

INSPIRE

People talk about recovery in different ways. One way to think about it is 'living a satisfying and hopeful life'.

This questionnaire asks about how your worker supports your recovery. The Support section asks about areas that may be important to your recovery and how your worker supports you in these areas.

The Relationship section asks about your relationship with your worker.

If you do not want to answer a question then just leave it blank.

Please answer all of the questions about
(name of worker).

Support section

Please read each question and decide whether it is important to you or not. If you circle No then go to the next question. If your answer is Yes, then circle the grey box to rate how much support you get from your worker.

An important part of my recovery is...

I feel supported by my worker with this...

S1 Feeling supported by other people	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S2 Having positive relationships with other people	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S3 Having support from other people who use services	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S4 Feeling part of my community	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S5 Feeling hopeful about my future	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S6 Believing that I can recover	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S7 Feeling motivated to make changes	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much

Support section

An important part of my recovery is...

S8 Having hopes and dreams for the future

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S9 Feeling I can deal with stigma

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S10 Feeling good about myself

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S11 Having my spiritual beliefs respected

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S12 Having my ethnic/cultural/racial identity respected

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S13 Understanding my mental health experience

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S14 Doing things that mean something to me

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S15 Rebuilding my life after difficult experiences

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S16 Having a good quality of life

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

S17 Feeling in control of my life

No

Yes:

Not at all

Not much

Somewhat

Quite a lot

Very much

I feel supported by my worker with this...

Support section

An important part of my recovery is...

S18 Being able to manage my mental health	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S19 Trying new things	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
S20 Building on my strengths	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much

I feel supported by my worker with this...

Relationship section

Circle the option that best matches your relationship with your worker

R1 I feel listened to by my worker	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R2 I feel supported by my worker	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R3 I feel that my worker takes my hopes and dreams seriously	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R4 My worker respects me	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R5 My worker treats me as an individual – more than a 'diagnosis' or a 'label'	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R6 My worker supports me to make my own decisions	Stongly disagree	Disagree	Neutral	Agree	Strongly agree
R7 My worker keeps hopeful for me even when I feel at my lowest	Stongly disagree	Disagree	Neutral	Agree	Strongly

Thank you for taking the time to complete this questionnaire