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## **Evaluation of Strengths Model Case Management in Hong Kong Supported Accommodation**

### **Presentation Abstract**

The aim of this study was to evaluate the effectiveness of the Strengths Model Case Management (SMCM), also known as the Kansas Model, in mental health supported accommodation services in Hong Kong.

This study focuses on the recovery-oriented Strengths Model Case Management (SMCM) approach to treatment developed by the University of Kansas, USA.

This was a 12-month controlled trial. Participants were recruited from long stay care homes, halfway houses and supported hostels. Strengths Assessment and Personal Recovery Plan developed by the KU team was used to guide the intervention. Case managers were to uncover the strengths and assist individuals in setting recovery agenda. The control group received treatment-as-usual (TAU). Personal recovery, subjective well-being, hope, symptoms, work alliance and goals achievements were measured at the baseline, fourth and eleventh month.

Results indicated that SMCM was effective in helping the participants to progress towards their recovery goals, but it was ineffective on other outcomes. A high fidelity the intervention was associated with positive outcomes.

Findings suggested that recovery goal achievements improved in the intervention group, compared to the control group. This study also supports previously established evidence of positive relationship between good fidelity and positive outcomes, but raises some questions as to whether

standardized, theoretical measures are appropriate for measuring personal recovery which is highly idiosyncratic. Future studies are suggested to use a more rigorous design (with randomization) and incorporate qualitative approaches to uncover the nuances associated with a person's dynamic recovery journey.