Comprehensive Research Experience for Medical Students
Summer Research Program 2021
Supervisor/Project Information Form

Due February 24, 2021 by email to crems.programs@utoronto.ca

 Supervisor Name:  Dr. Elizabeth Lin

 Project Title:  Our recovery, our outcomes: Co-producing an evaluation of recovery colleges.

 Hospital/Research Institution:  Center for Addiction and Mental Health

 Email:  elizabethbetty.lin@camh.ca

 Field of Research (2 keywords):  Education, Recovery College

 Department:  Department of Psychiatry

 School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No:  Yes
 If YES, please name:  IHPME

 Brief Project Description (<300 words):
Recovery Colleges are a rapidly growing approach to supporting individuals with lived experience manage their own mental health and well-being. Based on educational rather than therapeutic principles, they were developed because of high rates of social inequities still experienced by people with lived experience, even though ‘recovery’ in mental health has existed for decades. Introduced in the UK in 2009, they have spread internationally. However, despite this global enthusiasm, there is little evaluation of how well they do. Consequently, there is a need for developing an evaluation framework for Recovery Colleges.

As a first step to achieving that goal, the research question being addressed is: How have Recovery Colleges been evaluated in the peer-reviewed and grey literature?

This will be addressed via a scoping literature review, specifically one that is co-created – that is, mutually designed and developed by a team of researchers, people with lived experience, and providers. The expectation is that the diverse perspectives in the team will reveal considerations not covered by the published literature. Consequently, the key process question is: How can we develop products that are both scientifically rigorous and yet meaningful for individuals dealing with real-world challenges?

The objectives are to co-create:

- A scoping review for submission to a peer-reviewed journal.
- Knowledge exchange/dissemination materials for non-scientific stakeholders.
- Recommendations for the eventual evaluation framework.
- Information about lessons learned from the co-creation process.

This project is underway and funded through a Canadian Institutes of Health Research grant. Students will attend weekly team meetings and participate in the activities needed to complete the study objectives. They will also have access to research rounds and psychiatry education programs in the Department of Education. Students can expect to gain first-hand experience in conducting a scoping review and the processes of co-creation and to have opportunities for peer-reviewed presentations and publications.