

Editorial

This Special Issue of *Social Work and Social Sciences Review* is a Valedictory Issue and a way of Marcus and Jerome to say 'Goodbye' and to hand over the mantle of editorship to Sherry and Ebenezer. It is perhaps significant that the Founding Editor of the journal, Professor Peter Huxley, was the person who introduced Marcus and Jerome. This has proved to be a very welcome collaboration. Marcus and Jerome now co-supervise two Chinese PhD students at the University of Greater Manchester, where Marcus is a Visiting Professor of Social Work. Jerome is Professor of Psychology at the University. Marcus has presented three papers for this Special Issue and Jerome four, with one joint one. The papers reflect some of their professional interests and where their research efforts have been focussed. Marcus and Jerome will both introduce each of their papers and will end the Special Issue with their joint paper.

1. *'She wants to hit me, but I love my mother': Subjective experiences of children living with parental mental illness* Ebenezer Cudjoe and Marcus Yu Lung Chiu)

Poor social and behavioural outcomes were reported among children of parents with severe mental illness. The unfavourable milieu must be subjectively understood before remedies could be proposed to address the issues. To understand this forgotten, invisible, and often voiceless group of children, this paper went into the diary of some Ghanaian children to make sense of what happened to them about their parent's mental illness, in the context of under-resourced health and social services.

As shown by the quote of the topic title, these children often face dilemmas and conflicts that they are not sufficiently equipped to cope with on their own. The first help ever is perhaps to be there to understand how they feel and perceive before a multi-disciplinary platform is built for a concerted effort to support them.

2. *Evaluation of Horticultural Therapy for Enhancing Children's Body-Mind-Spirit Holistic Health: A Randomized Controlled Trial.*

Yihan Wu, Xiaohan Zhao, and Marcus Yu-Lung Chiu

With an RCT design, the second paper reported statistically significant effects of the use of horticulture therapy with a group of children and adolescents in a city in China. Both group and case-wise tests of difference indicated that this form of therapy can raise up the general wellbeing of the intervention group. The result is encouraging and has much to offer in the future in the coping of stress, emotional regulation and the use of the natural environment for restorative purpose for young people with mental health issues.

3. *Online Acceptance and Commitment Therapy (ACT) for patients with diabetes and depression: An exploratory study of Chinese patients' perspectives.*

Sherry Xue YANG and Marcus Yu Lung CHIU

This paper filled the research gap that there was no qualitative study exploring the experiences of patients with diabetes and depression who attended online Acceptance-ACT for their self-management of diabetes and depression. The indepth interviews with 8 participants who received an online ACT programme, apart from revealing practical advantages of an online version (i.e. time-saving in duration, less stressful environment), and areas of improvement like person-centred feedback and coaching, some patients indicated concerns about difficulty understanding self and acceptance. A plausible explanation pointed to the non-individualistic and often relational cultural values that made it difficult for Chinese people to take steps to 'accept' and be compassionate with themselves.

4. *'One ring to rule them all': Applications of the CHIME Framework of mental health recovery*

Robert Hurst, Lisa Ogilvie, Ije Asike, Andre Voyce and Jerome Carson

CHIME was the name given by Professor Mike Slade and his colleagues to a framework for mental health recovery. The framework could in fact be directly traced back to the work of Australian researchers who effectively came up with the HIME elements. These were Hope, Identity, Meaning and Empowerment. Robert Hurst started examining the Remarkable Lives set of narratives that Jerome had co-authored in Mental Health and Social Inclusion. Robert discovered that creativity was a central feature in almost every account, so Jerome and Robert came up with the acronym, C-CHIME. Along with Andrew Voyce, they wrote about this new approach in their book, 'Creativity in Mental Health Recovery.' Shortly after this, Lisa Ogilvie, a PhD student at the time was using the CHIME framework in her work with people in addiction recovery. Lisa felt that the most important feature in addiction recovery was that when people moved from a position of dependence on substances into recovery, the only way they could succeed in abstinence was by personal growth. People had to develop a new non-addicted self. Lisa penned the term G-CHIME and like Robert, found a lot of evidence of growth in the narrative accounts she was collecting. Finally, from her lived experience of lupus, Ije Asike came up with PAAG-Chime. This represents Pain, Acceptance, Adaptation and Growth. In the paper Andrew Voyce talks of how the elements of CHIME have helped him in his own personal recovery. There is no doubt that CHIME and its permutations can be helpful to social workers and their students in helping drive interventions with their clients. How can we help service users establish more supportive *Connections*? How can we give them *Hope* that their situations can improve. How can we help bolster their fragile sense of *Identity*? How can we try and help them find some *Meaning* and purpose in their lives? Finally, how to we help them become *Empowered* and develop more of a sense of personal agency? CHIME provides a helpful framework to ensure we are able to help clients see a way forward.

5. *Addiction recovery: The lived experience journey from relapse prevention to recovery protection* Lisa Ogilvie, Kelly Greenwood, Dee Hartley, Rebecca Kippax, Jerome Carson

The second paper from Jerome and his colleagues is about a paradigm shift in the field of addiction recovery. For years clinicians have focussed on relapse prevention. How do we stop people relapsing back into addiction? This is intrinsically a negative approach. While Lisa had also been working on the G-CHIME approach, she had at the same time been pioneering several innovative ways of working with people in addiction recovery. She set up a recovery website. She developed a chatbot called 'Foxbot.' She looked at how to apply the Values in Action Strengths research to people with addiction problems. Perhaps most importantly she developed Positive Addiction Recovery Therapy (PART), a group-based psychological intervention based on positive psychology. Lisa's motivation in part for this work, was that she is in recovery from alcohol addiction herself. Indeed, every co-author on the paper had problems with addiction and they are all now in recovery. Abstinence remains the main goal for people in addiction recovery. However, as Kelly points out, it is not easy. She recollects her children chiding her, "Why can't you just stop?" Kelly countered that if it were that easy then the word alcoholism would not exist. Dee starts her account by noting she is in the eighteenth year of recovery from drug and alcohol addiction. She comments how many of her peers were "ostracised and punished" for their relapses. This drove Dee to move away from the concept of relapse to "... the concept of protecting and enhancing recovery." She states, "Recovery is a precious gift to be protected at all costs." Rebecca focuses on the theme of education. "My entire academic journey has been applied to studying myself and my journey both in and out of addiction." She attributes her "... continuous recovery to an individual and proactive approach utilising protection factors rather than prevention factors." The message from all four contributors, is that there is life after addiction. Indeed, a better life than most ever felt was possible.

6. *Autoethnography for social workers: New approaches.*

Patrick Hopkinson, Alicia Danielsson, Andrew Voyce, Mats Niklasson, Jerome Carson

In paper 3, Patrick, Alicia, Andrew, Mats and Jerome look at the application of autoethnography in social work. Patrick starts by outlining how difficult it is being a social worker today. He suggests that autoethnography might be a way of exploring the challenges faced by social workers and their clients. In the paper a range of different autoethnographic methods are outlined. Jerome starts with positive autoethnography. This fuses positive psychology with autoethnography. Essentially it advocates for narratives with a positive message. Andrew introduces collaborative autoethnography and Mats tells us about duoethnography. Patrick and Mats introduce Digital Collaborative Autoethnographical Psychobiography (DCAP) and its international equivalent IDCAP. Alicia shares her own insights on autoethnography, having come to it later than the others. She points out that it can be a part of experiential learning and reflective practice. The paper highlights the different types of autoethnography that are available to social workers and their students.

7. *Stigma towards mental illness in South Asian communities: A summary of three studies*
(Aishath Shahama, Chathurika Kannangara and Jerome Carson)

This paper looks at the issue of stigma towards people with mental health problems in South Asian populations. It features three studies conducted by Aishath Shahama as part of her doctoral studies. The first was an online questionnaire survey, completed by over 500 people. Some 95% of participants believed that mental illness could be treated. Almost half said they had not experienced or witnessed mental health stigma, which seems hard to believe. In response to a fictional vignette about a person experiencing symptoms of mental illness, respondents believed that they had some control over their condition, they were more likely to be angry with them and to feel they ought to be 'locked away' in an institution. The second study comprised interviews with 15 people who all had lived experience of mental health problems. Interestingly several of these interviewees were trying to educate the public about mental health problems, through books, videos, and podcasts. The third study was a community engagement event called, 'Shifting Perceptions: Breaking the Stigma.' This was a one-day conference. The overall message which came out of this was that people with mental health problems are not alone, they matter and that there are always people who are willing to listen and help.

8. *Flourishing in older adults: Some promising findings and a new mixed methods study*

Joanna Chiang-Yu Chen, Marcus Yu Lung Chiu, Ching-Wen Chang, Jerome Carson

The final paper in this Valedictory Issue is on the topic of flourishing in older adults. The first part of the paper reported on findings from a survey conducted just prior to the Covid-19 lockdown. This survey looked at 104 people aged from 60 to 87 and a larger group of 673 younger people aged between 17 and 30. The older sample had higher levels of flourishing, lower levels of negative emotions, less loneliness and less psychological distress. Marcus and Jerome are currently working on a transnational study with their PhD student Joanna Chen and Dr Ching-Wen Chang. This study is comparing UK older adults with seniors from Taiwan. We hope this research will keep us both occupied well into our retirement.

Final thoughts from Marcus.

There is no greater joy to an older Academic than seeing the flourishing of young scholars and their becoming team players with you. With warm wishes, Eben and Sherry have become the new editors. Friendship will surely continue though the work relationships may cease. For the long years of different editorships, of *Hong Kong Journal of Social Work* (World Scientific), *Asia Pacific Journal of Social Work and Development* (Routledge), and ultimately of *Social Work & Social Sciences Review* (Whiting & Birch), these opportunities to evaluate a wide spectrum of manuscripts which contained marvellous and sometimes novel ideas and concepts have undoubtedly enriched my experience, testing my stance, and evaluated my knowledge base. I have to thank Prof

Peter Huxley for his personal mentorship, and the publishing team, especially David Whiting and Jane McLaughlin for their patience with me. They contributed so much to the publishing process yet are so humble to be almost invisible. I feel so blessed and have to thank the Editorial Board for their trust and advice. Finally, my Co-editor Professor Jerome Carson is a game changer who has turned our working together into a truly joyful experience. I owed him at the least a sincere thank.

Final thoughts from Jerome.

The French have a saying, '*Il y a un peu mourir en partir.*' There is a little of dying in every parting. It is time for me to say 'Goodbye' to *Social Work & Social Sciences Review*. This comes with a sense of loss. It has though been a pleasure to be involved with the journal. I have been fortunate to have worked with the publisher David Whiting previously on the *Groupwork* Journal. He has also published three books of mine from the Whiting and Birch imprint. He has been supported over several years by his partner Jane, who plays an equally valuable role behind the scenes. David and Jane, thank you for the support you have given me over two decades. It is the start of a new era. Sherry and Ebenezer all the best!