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Developing a social capital intervention for people with psychosis: an ethnographic study of social capital generation and mobilisation

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- Economic capital: Resources that can be used to produce financial gains (Marx, 1867)

- Cultural capital: Information resources and socially valued assets, e.g. knowledge of the arts, music or literature (Bourdieu, 1997)

- Human capital: Qualifications, training and work experience (Becker 1964)

- Social capital: Sum of resources (actual or potential) that accrue to a person or group from access to a network of relationships or membership in a group (Bourdieu, 1997)

- Community capital: Combination of capitals within a defined area or community, required to help people fulfil their potential (Hancock, 2001)

- Erotic capital: Beauty, sex appeal, charm, liveliness, presentation (Hakim, 2010)

- Social capital: "Sum of resources (actual or potential) that accrue to a person or group from access to a network of relationships or membership in a group" (Bourdieu, 1997)

- Wealth, power and status of network members can benefit other individuals in that network (Lin 2001):

  - Helps unemployed people find work (Perri 6 1997)

  - Helps reemployment (Sprengers et al 1988)

  - Improves income (Boxman et al 1991)

  - Improves occupational status (Flap & Volker 2001)

  - Brings political influence (Lin & Erickson 2008)

- **1. Provision of information**
  - about the most effective interventions or health behaviours
  - about job opportunities or other ways of enhancing socio-economic position and quality of life
- **2. Additive effect of resources**
  - power and authority of network members may add to an individual's power and social status to effect exposure and vulnerability to health risks
  - neo-material gains of network resources
- **3. Social credentials**
  - direct intervention of network members in health care
- **4. Maintenance of subjective social status**
  - network resources could mitigate against loss of personal resources. Shared resources maintain identification with a social group
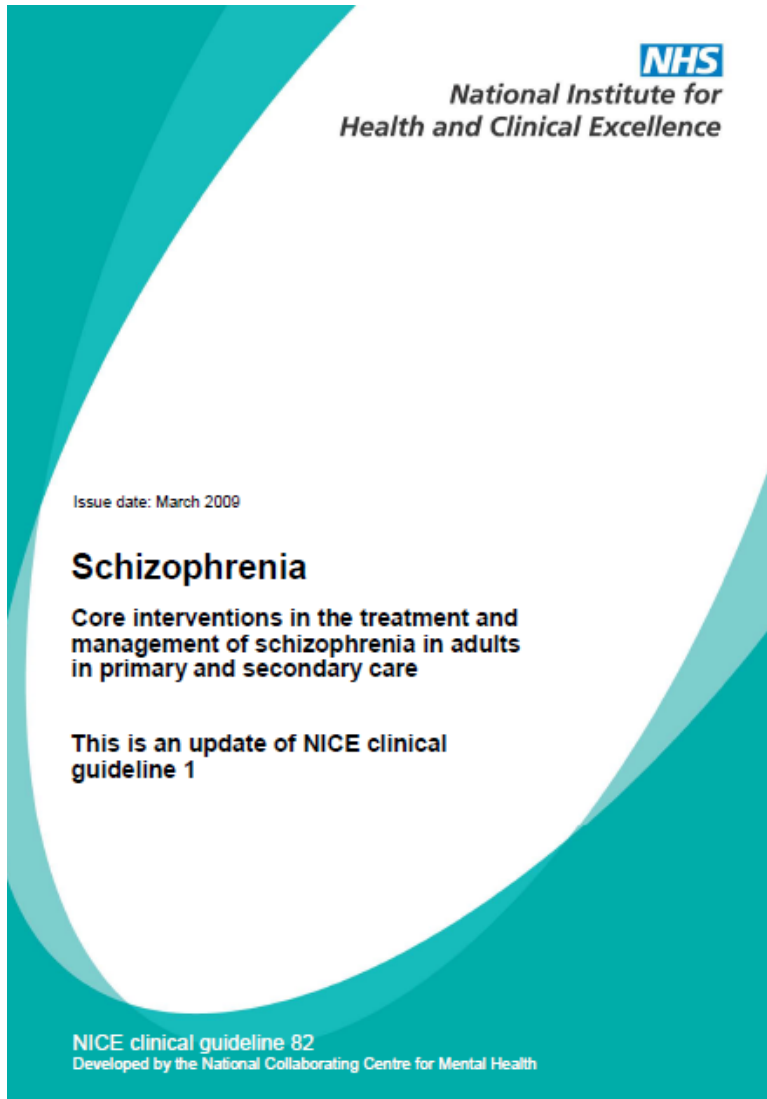
Access to social capital

- There is a cross-sectional inverse association between trust and common mental disorders (de Silva et al 2005); and between access to social capital and depression (Webber & Huxley 2007; Song & Lin 2009)

- Social capital is associated with improvements in quality of life, though insecure attachment styles pose a barrier to people with depression accessing their social capital (Webber 2011)

- High levels of trust lower the risk of depression (Fujiwara & Kawachi 2008)

- Low workplace social capital increases the risk of depression (Kouvonen et al 2008)

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NHS
National Institute for
Health and Clinical Excellence

Issue date: March 2009

Schizophrenia

Core interventions in the treatment and
management of schizophrenia in adults
in primary and secondary care

This is an update of NICE clinical
guideline 1

NICE clinical guideline 82
Developed by the National Collaborating Centre for Mental Health

NICE Guidelines for Schizophrenia (2009)

- Social interventions:
  - family interventions
  - social skills training
  - vocational rehabilitation

- Nothing about connecting people or engaging with local communities – lack of RCT evidence

WHO mhGAP Intervention Guide (2011)
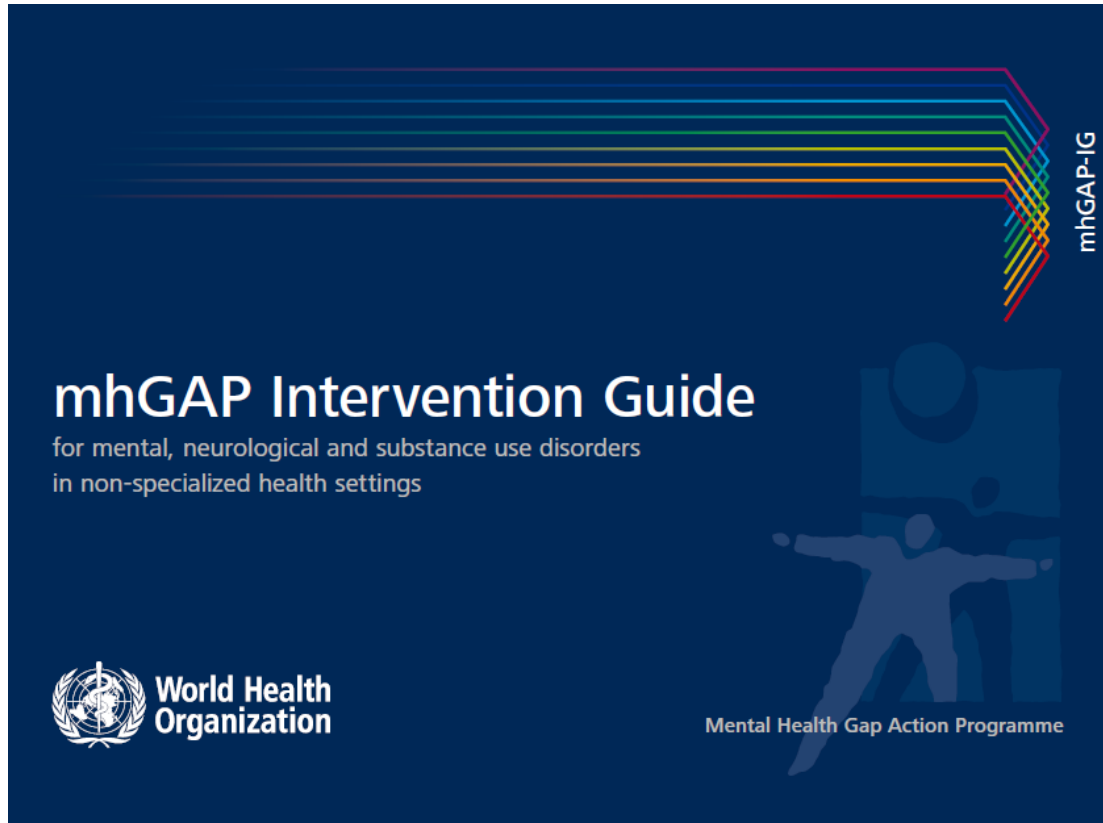
- Highlights need to address social support, social networks and social engagement
- Does not provide evidence of effective interventions to achieve this
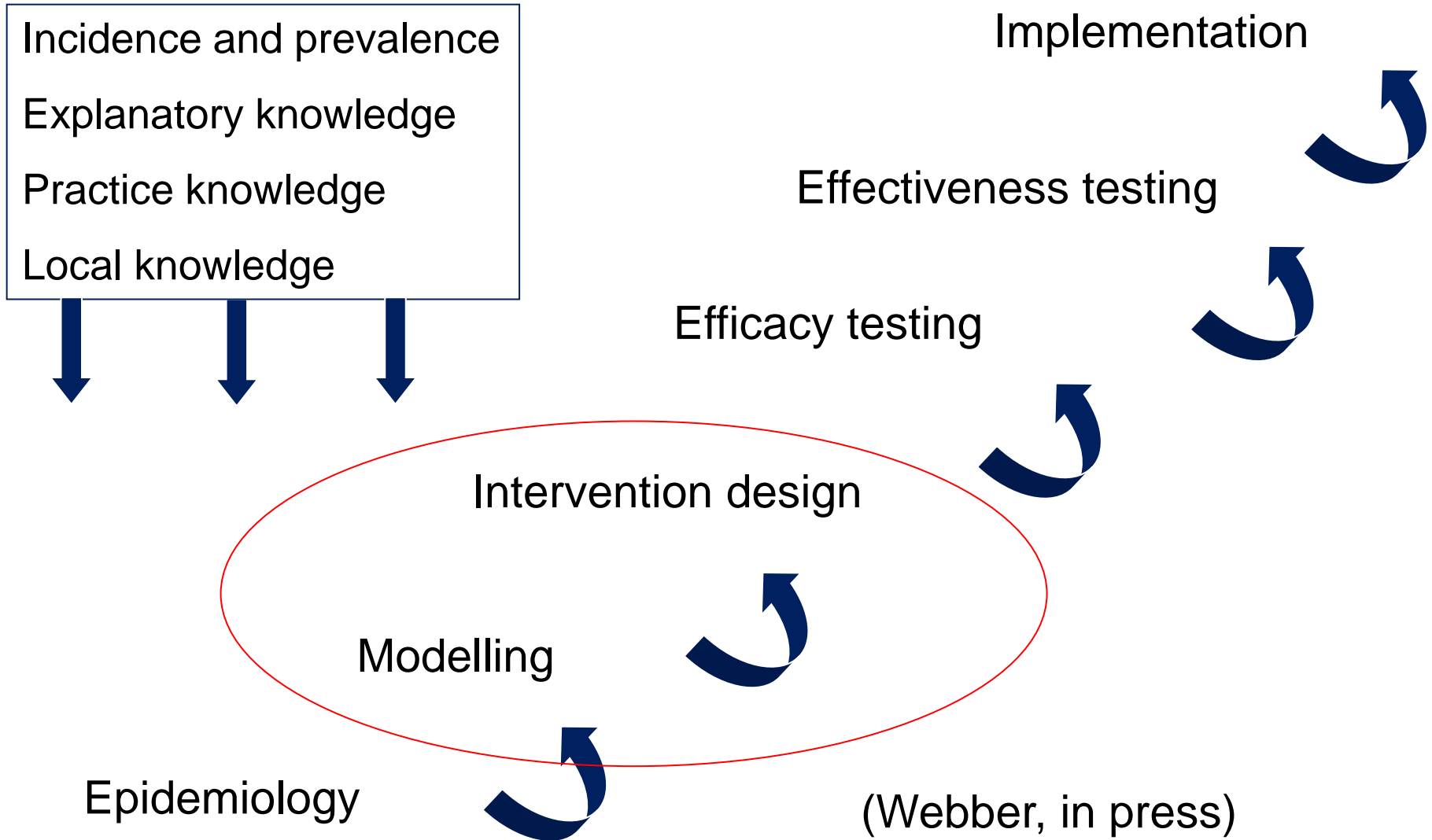
- To understand the ways in which workers are currently helping young people recovering from psychosis to generate and mobilise social capital

- To develop a social capital intervention model that can be used to frame social work and social care practice

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- **Combinative ethnography of social care practice**
  - Semi-structured interviews, observations of practice and focus groups
  - Exploratory, not evaluative
- **Setting**
  - NHS mental health services (mental health professionals and support time & recovery workers in early intervention in psychosis teams, social inclusion and recovery services)
  - Housing support (supported housing & floating support workers)
  - Third sector (social enterprises, voluntary organisations)
- **Sample**
  - 150 workers, service users, managers, commissioners

- **Ethnography phase 1**
  - Researcher interviewed, observed, and held focus groups with agency workers, service users and carers to discuss the practice of enhancing service user social participation
- **Ethnography phase 2**
  - New questions emerging from phase 1 was the focus of phase 2 through further discussion and conceptualisation of practice
  - Changes in service users from phrase 1 were reflected

- **Delphi Consultation**

  - Intervention model was developed and revised in liaison with project's advisory group and a wider group of stakeholders (incorporating service users, carers, practitioners and researchers)

Reducing power differentials works

"They're trying new things as well so you're on an even field" (service user)

"…it creates a level playing field for them because it takes the pressure off them to deliver and they can just, really, buddy up with the guys and take part in the activities" (worker)

Non-stigmatised locations bring people together

"I remember working with a young lad in Dartford who did not want to come onto the Charlton project because he didn't want to be around people with mental health problems" (worker)

Local knowledge is essential

"But I, you know, we'll sort of ask each other on the team, '*Oh does anyone know of a place where so-and-so can volunteer*' or whatever" (worker)

Connections occur through shared activities

"They've suggested it on their…sheet and we've matched it up with five others who have said that they want to do that [activity]" (worker)

"But I think that they sort of felt that I, I play guitar, I was a singer in a band, sort of have got a lot of sport interests, sort of like a lot of different things and I think that they felt that perhaps some of the people there are harder to engage. And because I might have more in common with them…" (worker)

Focus on an individual's goals
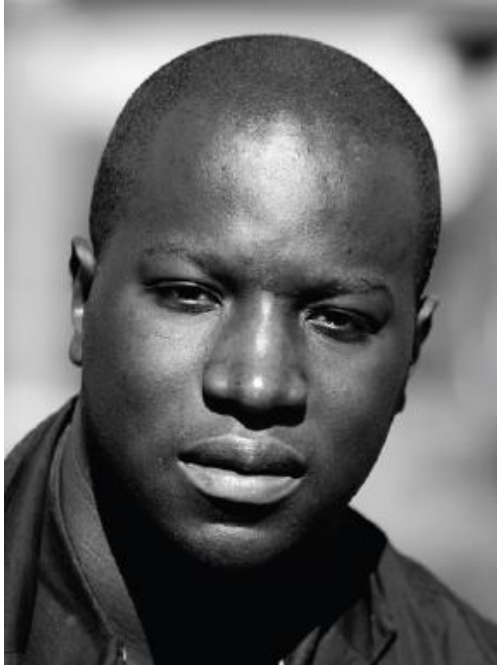
"…the way they've helped me connect with things… like going to college, that will stay with me forever. Because I'll get an education…" (service user)

Informal contacts provide access to resources

"Well my mate goes there and she rung me up and told me about it because she knew I needed maths and English. So I rung the key skills and got an interview and then they said that I could go through." (service user)

Social capital is not a panacea

"Because even though I've got friends to hang around with, some of them are not very good friends. Some of them drink, drugs, and even though I drink the odd time, but, they do drugs and you know, it's just sort of like, they're wrong ones, do you know what I mean? And I want to hang around with decent people who want to get their life on track and not destroy their life". (service user)

Partnership
Equality
Confidence
Flexibility
Lived experience
Openness
Hope
Trust

Worker
Empathy
"Can-do" attitude
Natural networker

Individual
Ownership
Enthusiasm

Individual can leave and re-enter the intervention at any point of the cycle as desired/required

Physical environment
Community resources
Help accessing the service

Building relationships

Exposure to new ideas

Identifying opportunities

Fostering trust

Introduction to new people and activities

Engaging with local community

Network assessment
Objective development
Inspiration
Facilitation
Meeting expectations
Orientation/signposting
Skill recognition
Feedback

Development of skills and interests

Developing own networks and resources

Development of social confidence

Adapting to new ideas

Building currency

Utilising contacts

Physical health

Cultural/ diversity factors

Social Network Knowledge Development

Lack of local knowledge

Attitude: self

Barriers to effective partnership development

Complicated external lives

Barriers to social network development

Stigma

Lack of information

Social Network Development

Extra Support

Advice Seeking

Poor processes/ bureaucracy

Lack of resources e.g. time, funding

Reassessment

Self awareness

'Bad' social capital

Attitude: self/ organisation

Access to service

Agency

Modelling of good practice   Skill sharing   Community engagement   Local knowledge

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