Appendix 1  The recovery approaches staff questionnaire

What do you think about the recovery approaches to care?
This questionnaire is designed to help you reflect on your knowledge and understanding of recovery and social inclusion. Please read each of the following statements carefully and answer by ticking one of the appropriate boxes (i.e. True, False or Not sure) to indicate your response.

Your answers are anonymous and confidential.

I am familiar with the basic principles of the recovery approaches to care

☐ True ☐ False ☐ Not sure

I have attended a training course on the recovery approaches to care

☐ True ☐ False

If True, please name the training course:

I would like to learn more about the recovery approaches to care

☐ True ☐ False ☐ Not sure

I believe that recovery and social inclusion greatly improves patient care

☐ True ☐ False ☐ Not sure

The recovery approaches to care mean that patients will become more dissatisfied with their stay in hospital

☐ True ☐ False ☐ Not sure

Encouraging service users to participate in their own recovery is a way for mental health services to absolve themselves of responsibility

☐ True ☐ False ☐ Not sure

Applying the recovery approaches will not improve the patient’s quality of life

☐ True ☐ False ☐ Not sure

Recovery means people become symptom-free

☐ True ☐ False ☐ Not sure

Recovery principles are incompatible with traditional care management

☐ True ☐ False ☐ Not sure

Recovery is the same as empowerment

☐ True ☐ False ☐ Not sure

You must have experienced severe mental distress yourself in order to help people move towards recovery

☐ True ☐ False ☐ Not sure

Recovery requires a spiritual connection with a ‘higher being’

☐ True ☐ False ☐ Not sure

People in recovery do not use medications or other forms of psychiatric treatment

☐ True ☐ False ☐ Not sure
Recovery means no relapses or significant setbacks will occur
☐ True  ☐ False  ☐ Not sure

Recovery is about patients directing their own recovery process
☐ True  ☐ False  ☐ Not sure

Recovery is about patients no longer needing professional help
☐ True  ☐ False  ☐ Not sure

The recovery approaches to care mean that there is going to be greater risk to the public
☐ True  ☐ False  ☐ Not sure

Recovery is about listening to the patients and understanding their perspective
☐ True  ☐ False  ☐ Not sure

Recovery means that patients learn to take greater control over their lives
☐ True  ☐ False  ☐ Not sure

Recovery is only for individuals, not for families, teams or organisations
☐ True  ☐ False  ☐ Not sure

Focusing on the patients’ goals, expectations and beliefs has no place in the recovery approaches to care
☐ True  ☐ False  ☐ Not sure

Patients rarely have anything useful to say about their treatment
☐ True  ☐ False  ☐ Not sure

The recovery approaches to care are not suitable for forensic patients
☐ True  ☐ False  ☐ Not sure

The recovery approaches to care give patients a sense of purpose and direction
☐ True  ☐ False  ☐ Not sure

The recovery approaches to care give patients hope and this facilitates their progress
☐ True  ☐ False  ☐ Not sure

If recovery approaches take hold, there will be no need for mental health workers
☐ True  ☐ False  ☐ Not sure

Learning and integrating recovery principles into my clinical practice means that what I learnt in my professional training is obsolete
☐ True  ☐ False  ☐ Not sure

There is no need for special training to implement the recovery approaches to care
☐ True  ☐ False  ☐ Not sure
I am happy to follow the principles of the recovery approaches to care

☐ True  ☐ False  ☐ Not sure

The recovery approaches to care can make some patients more difficult to manage

☐ True  ☐ False  ☐ Not sure

Recovery requires radical realignment of our beliefs, clinical services and practices, anticipated outcomes, and relationships with people

☐ True  ☐ False  ☐ Not sure

Treatment of the illness has to come before recovery principles can be employed

☐ True  ☐ False  ☐ Not sure

Recovery is a personal thing so it cannot be ‘packaged’ or ‘dished out’ by professionals

☐ True  ☐ False  ☐ Not sure

The recovery approaches to care are not going to work for patients who are detained compulsorily in hospital

☐ True  ☐ False  ☐ Not sure

People can move in and out of recovery

☐ True  ☐ False  ☐ Not sure

People can be in recovery without knowing it

☐ True  ☐ False  ☐ Not sure

The recovery approaches to care mean that patients can be discharged more quickly into the community

☐ True  ☐ False  ☐ Not sure

The recovery approaches to care are not likely to work for in-patients

☐ True  ☐ False  ☐ Not sure

Recovery is just a new term for rehabilitation and what we are already doing

☐ True  ☐ False  ☐ Not sure

The recovery approaches to care have no place in forensic services

☐ True  ☐ False  ☐ Not sure

Self-help is a critical ingredient in recovery

☐ True  ☐ False  ☐ Not sure

There are no experiences in my life which will help me identify with the experience and process of recovery

☐ True  ☐ False  ☐ Not sure

Recovery approaches can only be employed in a community-based care setting

☐ True  ☐ False  ☐ Not sure
Patients with a diagnosis of personality disorder cannot be treated using recovery approaches to care

☐ True ☐ False ☐ Not sure

Recovery means that patients return to how they were before they became ill

☐ True ☐ False ☐ Not sure

Recovery is just a new term for normalisation principles

☐ True ☐ False ☐ Not sure

With so much negative attitudes towards people with mental illness it will be impossible to employ the recovery principles in care delivery

☐ True ☐ False ☐ Not sure

Using the recovery approach to care is an excuse for saving money, cutting down on staffing costs and getting patients and families to DIY

☐ True ☐ False ☐ Not sure

Patients with intellectual impairment are not suitable for using recovery approaches to care

☐ True ☐ False ☐ Not sure

Using the recovery approach you have to do things to people rather than with people

☐ True ☐ False ☐ Not sure

ABOUT YOU

Are you male or female? How old are you?

☐ Male ☐ Female ___________ years

To which of ethnic groups would you say you belong? (Tick ONE only)

a. WHITE
☐ British ☐ Irish ☐ Any other White background (Please write in box)
☐ (Please write in box)

b. MIXED
☐ White and Black Caribbean ☐ White and Black African ☐ White and Asian ☐ Any other mixed background (Please write in box)
☐ (Please write in box)

c. ASIAN OR ASIAN BRITISH
☐ Indian ☐ Pakistani ☐ Bangladeshi ☐ Any other Asian (Please write in box)
☐ (Please write in box)

d. BLACK or BLACK BRITISH
☐ Caribbean ☐ African ☐ Any other Black (Please write in box)
☐ (Please write in box)

e. CHINESE OR OTHER ETHNIC GROUP
☐ Chinese ☐ Any other ethnic group (Please write in box)
☐ (Please write in box)
Appendix 2

Forensic recovery approach training programme for staff at Lambeth forensic services

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30–9.45</td>
<td>Introductions and outline of the day</td>
</tr>
<tr>
<td>9.45–11.00</td>
<td>What is the recovery approach to care? A review of the literature and definitions</td>
</tr>
<tr>
<td>11.00–11.15</td>
<td>Break</td>
</tr>
<tr>
<td>11.15–12.30</td>
<td>What does the recovery approach mean for the way we work? Principles and processes</td>
</tr>
<tr>
<td>12.30–13.30</td>
<td>Lunch</td>
</tr>
<tr>
<td>1.30–2.30</td>
<td>Putting the recovery approach into practice. How can this be achieved?</td>
</tr>
<tr>
<td>2.30–3.15</td>
<td>Introduction to practical exercise, focusing on staff–patient interactions</td>
</tr>
<tr>
<td>3.00–3.15</td>
<td>Break</td>
</tr>
<tr>
<td>3.15–4.30</td>
<td>Practice in using the recovery approach to work with clients</td>
</tr>
<tr>
<td>4.30–4.45</td>
<td>Summary and conclusions</td>
</tr>
</tbody>
</table>