

# Contents

<b>1</b>	<b>Introduction .....</b>	<b>1</b>
	Defining Qualities of CROs .....	3
	History of CROs and Mental Health Care .....	4
	Research on the Effectiveness of CROs.....	6
	Organizational Dynamics.....	7
	Organizational Structure .....	8
	Organizational Capacity Needs and Technical Assistance .....	10
	Factors Influencing the Use of CROs.....	10
	Funding Support and Avoiding Cooptation .....	11
	Interorganizational Relations .....	12
	Shared Leadership.....	13
	Overview of the Book.....	13
<b>2</b>	<b>Using Existing Theory to Build a Conceptual Framework of Consumer-Run Organizations.....</b>	<b>15</b>
	Part 1: Conceptualization of CRO Outcomes .....	17
	1A. Recovery .....	17
	1B. Community Integration .....	18
	1C. Sense of Community/Psychological Integration .....	19
	Part 2: Setting Characteristic Theories .....	20
	2A. Behavior-Setting Theory .....	20
	2B. Empowerment Theory .....	22
	Part 3: Interpersonal Processes Within CROs.....	23
	3A. The Helper-Therapy Principle.....	23
	3B. Experiential Knowledge.....	23
	3C. Social Comparison Theory .....	24
	3D. Social Support Theories.....	25
	Part 4: Roles and Identity Theory .....	26
	Part 5: The Preliminary Framework.....	29
	Component One: Person–Environment Interaction .....	30
	Component Two: Role and Relationship Development.....	31

Component Three: Build Role Skills .....	32
Component Four: Identity Transformation .....	32
Relating the Preliminary Explanatory Framework to Other Theoretical Perspectives .....	33
Improving the Preliminary Theoretical Framework .....	34
<b>3 Refining the Preliminary Framework to Create the Role Framework .....</b>	<b>35</b>
Focused Questions Methodology .....	36
Study Setting.....	36
Data Collection Procedure .....	37
Study Sample .....	37
Data Analysis .....	38
Categories and Causes of Personal Change .....	39
Integrating Categories to Create the Role Framework.....	41
Person–Environment Interaction.....	41
Role and Relationship Development.....	42
Resource Exchange.....	43
Self-Appraisal .....	44
Building Role Skills.....	44
Identity Transformation .....	45
Discussion .....	45
Connecting Framework Revisions to the Existing Literature .....	46
Limitations and Future Research .....	47
Conclusions .....	47
<b>4 Constructing Journalistic Life History Narratives to Explore the Role Framework .....</b>	<b>49</b>
Conceptual and Epistemological Foundations of Narrative.....	50
Narratives as a Research Methodology.....	51
Integrating Journalism and Ethnographic Research.....	52
Visual Storytelling .....	53
Study Setting: The P.S. Club.....	53
Study Sample .....	54
Participant Observation.....	55
Minimally Structured Interviews .....	57
Life History Construction .....	58
Analysis of Narratives.....	60
Sharing Narratives.....	61
Conclusion .....	61
<b>5 Life History Narratives from the P.S. Club .....</b>	<b>63</b>
Life Inside Wellington’s Mental Health System.....	63
Facing Serious Mental Health Problems, Running a Nonprofit .....	68
Mary’s Story.....	82
Nick’s Story .....	87
Carl’s Story .....	94

Joe's Story .....	98
Kevin's Story .....	102
Laura's Story .....	109
Sue's Story .....	112
<b>6 Using Narratives to Understand How People Benefit from CROs .....</b>	<b>119</b>
Theoretical Analysis of Mary .....	119
Component One: Person–Environment Interaction .....	119
Component Two: Role and Relationship Development .....	120
Component Three: Resource Exchange .....	120
Component Four: Self-Appraisal .....	120
Component Five: Building Role Skills .....	121
Component Six: Identity Transformation .....	121
Theoretical Analysis of Nick .....	121
Component One: Person–Environment Interaction .....	121
Component Two: Role and Relationship Development .....	121
Component Three: Resource Exchange .....	122
Component Four: Self-Appraisal .....	122
Component Five: Building Role Skills .....	122
Component Six: Identity Transformation .....	123
Theoretical Analysis of Carl .....	123
Component One: Person–Environment Interaction .....	123
Component Two: Role and Relationship Development .....	123
Component Three: Resource Exchange .....	124
Component Four: Self-Appraisal .....	124
Component Five: Building Role Skills .....	124
Component Six: Identity Transformation .....	124
Theoretical Analysis of Joe .....	125
Component One: Person–Environment Interaction .....	125
Component Two: Role and Relationship Development .....	125
Component Three: Resource Exchange .....	125
Component Four: Self-Appraisal .....	126
Component Five: Building Role Skills .....	126
Component Six: Identity Transformation .....	126
Theoretical Analysis of Kevin .....	126
Component One: Person–Environment Interaction .....	126
Component Two: Role and Relationship Development .....	127
Component Three: Resource Exchange .....	127
Component Four: Self-Appraisal .....	127
Component Five: Building Role Skills .....	127
Component Six: Identity Transformation .....	128
Theoretical Analysis of Laura .....	128
Component One: Person–Environment Interaction .....	128
Component Two: Role and Relationship Development .....	128
Component Three: Resource Exchange .....	128

Component Four: Self-Appraisal.....	129
Components Five and Six: Building Role Skills and Identity Transformation.....	129
Theoretical Analysis of Sue.....	129
Component One: Person–Environment Interaction.....	129
Component Two: Role and Relationship Development.....	130
Component Three: Resource Exchange.....	130
Component Four: Self-Appraisal.....	130
Component Five: Building Role Skills.....	131
Component Six: Identity Transformation.....	131
Summary Cross-Case Analysis of Life History Narratives.....	132
Component One: Person–Environment Interaction.....	132
Component Two: Role and Relationship Development.....	132
Component Three: Resource Exchange.....	133
Component Four: Self-Appraisal.....	133
Component Five: Building Role Skills.....	133
Component Six: Identity Transformation.....	134
Limitations and Future Research.....	134
Conclusion.....	134
<b>7 How Organizations Influence Role Development.....</b>	<b>137</b>
Organizational Size.....	138
Leadership Involvement.....	138
Recovery.....	139
Study Hypotheses.....	140
Method.....	140
CRO Quarterly Reports.....	141
Organizational Activity Survey.....	141
Organizational Health Survey.....	141
Results.....	142
Discussion.....	145
How Organizational Size Influences Leadership Role Development.....	145
How Leadership Role Development Influences Recovery.....	146
Shortcomings of Behavior Setting Theory.....	147
Integrating the Role Framework and Behavior Setting Theory.....	148
How the Role Framework Can Address Several Criticisms of Behavior Setting Theory.....	148
Limitations and Future Research.....	149
Conclusions.....	150
<b>8 Role Development and Recovery.....</b>	<b>151</b>
Role Development and Recovery.....	152
Relating Friendship and Leadership Roles.....	153
Study Overview and Hypotheses.....	153

Method .....	154
Measures .....	154
Statistical Methods .....	155
Results .....	156
Hypothesis 1 .....	158
Hypothesis 2 .....	158
The Social Networks of CRO Members .....	158
Interpretation of Results .....	159
Promoting an Empowering Environment .....	160
Volunteer Opportunities .....	160
Organizational Decision Making .....	160
Planning and Organizing Activities .....	161
Formal Leadership Positions .....	161
Promoting a Socially Supportive Environment .....	161
Recognize Member Accomplishments .....	162
Organize a Variety of Interesting Activities .....	162
Prevent and Resolve Conflict with a Code of Conduct .....	162
Develop Self-Help Groups and/or Peer Counselors .....	163
Comparing Friendship and Leadership Roles .....	164
Limitations and Future Research .....	164
Conclusions .....	166
<b>9 Conclusion .....</b>	<b>167</b>
General Insights into the Recovery Process .....	167
Summary Implications for Practice .....	169
Developing Challenging New Roles .....	169
Readiness for Challenging New Roles .....	170
Recreation and Social Support .....	170
Conflict .....	171
Promoting the Development of Leadership and Friendship Roles .....	171
Organizational Size .....	172
Strengths and Weaknesses of the Methods .....	172
Future Research Directions .....	174
Closing Remarks .....	178
<b>Appendix A .....</b>	<b>181</b>
<b>Appendix B .....</b>	<b>189</b>
<b>Appendix C .....</b>	<b>195</b>
<b>Appendix D .....</b>	<b>201</b>
<b>References .....</b>	<b>203</b>
<b>Index .....</b>	<b>215</b>



<http://www.springer.com/978-1-4614-0699-0>

Consumer-Run Mental Health  
Framework for Recovery

Brown, L.D.

2012, XV, 217 p., Hardcover

ISBN: 978-1-4614-0699-0