

# Implementation of a Recovery Training Course Model

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## Conclusion

The recovery courses has a positive longterm effect on dimensions usually ascribed to the recovery proces.

Implementation and research of this model of recovery should be continued.

## Introduction

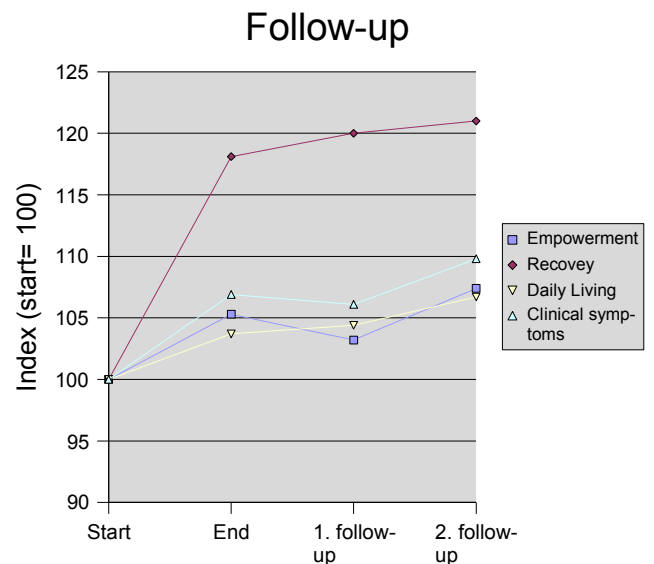
Evaluation of a 3 years recovery training project in Arhus. We studied 5 four months courses based on The Boston Model of recovery and a Danish Version of the recovery book. N=35

## Method

A follow-up study based on questionnaires on empowerment, recovery, daily living and clinical symptoms. The questionnaires were administered at start, at the end of the course and at follow-ups after 5 and 11 months.

A longitudinal case study of 4 participants interviewed at the end of the course, after 5 and after 11 months.

## Results



At the end of the course we found significant positive changes on all scales. Compared to the pre-course level the positive changes are maintained after 11 months. The longitudinal case study qualifies and illustrates the findings from the questionnaires.

