



PARC research project update

Changes in recovery

Neami National, with cohealth and North Western Mental Health are conducting a project to evaluate the effectiveness of the Northern and Arion Prevention and Recovery Care (PARC) services in Victoria.

PARC services provide short-term site based support for people who are at risk of requiring hospital admission or who are leaving hospital and require additional support to successfully transition back into the community and avoid relapse. They offer 24-hour support and a range of individual and group rehabilitation and recovery programs.

Just over 100 consumers participated in the research project (53 from Northern and 53 from Arion PARC).

The following looks at changes in recovery of the consumers. The full report which has more details can be found at www.neaminational.org.au/research.

Stages of recovery

To gain an understanding of changes consumers may have experienced in their recovery during the time they spend at the PARCs, we asked them to complete a questionnaire called the Stages of Recovery Instrument-30 (STORI-30). Participants completed this questionnaire at the time they entered and exited the PARCs, and again at 2-3 months following their exit.

STORI-30 is divided into five categories which reflect the five stages of recovery (Andresen, Caputi, & Oades, 2006).

Stages of recovery:

1. **Moratorium:** a time of withdrawal characterised by a profound sense of loss and hopelessness
2. **Awareness:** realisation that all is not lost, and that a fulfilling life is possible
3. **Preparation:** taking stock of strengths and weaknesses regarding recovery, and starting to work on developing recovery skills
4. **Rebuilding:** actively working towards a positive identity, setting meaningful goals and taking control of one's life
5. **Growth:** living a full and meaningful life, characterised by self-management of the illness, resilience and a positive sense of self

Participants are given a score for each category and each category has a maximum score of 30.

There were 24 participants who completed the STORI-30 at entry, exit and follow-up. We used the data from these participants.

What we are looking to see is a reduction in the Moratorium score and an increase in scores for all the other categories.

Analysing the data showed us that there were significant changes for most of the categories in a positive direction. The graph shown in figure 1 shows the changes in scores for all the categories.

Pictured: Andrew and Fred

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For example, the average Moratorium score reduced from 13.8 on entry to 8.0 at exit. This means that consumers had less feelings of loss and hopelessness. Also, from exit to the 2-3 month follow-up there were no significant changes in the Moratorium score, so consumers were able to maintain the positive changes.

There were significant positive changes in most of the other categories as well which means that consumers had increased feelings of hope, meaning and fulfilment. And they were able to maintain these positive feelings after they exited.

There were significant (*) changes in average scores for most of the categories from from entry to exit

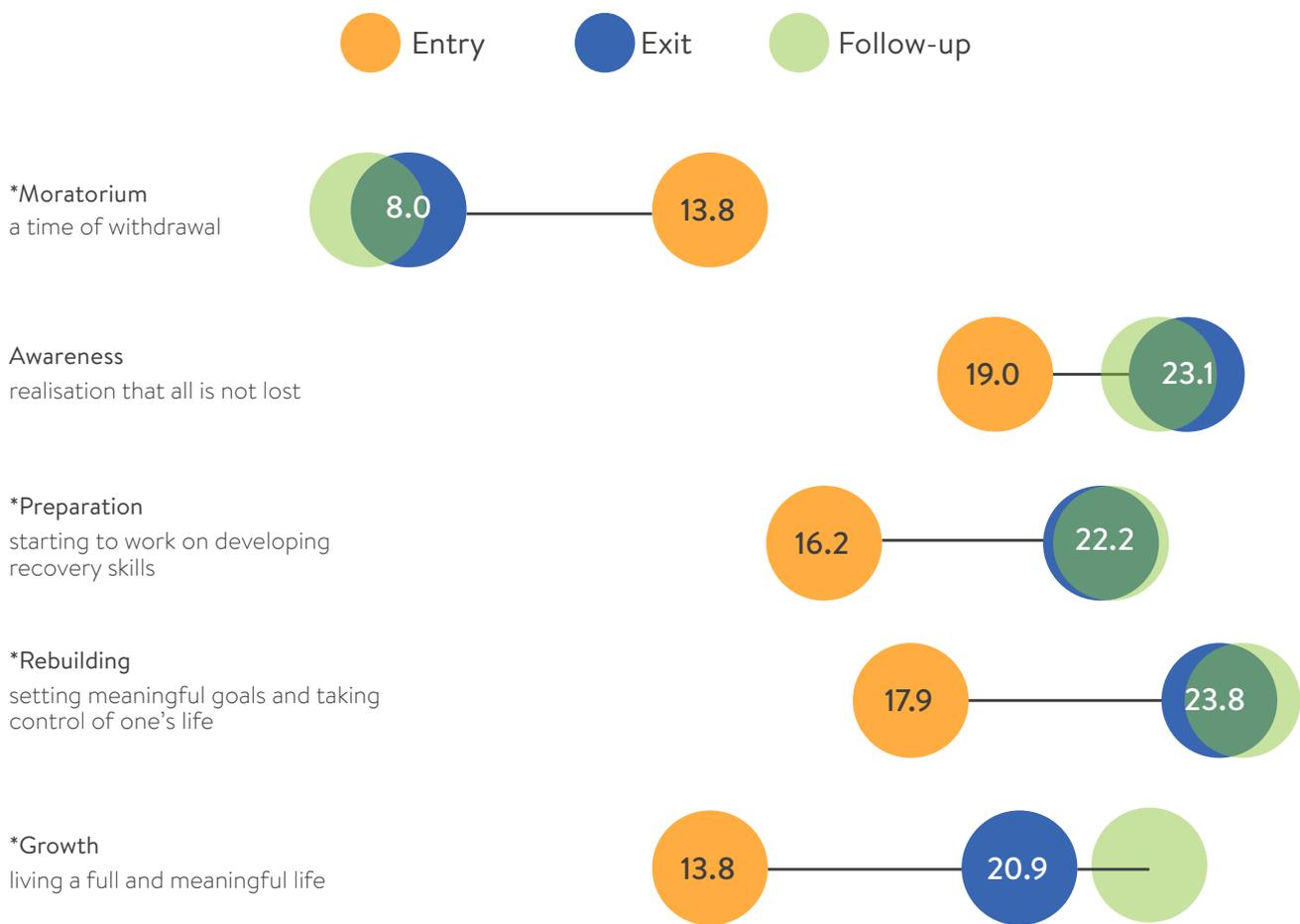


Figure 1. Changes in recovery

More information

For the full report visit www.neaminational.org.au/research

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