

Literature Review (Io1 – Litterature Review)	
Title	Working Towards Recovery: The Role of Employment in Recovery From Serious Mental Health Problems: A Qualitative Meta-synthesis.
Author	Fran P Walsh, Anna C Tickle,
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Summary	The objective of this review was to identify and synthesise existing qualitative literature relating to the meaning of work for individuals experiencing serious mental health problems, with particular reference to their recovery. Four key meta-themes were identified: self-efficacy, identity, belonging and the instrumental characteristics of work. The resultant analysis suggested that each of these interact with the intrapsychic and social domains of the individual to construct a nuanced picture of the meaning and value of work to people with mental health difficulties. The findings suggest that further research is necessary to distinguish the value of work from other meaningful activity in promoting recovery.
Does the paper refer to People with Mental Health Problems, NEETs or MH NEETs?	People with mental health problems & MH NEETs

<p>What types of intervention or methodology of career counselling / vocational training / career intervention or good practice are mentioned?</p>	
<p>Does the paper mention any specific tools used during the work integration process (evaluation, counselling etc)? In case the paper refers to a good practice provide a brief description.</p>	
<p>Does the paper mention any barriers in the work integration process produced by family members, MH professionals or careers counselors?</p>	
<p>Main Conclusions (in bullets)</p>	<p>Themes identified:</p> <ul style="list-style-type: none"> • Self – efficacy References were made to the relationship between work and an experience of self-efficacy • Meeting challenges For those who feel ready it can encourage a sense of achievement and promote individual empowerment and self- efficacy. However for some the demands of work need to be approached with care in order to limit the negative and self defining effects of failure • Personal growth. Many of the studies identified the significance of work as a factor in people taking control over their own lives, providing opportunities to enhance their psychological and physical well-

	<p>being, improve their social skills and pursue new interests</p> <ul style="list-style-type: none">• Identity. Participating in work provided a platform for the (re)construction of positive identities and thus contributed to on-going processes of recovery• Feeling normal. Engaging in work gave a feeling of living a normal life and being like 'everyone else'• Shedding the patient identity. Moving from a predominantly patient identity to a worker identity was cited in a number of the studies as being one of the positive outcomes of engaging in work, particularly work integrated in mainstream society• Belonging. The relationship between work and belonging could be seen as being expressed two particular areas: being part of the wider world and relationships.• Being part of the wider world. Being engaged in ordinary work situations was felt to increase inclusion and integration into the wider community, belonging to the world of 'normal' people• Relationships. Belonging to a workforce provided opportunities to engage with others and build relationships which could extend beyond the working environment. Colleagues could be seen as significant sources of support, validation and acceptance as well as providing the potential for expanding social networks
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	<ul style="list-style-type: none">• Structure. For many participants having scheduled activities promoted a structure and balance in their lives that had previously been missing• Finances. Increased access to capital afforded people opportunities for greater independence and autonomy and increased access to valuable social and cultural activities. For many participants, being paid held a secondary role to the value of engaging in meaningful and rewarding activity and the sense of social legitimacy provided by the worker identity.• Nature of employment. The properties of the work that people did were in many cases closely linked to its value to them as a vehicle for their recovery.• For clinicians engaged in supporting individuals in recovery from serious mental health problems it might be useful to proceed with caution when engaging with the idea that work in itself is a valuable tool for recovery• The meaning and value of any activity to the individual engaged in it is more important than the nature of that activity.
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