

Recovery-Enhancing Environment Measure (REE)

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This questionnaire explores the process of recovery from psychiatric disability, and the services and supports that mental health consumers say help them achieve recovery. While **recovery is always a personal process based in self-responsibility**, there are many things mental health programs can do to support your progress or hold you back. This questionnaire looks at your personal experience of recovery, and the services and supports that are available to you.

Your answers to these questions will be confidential. This means your answers will stay secret. Your name will never be asked. Please do not write your name in the booklet. This study is completely voluntary. You can skip any questions that you do not wish to answer. Other consumers have said that this questionnaire is very interesting and they enjoyed filling it out. The survey takes about 25 minutes to complete. Be sure to read the instructions below before you begin to answer.

Instructions:

1. This is **not a test**. There are no right answers or wrong answers on this survey. Answer each question based on your personal opinions and beliefs.
2. All of the questions should be answered by marking one of the answer spaces that best fits your opinion or situation. If you don't find an answer that fits exactly, use one that comes closest. If any question does not apply to you, or you are not sure of what it means, just leave it blank.

For more information contact:

THANK YOU FOR YOUR TIME AND ANSWERS!!!!

A FEW QUESTIONS ABOUT YOU

1. What age group are you in (Check your current age group)?
 18-25
 26-35
 36-45
 46-55
 56 and over
2. What is your gender?
 Male
 Female
3. What is your racial or ethnic background?
 African-American
 Asian or Asian-American
 Caucasian/Non-Hispanic
 First Nations/Native American
 Hispanic/Latino
 Other _____
4. In total, how long have you received any form of mental health services?
 Less than 1 year
 One year or more but less than five years
 Between five and ten years
 More than ten years

YOUR INVOLVEMENT IN THE RECOVERY PROCESS

Which of the following statements is most true for you? (Check only one)

- I have never heard of, or thought about, recovery from psychiatric disability.
- I do not believe I have any need to recover from psychiatric problems.
- I have not had the time to really consider recovery.
- I've been thinking about recovery, but haven't decided to move on it yet.
- I am committed to my recovery, and am making plans to take action very soon.
- I am actively involved in the process of recovery from psychiatric disability.
- I was actively moving toward recovery, but now I'm not because:

- I feel that I am fully recovered; I just have to maintain my gains.
- Other (specify) _____

For the rest of the questions in this survey, answer only about what you experience in:

_____ (name of mental health program)

If no program is listed above, think about the mental health program you use the most and the staff of that program. Write the name of the program in the line above. Answer each of the following questions keeping that particular program in mind.

1. What kind of services are you currently receiving in that program? (check in all that apply)

- self-help or consumer-run services
- clubhouse
- day treatment program
- residential program
- case-management
- psychotherapy
- medications/med. management
- vocational/employment services
- supported housing
- other (describe) _____

ELEMENTS OF RECOVERY AND RECOVERY-ENHANCING PROGRAMS

For each of the following questions you should circle one of these answers:
SA --If you *strongly agree* with the statement.
A --If you *agree* with the statement
N --If you are *not sure*, or neither agree nor disagree, or you are *neutral*.
D --If you *disagree* with the statement.
SD --If you *strongly disagree* with the statement.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. Having a positive sense of personal identity beyond my psychiatric disorder is important to my recovery.	SA	A	N	D	SD
a) Staff view me as more than a "case" or a diagnosis; they want to know me as a person.	SA	A	N	D	SD
b) The program offers individualized services to meet my unique needs.	SA	A	N	D	SD
c) Staff treat me as a whole person with a body, mind, emotions, important relationships and spirit.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
2. Having a sense of meaning in life is important to my recovery.	SA	A	N	D	SD
a) Staff help me make sense out of what is happening in my life.	SA	A	N	D	SD
b) Staff ask me what is meaningful to me.	SA	A	N	D	SD
c) This program encourages me do things that give my life meaning.	SA	A	N	D	SD
3. Having hope is important to my recovery.	SA	A	N	D	SD
a) Staff believe I have a positive future.	SA	A	N	D	SD
b) Staff encourage me to feel hopeful again when I'm discouraged or have a setback.	SA	A	N	D	SD
c) Staff tell me most people do recover from psychiatric problems over time.	SA	A	N	D	SD
4. Having up-to-date knowledge about psychiatric disorders and the most effective treatments is important in my recovery.	SA	A	N	D	SD
a) Staff teaches me about my psychiatric disorder and symptoms.	SA	A	N	D	SD
b) The program provides me up-to-date information about effective treatments.	SA	A	N	D	SD
c) Staff gives me enough information about my treatment options and their risks and benefits, for me to give informed consent for treatment.	SA	A	N	D	SD
5. Being able to self-manage symptoms and avoid relapse is important to my recovery.	SA	A	N	D	SD
a) This program helps me identify and monitor triggers/early signs of relapse.	SA	A	N	D	SD
b) This program helps me develop personalized coping skills so I can manage stress well.	SA	A	N	D	SD
c) This program teaches me ways to self-monitor and self-control psychiatric symptoms.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
6. Improving my general health and wellness is important to my recovery.	SA	A	N	D	SD
a) Staff pay careful attention to my physical health.	SA	A	N	D	SD
b) This program encourages me to achieve a higher level of wellness.	SA	A	N	D	SD
c) This program offers wellness programming such as nutrition, movement, relaxation.	SA	A	N	D	SD
7. Being an active consumer and directing my own recovery is important to my recovery.	SA	A	N	D	SD
a) Staff assist me to explore options and set my own personal goals.	SA	A	N	D	SD
b) Staff treat me as a responsible partner in decision-making.	SA	A	N	D	SD
c) I direct my own treatment in this program.	SA	A	N	D	SD
8. Having my rights respected and upheld is important to my recovery.	SA	A	N	D	SD
a) Staff inform me of my rights.	SA	A	N	D	SD
b) There is a clear grievance policy if any of my rights are violated.	SA	A	N	D	SD
c) Staff uphold my rights.	SA	A	N	D	SD
9. Mutual self-help/ peer support is important to my recovery.	SA	A	N	D	SD
a) This program encourages consumers to help and support one another.	SA	A	N	D	SD
b) Self-help groups and peer support opportunities are available in this program.	SA	A	N	D	SD
c) This program actively links me to self-help groups and self-help resources in the community.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
10. Being involved in meaningful activities is important to my recovery.	SA	A	N	D	SD
a) Staff encourages me to get involved in meaningful activities.	SA	A	N	D	SD
b) Program activities are meaningful.	SA	A	N	D	SD
c) The program assists me to become involved in meaningful activities (such as working, furthering my education, creativity, volunteerism).	SA	A	N	D	SD
11. Being involved in, and a part of, the larger community is important to my recovery.	SA	A	N	D	SD
a) Staff helps me find and use community resources.	SA	A	N	D	SD
b) Staff help me gain individualized supports so I can live, learn & work in the community.	SA	A	N	D	SD
c) I don't feel cut-off from the "real world" in this program.	SA	A	N	D	SD
12. Having positive relationships is important to my recovery.	SA	A	N	D	SD
a) Staff assist me in having positive relationships with my peers.	SA	A	N	D	SD
b) Staff support me in building or rebuilding positive relationships with family members.	SA	A	N	D	SD
c) Staff assist me in forming friendships with people outside the mental health system.	SA	A	N	D	SD
13. Identifying and building on my personal strengths is important to my recovery.	SA	A	N	D	SD
a) Staff recognize and focus on my positive attributes and talents.	SA	A	N	D	SD
b) Staff help me explore my dreams, values and goals.	SA	A	N	D	SD
c) Staff link me to opportunities and resources that build on and reflect my strengths.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
14. Developing new skills is important to my recovery.	SA	A	N	D	SD
a) Staff help me assess how I am functioning and identify skills I need to develop.	SA	A	N	D	SD
b) This program teaches me the skills I want and need.	SA	A	N	D	SD
c) This program connects me to places and people who help me build important skills.	SA	A	N	D	SD
15. Having my basic needs met is important to my recovery.	SA	A	N	D	SD
a) This program assists me to get a basic income and/or benefits.	SA	A	N	D	SD
b) This program helps me get decent, affordable housing and/or rent subsidies.	SA	A	N	D	SD
c) This program helps me gain access to health care.	SA	A	N	D	SD
16. Having a sense of control over my life and feeling empowered is important to my recovery.	SA	A	N	D	SD
a) Staff encourage and support my sense of empowerment.	SA	A	N	D	SD
b) Staff assist me to gain or maintain control over important decisions in my life.	SA	A	N	D	SD
c) Staff do not try to maintain power and control over me.	SA	A	N	D	SD
17. Spirituality is important to my recovery.	SA	A	N	D	SD
a) Staff ask me about my spiritual beliefs.	SA	A	N	D	SD
b) Staff helps me connect with spiritual resources and groups, if I so desire.	SA	A	N	D	SD
c) Staff encourage me to explore spiritual practices such as prayer or meditation that can support well-being.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
18. Taking on, and succeeding in, normal social roles is important to my recovery.	SA	A	N	D	SD
a) Staff would help me get a real job and succeed as an employee.	SA	A	N	D	SD
b) Staff would assist me to return to school and be a successful student.	SA	A	N	D	SD
c) Staff would help me get housing and be a successful tenant.	SA	A	N	D	SD
19. Challenging stigma and discrimination is important to my recovery.	SA	A	N	D	SD
a) This program helps me overcome internalized stigma (feeling badly about myself because of my psychiatric label).	SA	A	N	D	SD
b) This program raises my awareness of stigma and discrimination.	SA	A	N	D	SD
c) This program teaches me to be an effective self-advocate for my civil, human and personal rights.	SA	A	N	D	SD
20. Taking on new challenges and moving out of my comfort zone is important to my recovery.	SA	A	N	D	SD
a) Staff encourage me to take on new challenges.	SA	A	N	D	SD
b) I feel supported when I try new things that seemed out of my reach before.	SA	A	N	D	SD
c) Staff encourage me to stretch myself and grow.	SA	A	N	D	SD
21. Having positive role models is important to my recovery.	SA	A	N	D	SD
a) This program employs people who are positive role models of recovery.	SA	A	N	D	SD
b) Staff help me learn from others who have successfully recovered (e.g. share consumer life stories, internet sites, speakers, mentors).	SA	A	N	D	SD
c) I have opportunities to become a provider or role model in the program, if I so choose.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
22. Having assistance when I am in crisis is important to my recovery.	SA	A	N	D	SD
a) This program has help available immediately if I am in crisis.	SA	A	N	D	SD
b) Staff hang in with me through hard times, they help me see setbacks are a part of recovery.	SA	A	N	D	SD
c) This program has good options if I am in crisis that help me avoid involuntary treatment and hospitalization.	SA	A	N	D	SD
23. Intimacy and sexuality are important to my recovery.	SA	A	N	D	SD
a) This program supports me in forming and succeeding in intimate relationships.	SA	A	N	D	SD
b) This program adequately addresses my sexuality.	SA	A	N	D	SD
c) This program provides information on sexuality, such as safe sex, and med side effects and sexuality.	SA	A	N	D	SD
24. Having helpers who really care about me and my recovery is important to my recovery.	SA	A	N	D	SD
a) The staff here really listen to me.	SA	A	N	D	SD
b) Staff here spend enough quality time with me on activities that promote my recovery.	SA	A	N	D	SD
c) Staff encourage, motivate and support me to move toward recovery.	SA	A	N	D	SD

SPECIAL NEEDS

These questions relate to specific groups of people. If you are not a member of the specific special needs group being asked about, place a check mark beside the question and go onto the next question.

___ 1. If you are not a member of a minority group check here and skip to question 2.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Having my ethnic & cultural background respected is important to my recovery	SA	A	N	D	SD
a) Staff here are respectful to me as a person of a racial, ethnic, or cultural minority	SA	A	N	D	SD
b) This program understands and supports my cultural values/language/customs.	SA	A	N	D	SD
c) Staff are aware of, and sensitive to my cultural heritage and needs.	SA	A	N	D	SD

___ 2. If you do not have both psychiatric problems and substance abuse check here and skip to all of question 3.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Having help with alcohol or drug problems is important to my recovery.	SA	A	N	D	SD
a) This program has resources to help me with both alcohol and psychiatric problems.	SA	A	N	D	SD
b) This program has resources to help me with both drug and psychiatric problems.	SA	A	N	D	SD
c) This program links me to self-help groups that deal with dual diagnoses/ substance abuse.	SA	A	N	D	SD

_____ 3. If you do not have a history of abuse and/or trauma check here and skip to question 4.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Healing trauma, including sexual abuse and/or physical abuse, is important to my recovery.	SA	A	N	D	SD
a) This program has resources to help me heal from abuse and/or trauma.	SA	A	N	D	SD
b) It feels safe to open up about abuse or trauma in this program.	SA	A	N	D	SD
c) Staff deal effectively with abuse and trauma.	SA	A	N	D	SD

_____ 4. If you are not lesbian, gay, or bi-sexual put a check here and go to question 5.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Having support for my sexual orientation is important to my recovery.	SA	A	N	D	SD
a) Staff of this program are not homophobic (very negative about gay, lesbian or bi-sexual people).	SA	A	N	D	SD
b) Staff of the program are respectful to me as a lesbian, gay or bi-sexual person.	SA	A	N	D	SD
c) Staff deal effectively with issues of sexual preference .	SA	A	N	D	SD

_____ 5. If you are not a parent put a check here and go on to the next section.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Having support as a parent is important to my recovery.	SA	A	N	D	SD
a) Staff support me in my role as parent.	SA	A	N	D	SD
b) Staff assist me to be an effective parent.	SA	A	N	D	SD
c) Staff help me uphold my rights in custody disputes.	SA	A	N	D	SD

ORGANIZATIONAL CLIMATE

Circle the answer that best describes whether your organization has the quality we are asking about. These qualities support resilience or the ability to rebound from adversity.

For each of the following questions you should circle one of these answers:

SA --If you *strongly agree* with the statement.

A --If you *agree* with the statement

N --If you are *not sure*, or neither agree nor disagree, or you are *neutral*.

D --If you *disagree* with the statement.

SD --If you *strongly disagree* with the statement.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. The program promotes learning striving, and growth.	SA	A	N	D	SD
2. The program is a hopeful environment that promotes positive expectations.	SA	A	N	D	SD
3. The program is inspiring and encouraging.	SA	A	N	D	SD
4. Staff of this program are caring and compassionate.	SA	A	N	D	SD
5. The program has enough resources to meet peoples' needs.	SA	A	N	D	SD
6. The program provides opportunities for meaningful participation and contribution.	SA	A	N	D	SD
7. The program helps people feel valued, respected and powerful.	SA	A	N	D	SD
8. The program helps people feel connected to others in positive ways.	SA	A	N	D	SD
9. The program is safe and attractive.	SA	A	N	D	SD
10. All levels of staff are welcoming.	SA	A	N	D	SD
11. There are creative and interesting things going on in the program.	SA	A	N	D	SD
12. The program provides real choices, desirable options, and opportunities.	SA	A	N	D	SD
13. The program asks for consumer feedback.	SA	A	N	D	SD
14. The program makes changes based on consumer satisfaction.	SA	A	N	D	SD

RECOVERY MARKERS

For each of the following questions you should circle one of these answers that is true for you now.

- SA** --If you *strongly agree* with the statement.
A --If you *agree* with the statement
N --If you are *not sure*, or neither agree nor disagree, or you are *neutral*.
D --If you *disagree* with the statement.
SD --If you *strongly disagree* with the statement.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. My living situation is safe and feels like home to me.	SA	A	N	D	SD
2. I have trusted people I can turn to for help.	SA	A	N	D	SD
3. I have at least one close mutual (give-and-take) relationship.	SA	A	N	D	SD
4. I am involved in meaningful productive activities.	SA	A	N	D	SD
5. My psychiatric symptoms are under control.	SA	A	N	D	SD
6. I have enough income to meet my needs.	SA	A	N	D	SD
7. I'm not working, but see myself working within 6 months.	SA	A	N	D	SD
8. I am learning new things that are important to me.	SA	A	N	D	SD
9. I am in good physical health.	SA	A	N	D	SD
10. I have a positive spiritual life/connection to a higher power.	SA	A	N	D	SD
11. I like and respect myself.	SA	A	N	D	SD
12. I'm using my personal strengths, skills or talents.	SA	A	N	D	SD
13. I have goals I'm working to achieve.	SA	A	N	D	SD
14. I have reasons to get out of bed in the morning.	SA	A	N	D	SD
15. I have more good days than bad.	SA	A	N	D	SD
16. I have a decent quality of life.	SA	A	N	D	SD
17. I control the important decisions in my life.	SA	A	N	D	SD

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
18. I contribute to my community.	SA	A	N	D	SD
19. I am growing as a person.	SA	A	N	D	SD
20. I have a sense of belonging.	SA	A	N	D	SD
21. I feel alert and alive.	SA	A	N	D	SD
22. I feel hopeful about my future.	SA	A	N	D	SD
23. I am able to deal with stress.	SA	A	N	D	SD
24. I believe I can make positive changes in my life.	SA	A	N	D	SD
Check the box that is true for you now.	YES	NO			
25. I am working part time (less than 35 hours a week).					
26. I am working full time (35 or more hours per week).					
27. I am in school.					

FINAL QUESTIONS

1. What are one or two of the most important things a mental health program and its staff can do to support people with psychiatric disabilities in their mental health recovery?

2. What are one or two of the most important thing you have learned so far on your journey of recovery?

3. What one or two things would you want to say to a person who is just beginning his or her journey of recovery from psychiatric disability?

4. Are there any other comments or ideas that could improve the program that you want to include in the survey?

THANK YOU!

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