

# ONLINE SUPPLEMENT

## 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?**

- Male  
 Female

**How old are you?**

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)

**b. MIXED**

- White and Black Caribbean  
 White and Black African  
 White and Asian  
 Any other mixed background  
(Please write in box)

**c. ASIAN OR ASIAN BRITISH**

- Indian  
 Pakistani  
 Bangladeshi  
 Any other Asian  
(Please write in box)

**d. BLACK or BLACK BRITISH**

- Caribbean  
 African  
 Any other Black  
(Please write in box)

**e. CHINESE OR OTHER ETHNIC GROUP**

- Chinese  
 Any other ethnic group  
(Please write in box)

**Occupation:**

- Nurse  
 Psychiatrist  
 Psychologist  
 Social worker  
 Occupational therapist  
 Other

(Please write in box below)

**How long have you been qualified in your profession?**
 years
**How long have you worked with forensic patients?**
 years
**What is the main role in your current post?**

(Please write in box below)

**Appendix 2****Forensic recovery approach training programme for staff at Lambeth forensic services**

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