

The Life Rooms: Exploring the impact on mental health recovery

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What is the Life Rooms?

The Life Rooms is a service run by Mersey Care NHS Foundation Trust. The Life Rooms attempts to improve mental wellbeing by offering the following:

Recovery College: Free courses to support wellbeing.

Pathways Advice: Support and guidance in relation to next steps, including support to variety of community partners who provide help in many areas including housing, debt and employment.

Volunteering: Support into volunteering opportunities.

Peer Support: 1:1 supportive conversations with a peer support worker (someone with lived experience of mental distress).

Introduction

The evaluation explores the impact of the Life Rooms upon the recovery of Mersey Care service users. It specifically looks at:

- The impact of the Life Rooms on Mersey Care service users' use of clinical services - **through quantitative methods**
- Whether Mersey Care service users identify the Life Rooms as helpful in their recovery - **through qualitative methods**

Methods

Quantitative approach:

- 402 Mersey Care service users were identified as having used the Life Rooms between April 2017 and September 2017.
- These service users will be matched with Mersey Care service users who did not use the Life Rooms during this time. They will be matched by using Payment by Results clusters and a number of demographic factors.
- Business Intelligence staff at Mersey Care will look at clinical activity data six months before and six months after this time period for both groups.
- Finance staff at Mersey Care will assign costs to this activity data. The activity and finance data will be returned to the research team in aggregated form for analysis.

Qualitative approach:

- 18 Life Rooms users participated in semi-structured focus groups.
- Topic guides were co-produced with Public Advisors
- Participant information sheets and consent forms were used.
- Focus groups were co-facilitated with public advisors.

Findings So Far...

The following recurring responses have been identified as a result of qualitative data sourced so far:

safe environment
equality **social inclusion**
space to talk stress free
confidentiality
no labels nice environment

Having somewhere to go where you can feel comfortable and supported, and not judged came across significantly in the focus groups. This suggests a need for services that place great importance on a safe and compassionate culture, as opposed to simply focusing on interventions.



Liverpool Philharmonic performance at the International Women's Day event – Life Rooms, Walton, 2018.

Public Advisor Inclusion

Public Advisors have been involved at every stage of the project. Public Advisors ensured that all documents were clear and understandable during the design stage. Lived experience was vital in developing a relaxed and open environment during focus groups. Public Advisors will continue to support through the analysis and dissemination stages of the project.co-facilitated

References

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