Photovoice

A participatory action research method developed in the 1990s by Wang & Burris (1994)
Focusing on describing experiences of the world from people's own perspective with the specific goals to;

"(1) to enable people to record and reflect their community [illegible]

Methods

- Eight participants were recruited through a local recovery café with the help of a peer researcher
- Initial workshop describing the project and learning some photography techniques
- Photos taken over eight months
- Data collected in individual interviews and focus groups mid-way and at the end of the project
- Ethical considerations: identification and consent, health and safety
- Data analysed using thematic analysis and discussed with peer researcher

Results

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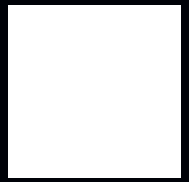
With the anchor of established recovery, people can reach for new opportunities, take new steps and consider social and personal ‘risks’, developing new identities

These steps may take people away from volunteering and peer support as lives are filled with work, relationships and new challenges

New relationships may be less clearly linked to recovery with less focus on that defining characteristic



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It’s a year in the life. Back when I was in active addiction, because I was a polysubstance user, I couldn’t give you one whole year of my life in one go

Conclusions and reflections

Key concepts play part in accessing and sustaining recovery over time and help ‘anchoring’ people in a recovery identity
Increasingly secure new identity allows people to reach for new adventure, exploring new networks and portrayals of self
Key message that participants wanted to share was that recovery is real, aspirational and possible but is also hard work
Methodological reflections - using photovoice for abstract topics – capturing identity, longer term projects, revisiting participants

Any questions?

Email

References

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Background photos: https://www.pexels.com/photo/man-person-camera-taking-photo-1838/; https://www.pexels.com/photo/people-in-motion-going-through-a-doorway-2224890/; https://www.pexels.com/photo/curve-design-futuristic-lines-911738/; https://www.pexels.com/photo/gray-and-black-marble-slab-1451474/; https://www.pexels.com/photo/grayscale-photography-of-people-sitting-on-chair-1884585/; https://www.pexels.com/photo/grayscale-photo-of-human-hand-2050590/; https://www.pexels.com/photo/gray-folding-camera-on-white-surface-1422224/; https://www.pexels.com/photo/abstract-background-black-and-white-board-935871/; https://www.pexels.com/photo/antique-aperture-blur-camera-370659/