

## P-878 - A RANDOMIZED-CONTROLLED TRIAL OF INTENSIVE CASE MANAGEMENT EMPHASIZING THE RECOVERY MODEL AMONG PATIENTS WITH SEVERE AND ENDURING MENTAL ILLNESS

D.Meagher<sup>1</sup>, J.McFarland<sup>1</sup>, S.O'Brien<sup>2,3</sup>

<sup>1</sup>Psychiatry, <sup>2</sup>University of Limerick, Limerick, <sup>3</sup>Mercy University Hospital, Cork, Ireland

**Introduction:** The application of recovery principles within everyday mental health services is understudied.

**Objectives and aims:** We studied the implementation of a programme of intensive case management (ICM) emphasizing recovery principles in an Irish community mental health service.

**Methods:** Eighty service attenders with severe and enduring illness were randomized into groups (1) receiving a programme of ICM,  
(2) receiving treatment as usual (TAU).

Groups were compared before/after the programme for general psychopathology using the Brief Psychiatric Rating Scale [BPRS] (clinician rated) and How are You? Scale (self-rated). The Functional Analysis of Care Environments [FACE] scale provided assessment of functional domains.

**Results:** The overall group [mean age  $44.5 \pm 13.2$  years; 60% male] had mean total Health of the Nation Outcome Scale [HoNOS] scale scores  $10.5 \pm 4.6$  with impaired social functioning especially prominent (mean social subscale score  $5.0 \pm 2.7$ ). The ICM group were younger ( $p < 0.01$ ) with higher baseline scores on the HoNOS social subscale and BPRS ( $p < 0.05$ ). An analysis of covariance, controlling for these baseline differences, indicated greater improvement in BPRS scores ( $p = 0.001$ ), How are You? scores ( $p = 0.02$ ) and FACE domains for cognition, symptoms and interpersonal relationships (all  $p < 0.001$ ) in the ICM group. The ICM group underwent greater changes in structured daily activities that were linked to improved BPRS scores ( $p = 0.01$ ).

**Conclusions:** A programme of ICM emphasizing recovery principles allowed significant improvement across psychopathological and functional domains. Improvements were linked to enhanced engagement with structured daily activities. Recovery-oriented practices can be integrated into existing mental health services and provided alongside traditional models of care.