

Nationale und internationale Konzepte von Recovery Colleges und Möglichkeiten der Finanzierung

Internationale Konzepte

Bernd Puschner

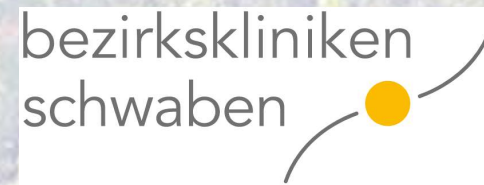
*Klinik für Psychiatrie und Psychotherapie II
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Fachtagung „Empowerment durch Bildung – Standpunkte und
Zukunftsperspektiven der Recovery- und Empowerment Colleges“

Bremen, 6. Oktober 2023



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Bezirkskrankenhaus Günzburg

Gliederung

- Recovery Colleges weltweit
- Kosten-Effektivität
- Kostenmodelle

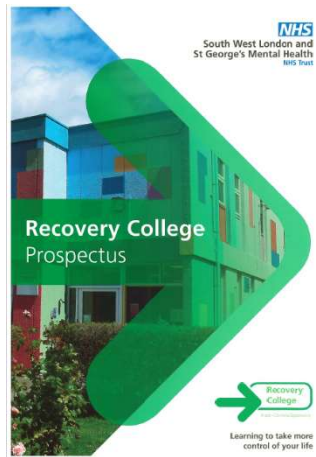


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Recovery Colleges – wo?



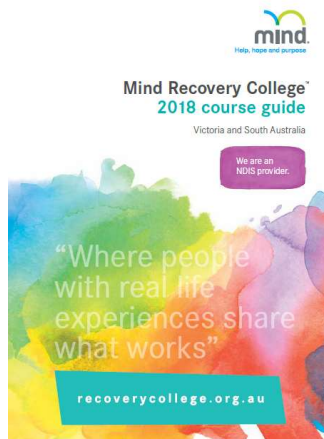
England



Hong Kong



Uganda



Australien



Japan



The CoFoR Project (Recovery Training Centre) Marseille, France
www.coforettablissement.fr

Context/history

CoFoR is anchored on the Recovery College model. Recovery Colleges offer educational courses about mental health and recovery, designed to help students feel more confident in self-management of their own mental health and well-being. For persons

What this initiative is about?

Target pop:

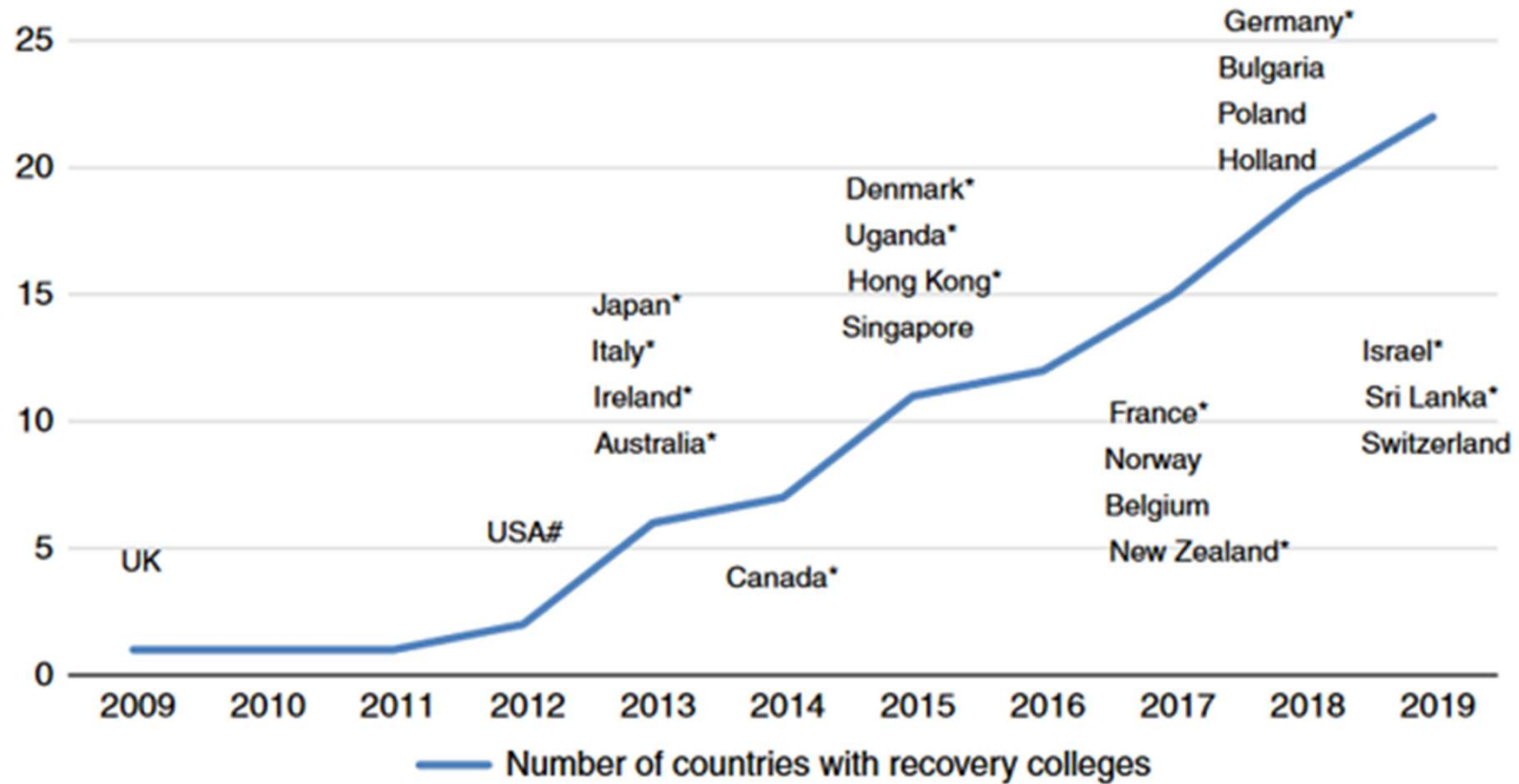
People in Marseille and its Region who have or have had mental health problems.



Frankreich



Recovery Colleges – wo?



King T, Meddings S. Survey identifying commonality across international Recovery Colleges. *Ment Health Soc Incl* 2019;23:121–8. doi:10.1108/MHSI-02-2019-0008.





Organisational and student characteristics, fidelity, funding models, and unit costs of recovery colleges in 28 countries: a cross-sectional survey



Daniel Hayes*, Holly Hunter-Brown*, Elizabeth Camacho, Merly McPhilbin, Rachel A Elliott, Amy Ronaldson, Ioannis Bakolis, Julie Repper, Sara Meddings, Vicky Stergiopoulos, Lisa Brophy, Yuki Miyamoto, Stynke Castelein, Trude Gøril Klevan, Dan Elton, Jason Grant-Rowles, Yasuhiro Kotera, Claire Henderson†, Mike Slade†, for the RECOLLECT International Research Consortium‡

Summary

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the Article

Background Recovery colleges were developed in England to support the recovery of individuals who have mental health symptoms or mental illness. They have been founded in many countries but there has been little international research on recovery colleges and no studies investigating their staffing, fidelity, or costs. We aimed to characterise recovery colleges internationally, to understand organisational and student characteristics, fidelity, and budget.

Methods In this cross-sectional study, we identified all countries in which recovery colleges exist. We repeated a cross-sectional survey done in England for recovery colleges in 28 countries. In both surveys, recovery colleges were defined as services that supported personal recovery, that were coproduced with students and staff, and where students learned collaboratively with trainers. Recovery college managers completed the survey. The survey included questions about organisational and student characteristics, fidelity to the RECOLLECT Fidelity Measure, funding models, and



Hayes D, Hunter-Brown H, Camacho E, et al. Organisational and student characteristics, fidelity, funding models, and unit costs of recovery colleges in 28 countries: a cross-sectional survey. *Lancet Psychiatry*. 2023;10(10):768-779

RECOLLECT International Research Consortium

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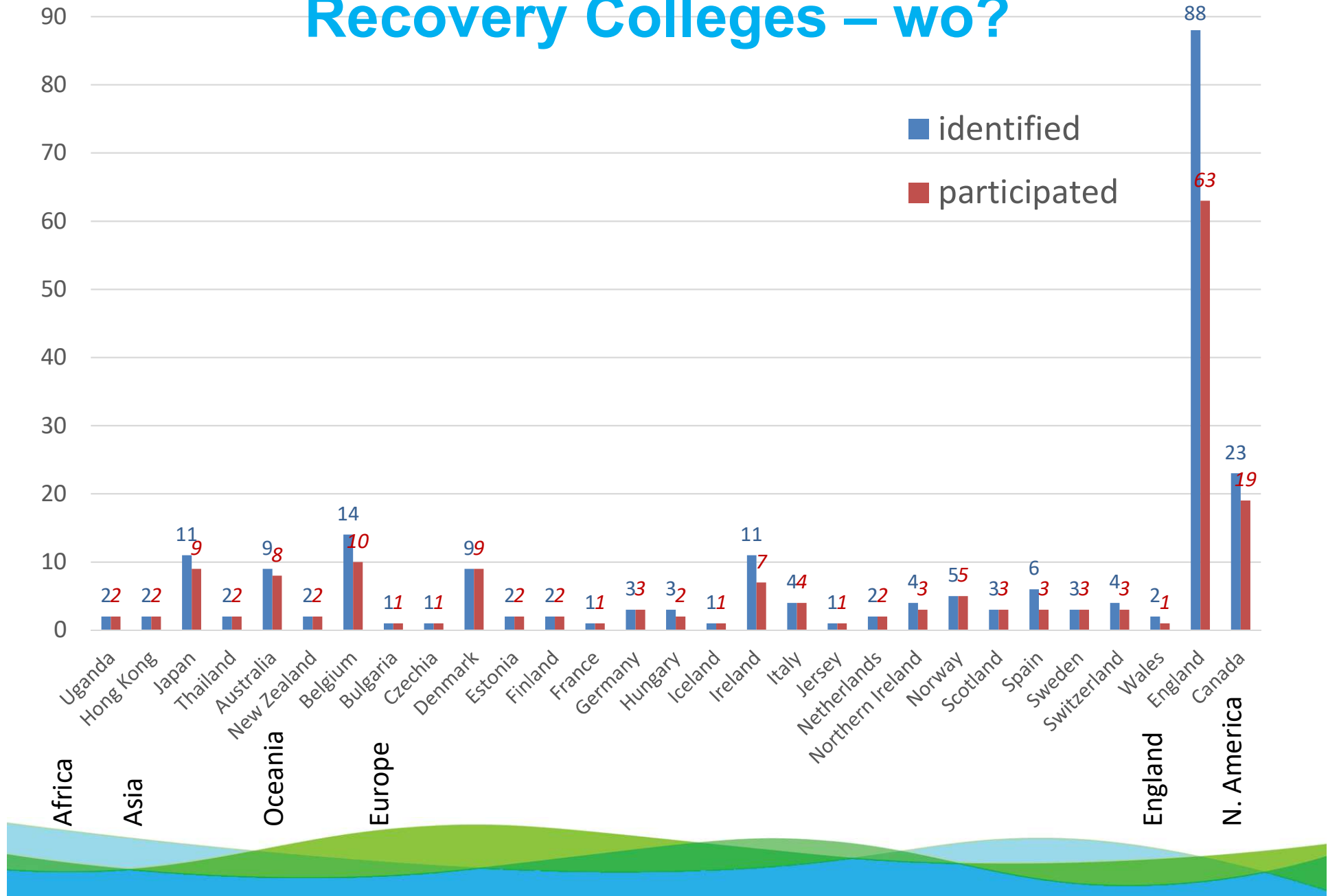
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Recovery Colleges – wo?

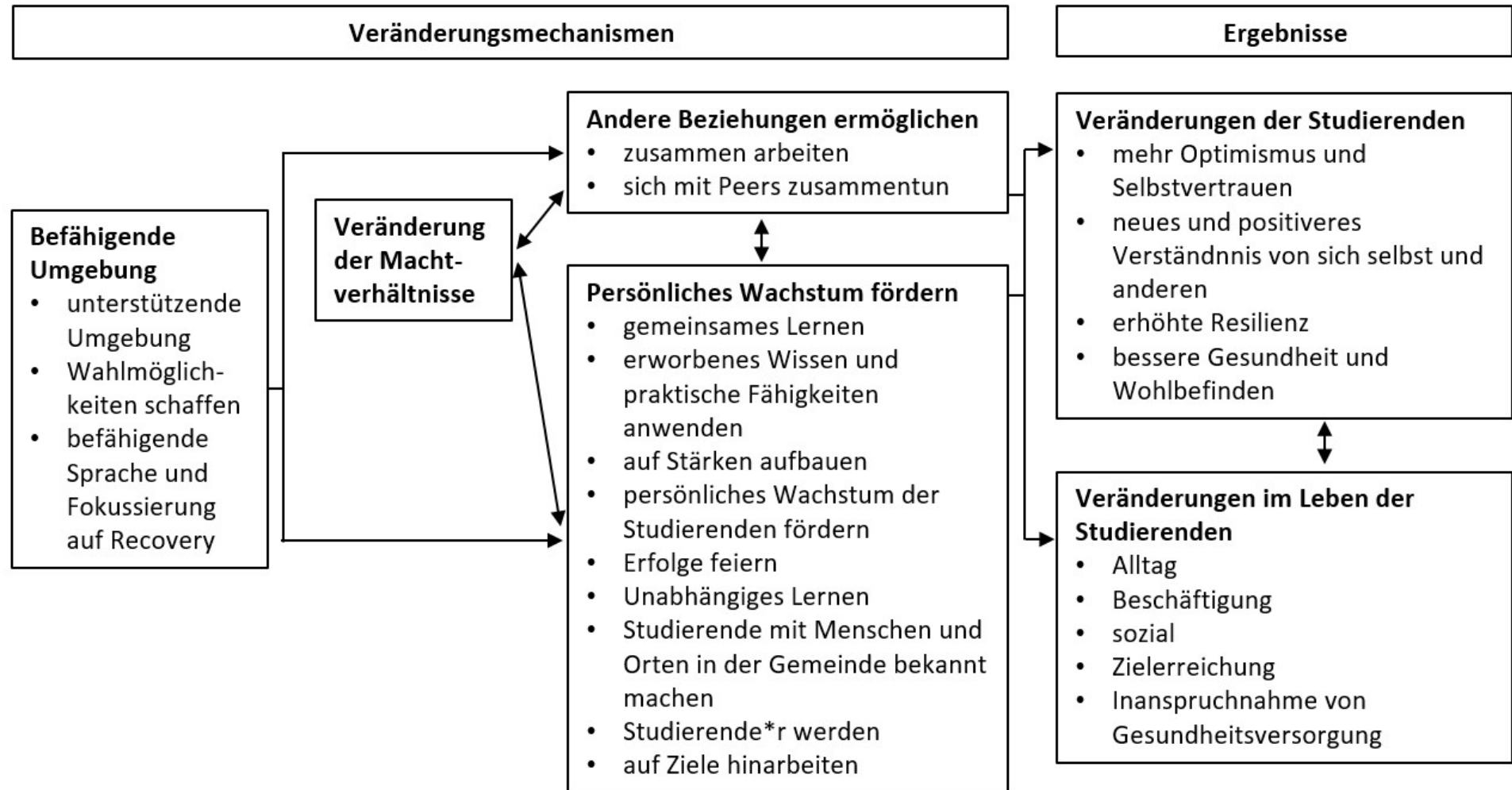


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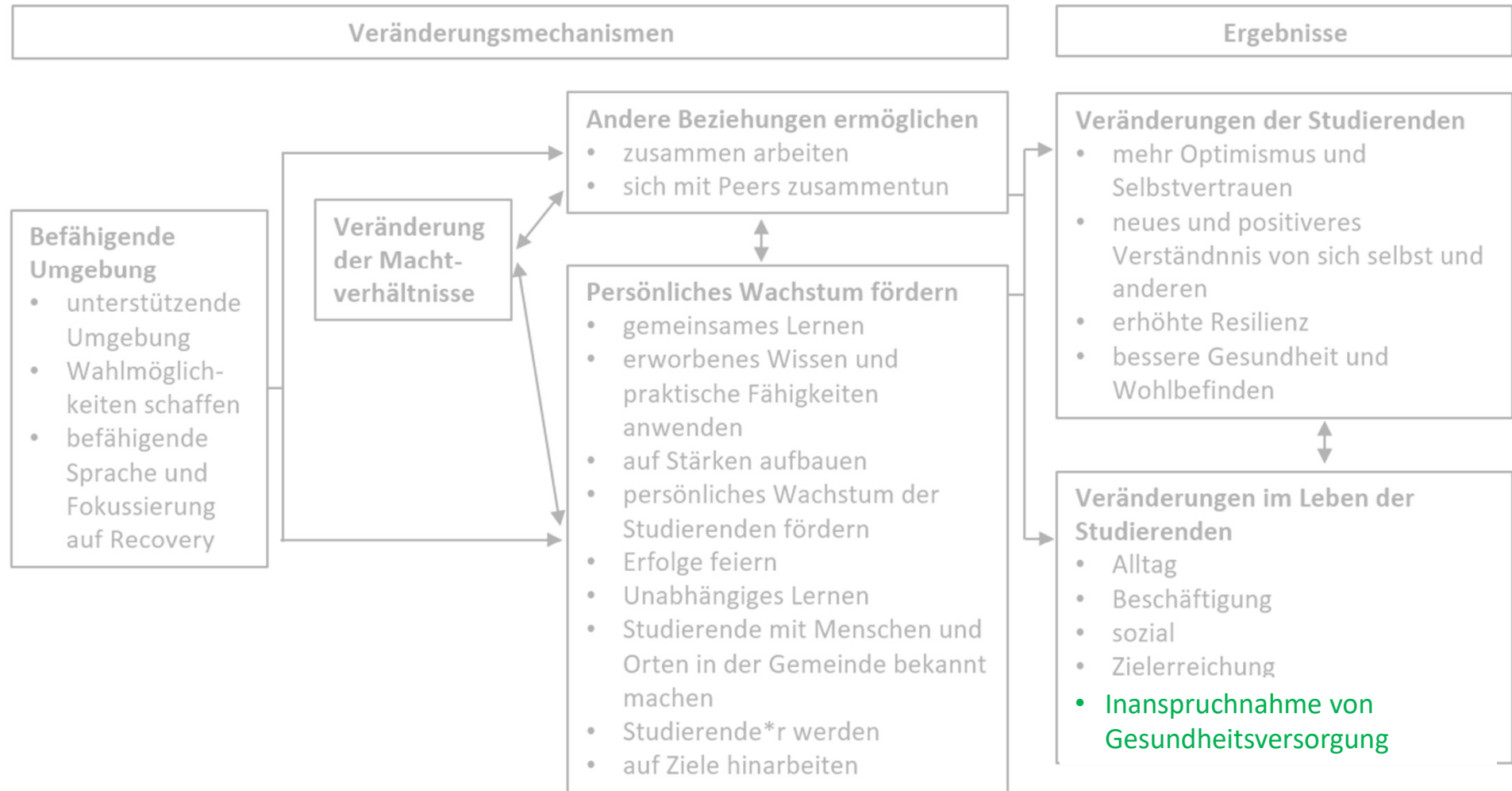


Recovery College – was wirkt wie



Toney R et al (2018) *Mechanisms of action and outcomes for students in Recovery Colleges*, *Psychiatric Services*, **69**, 1222-1229.

Recovery College – was wirkt wie



Toney R et al (2018) *Mechanisms of action and outcomes for students in Recovery Colleges*, *Psychiatric Services*, **69**, 1222-1229.

Recovery College – Kosteneffektivität

- Rinaldi & Wyborn (2011)
1 Jahr prä-post, completer vs. nur registriert
↘ KH-Tage und ambulante Kontakte
Ersparnis: £804.30 pro Studierender*m pro Jahr
- Secker (2014)
1 Jahr prä-post registriert
↘ Sekundärversorgung (36%)
Ersparnis: £1240.88 pro Studierender*m pro Jahr

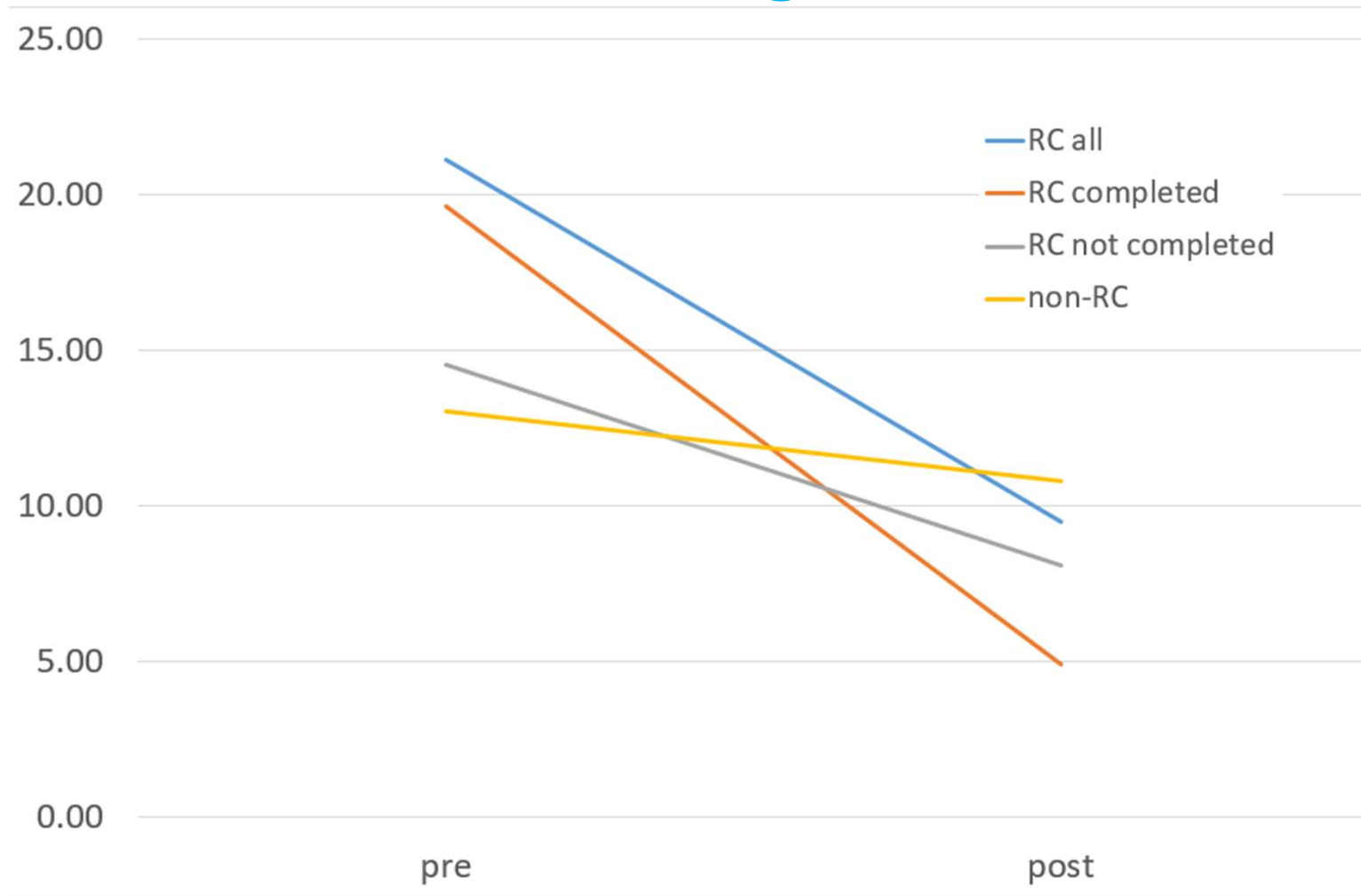
Sehr simplistische Designs, bias, eher kurze Beobachtungszeiträume.

→ Bourne, Meddings, & Whittington (2018): 18 Monate prä-post, 4 Gruppen

Rinaldi M, Wybourn S. (2011). The recovery college pilot in Merton and Sutton: Longer term individual and service level outcomes. London: South West London and St George's Mental Health NHS Trust.
Secker J. (2014). Evaluation of the mid Essex recovery college January-April 2014. Available from: <http://arro.anglia.ac.uk/550182/1/Recovery%20College%20report%20-%20November%202014.pdf>.
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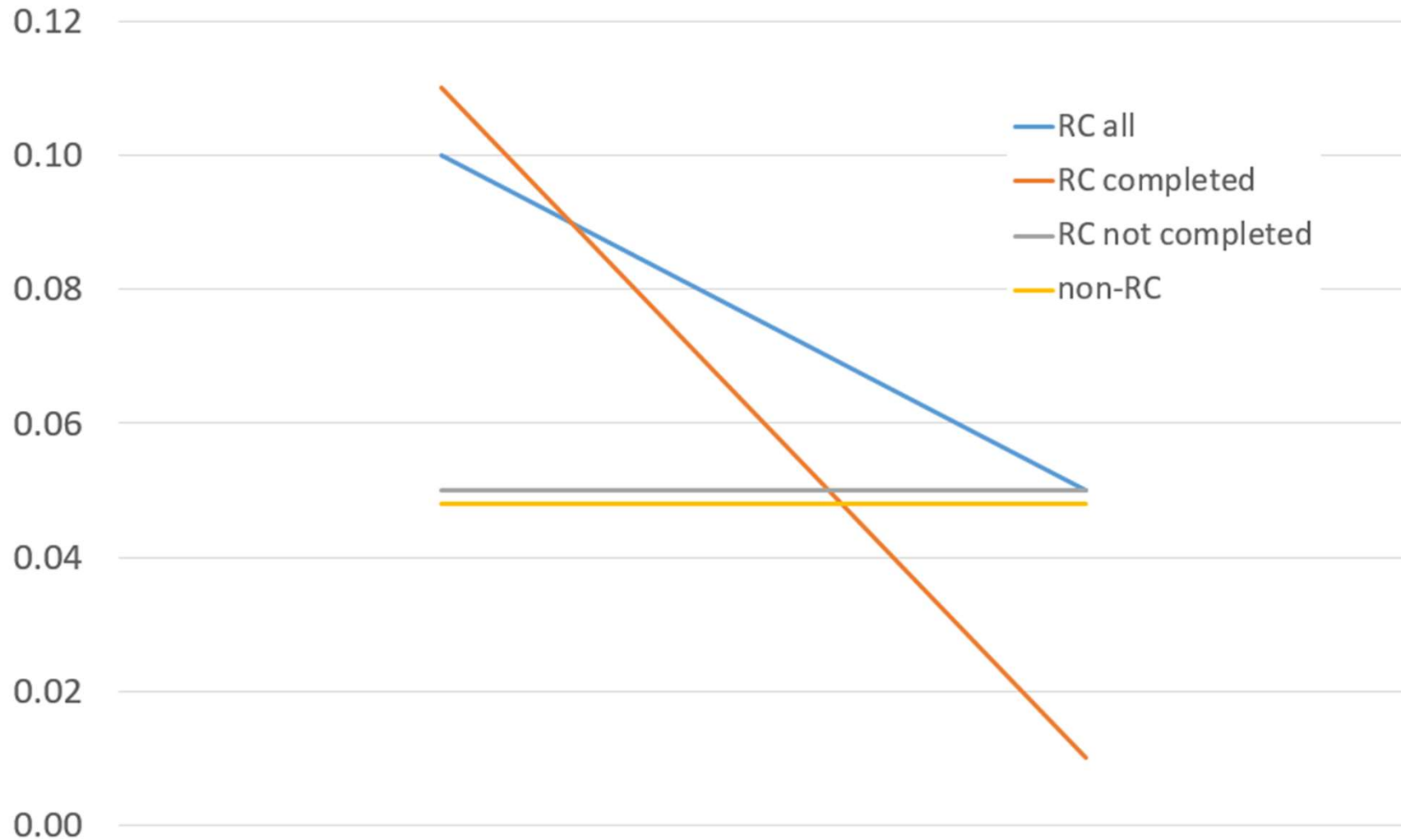
KH-Tage



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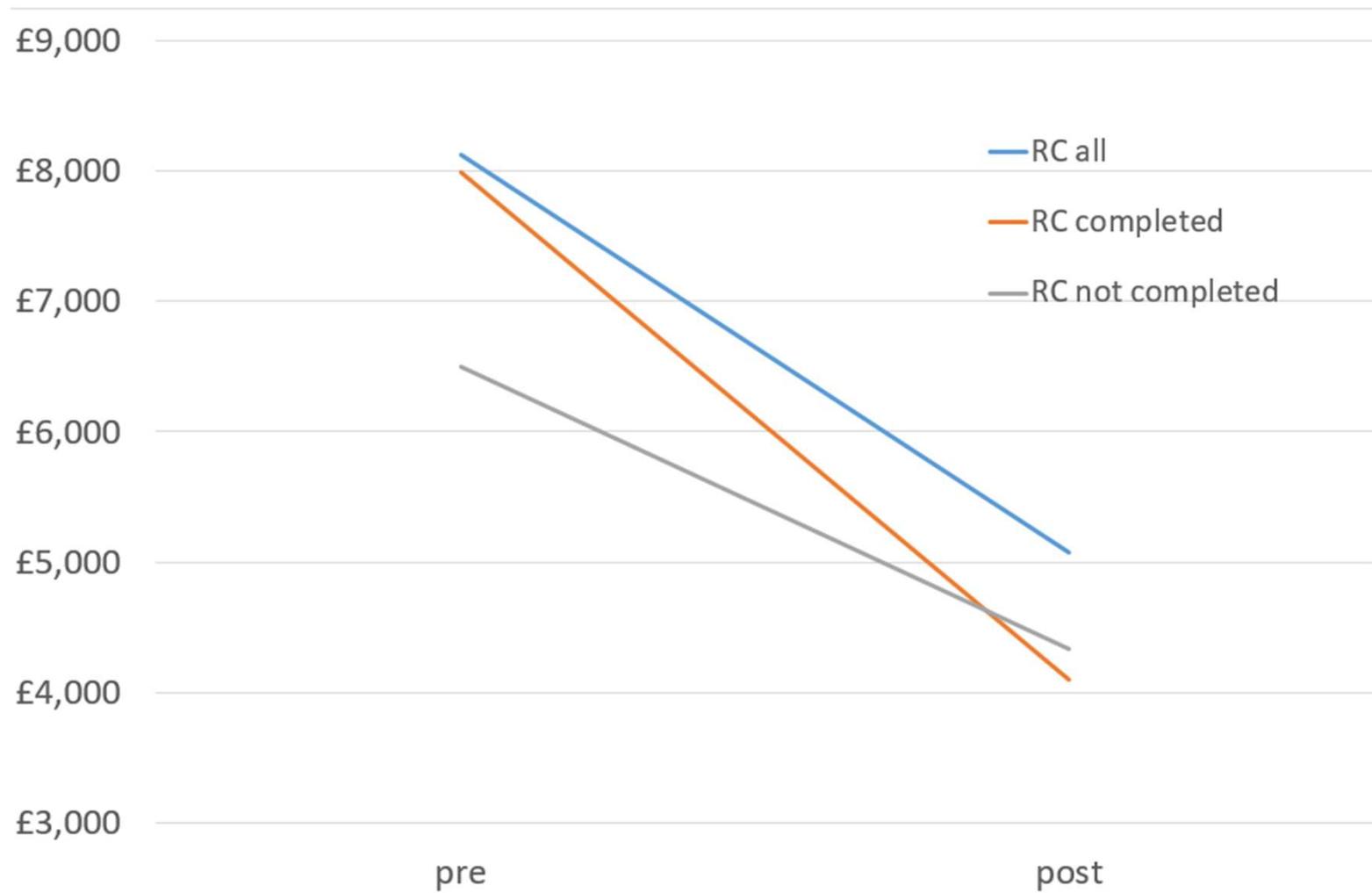
„Admissions on section“



Bourne P, Meddings S, Whittington A. An evaluation of service use outcomes in a Recovery College. *J Ment Health* 2018;27:359–66. doi:10.1080/09638237.2017.1417557.



Kosten



Bourne P, Meddings S, Whittington A. An evaluation of service use outcomes in a Recovery College. *J Ment Health* 2018;27:359–66. doi:10.1080/09638237.2017.1417557.



Kostenreduktion



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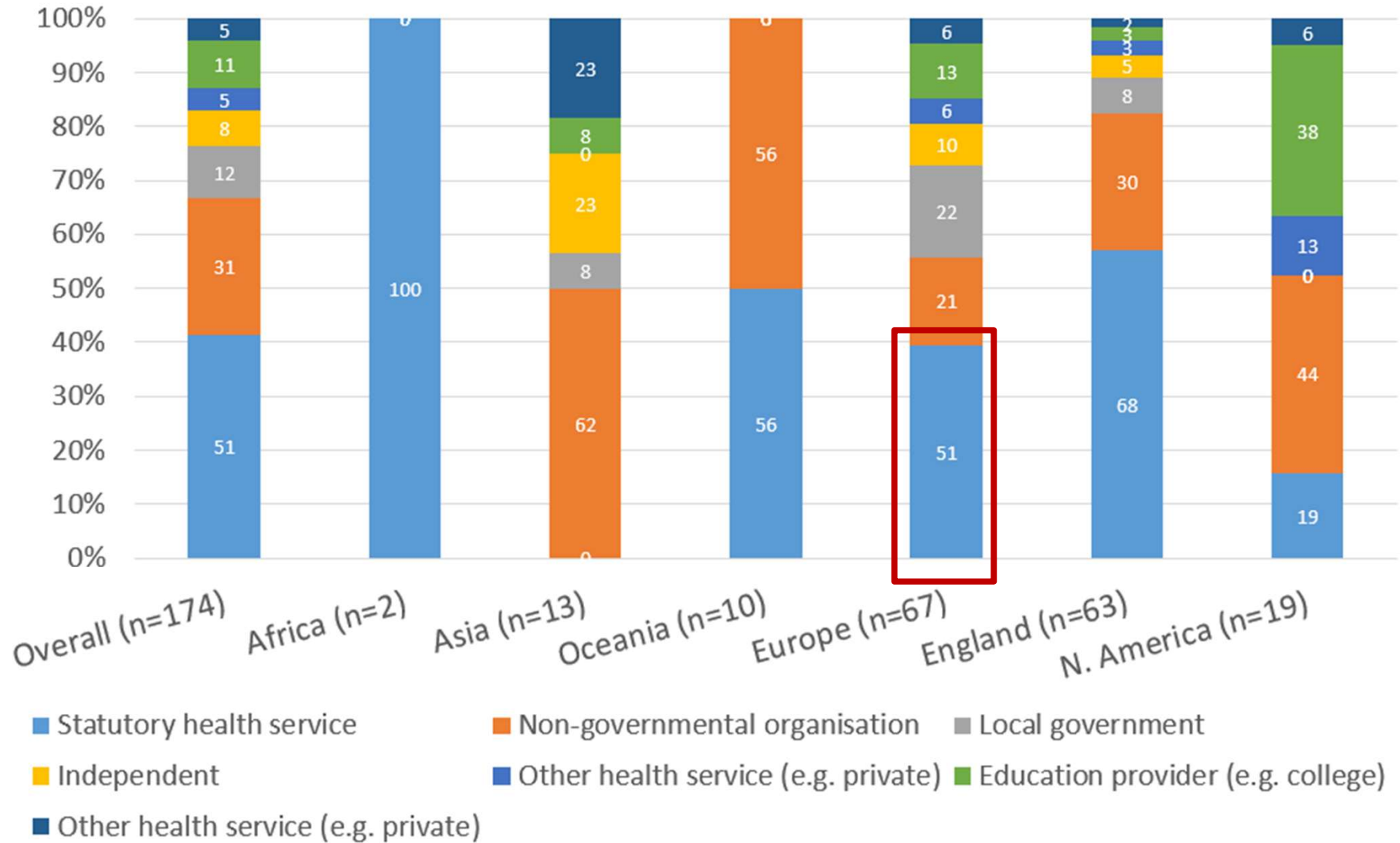
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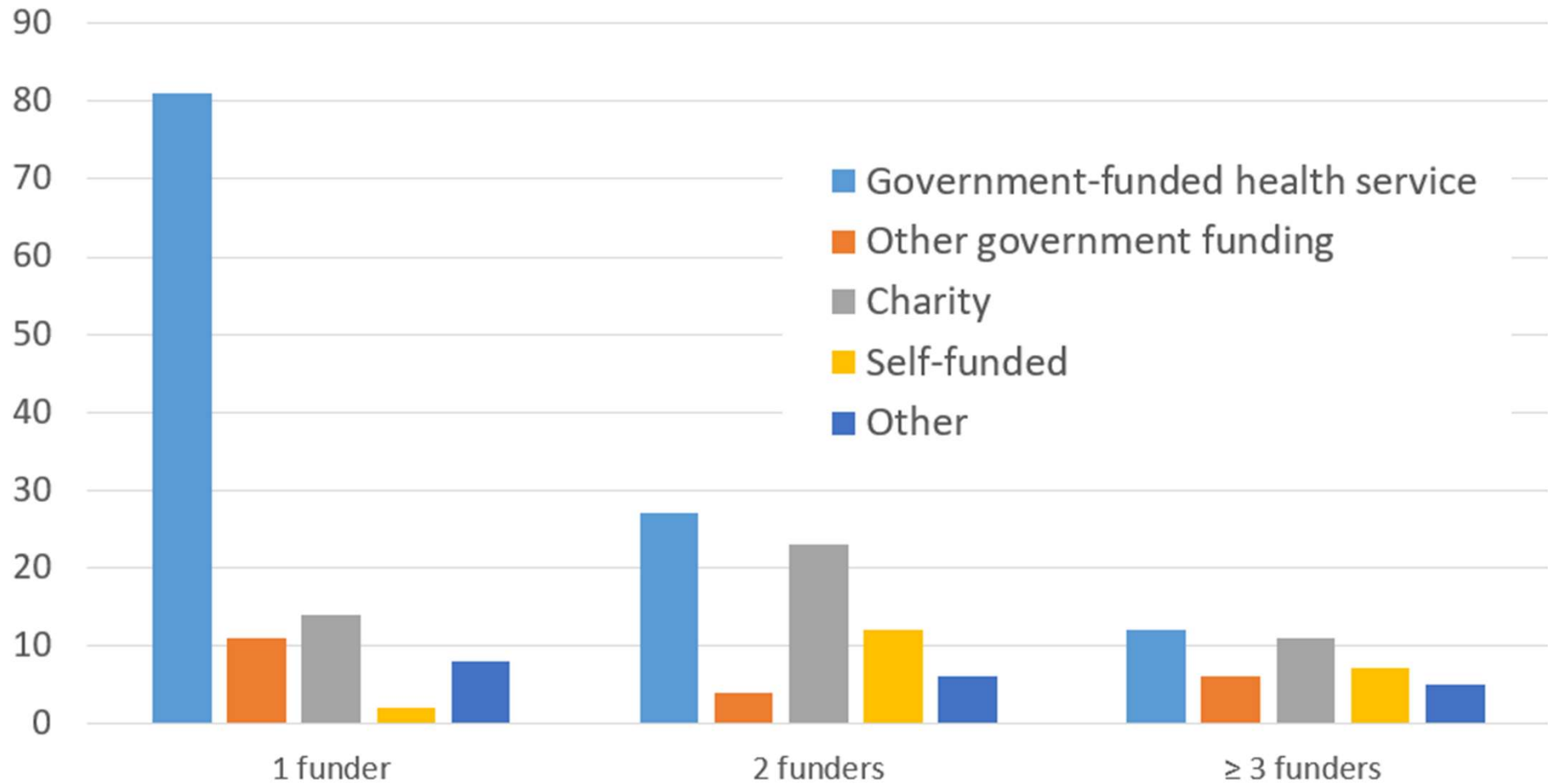
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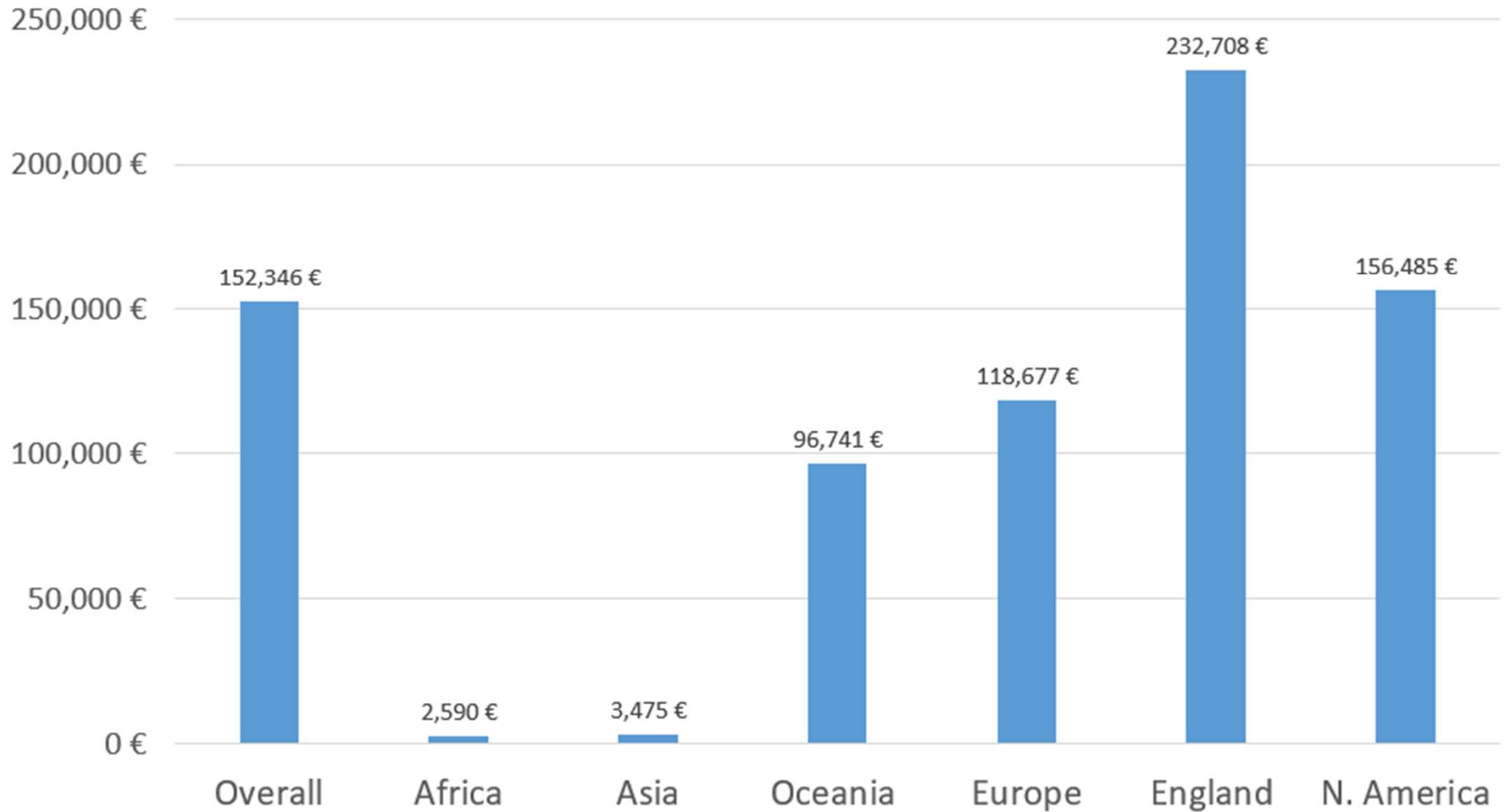
Trägerorganisationen



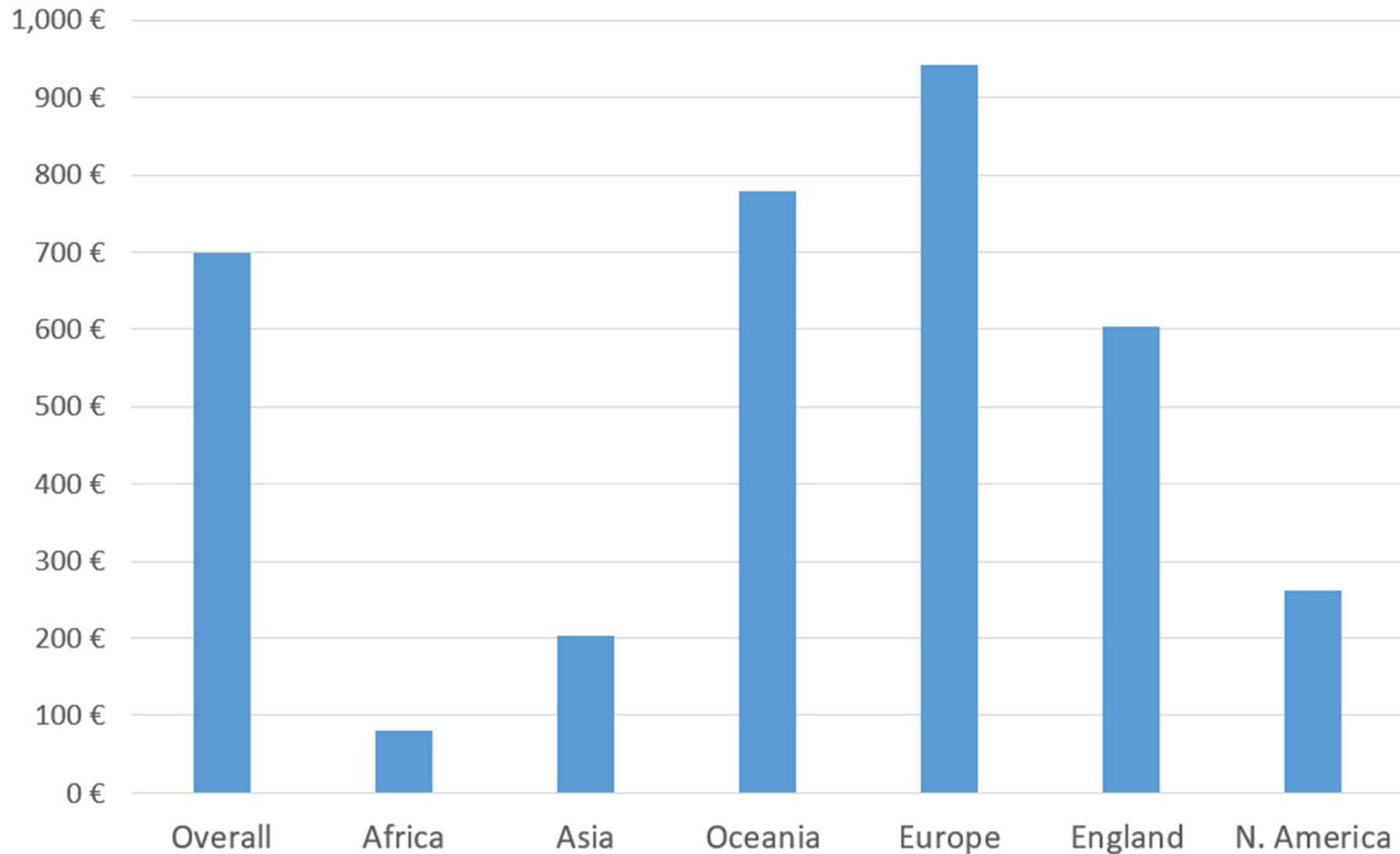
Geldgeber



Budget



Kosten pro Studierendem*r



Diskussion

- RC geht mit erheblicher Reduktion der Inanspruchnahme stat. und amb. Behandlungsmaßnahmen einher; v. a. Einsparung bei nicht-recovery-orientierten Maßnahmen.
- Die Kostenersparnisse bleiben auch nach Abzug der Kosten für RC beträchtlich.
- International zunehmend erkannt: RCs sind ein wichtiger Teil eines umfassenden, recovery-orientierten Versorgungssystems und sollten jedem Menschen mit psychischen Problemen zur Verfügung stehen.
- → aktive Rolle von gesetzlicher/öffentlicher Krankenversorgung bei Trägerschaft und Finanzierung von RCs.
- Wenig Wissen über Kosten und Kostenmodelle deutscher RCs
→ Michael Schulz



Danksagung RC Ulm/Günzburg

Dr. Markus Stadtrecher

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Ramona Hiltensperger

Maria Wagner

Manfred Lohner

Claudia Schulz

Iris Zimmermann

Dr. Sabine Müller

Prof. Harald Traue

Kässbohrer Stiftung



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