychosocial Support Programs within new Community Supported Accommodation Units Facilitates the Recovery Journey of the Residents

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Introduction: An organization providing psychosocial programs for people with a mental illness, worked collaboratively with Occupational Therapy, Edith Cowan University to evaluate the programs within new residential units. Two honours studies were conducted to explore if the programs facilitated the resident's recovery. This paper will discuss findings from both studies, the relationship to recovery principles and evidence based practice.

Aim: Study one explored how the psychosocial program facilitated the resident's recovery. Study two will investigate if the Outcome Star, an assessment used for homeless populations is effective in this context. The aim is to examine the results from two studies to inform the development of evidenced based programs.

Approach: Descriptive statistical and thematic analysis was used. Study one with twenty participants used the Recovery Self Assessment and five, semi-structured interviews.

Study two will use pre and post test administration of the Outcome Star and Recovery Workbook prior to post administration.

Results: Study one highlighted the use of recovery principles within the program. One finding was that participants did not use the term "recovery" as described in the literature.

Results from study two will examine if the Outcome Star relates to the recommendations from study one.

Conclusion: Two mixed methods studies were conducted to examine the recovery principles in psychosocial programs within two residential units. The findings of both studies will inform the development of programs and evidence based practice.