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Recovery as a Disruptive Innovation

Presentation Abstract

The mental health system globally is in transition. Previous preoccupations such as service models, treatments and professional groups are slowly being replaced with a new emphasis on citizenship and self-determination, a transition from hospital-based towards community-based infrastructures, and a growing focus on meaningful involvement of people who use services in shaping mental health systems. These changes involve disruptive transformation. A key emerging challenge internationally is how to balance this transformation with other deliverables needed from the mental health system. A centralised system with hierarchical top-down control changes too slowly and is inefficient. A fully decentralised mental health system which encourages un-regulated innovation lacks accountability, quality monitoring and governance capacity. We will review the evidence base for many recovery-supporting interventions (e.g. peer support workers, Recovery Colleges), identify the problems with a recovery orientation, and then look beyond the mental health system to identify what wider society can learn from recovery research.