



## RECOVERY CONTEXT INVENTORY

- The Recovery Context Inventory (RCI) has been designed to support your mental health recovery and can help you to think about the **Personal Supports and Service Supports** in your life.
- By rating a series of statements, you will be able to develop a **personal ‘snapshot’ or profile** of different aspects of your life. This profile will allow you to think about what is going well in your life and areas you might like to work on.

You will be invited to rate **how important** each support is to your mental health recovery, (Not Important [0], Somewhat Important [1], Important [2], Very Important [3] and Extremely Important [4]) and **how often** you think each of these supports happen in your life (Never [0], Rarely [1], Sometimes [2], Often [3] and Always [4]).

Personal Supports	How Important?	How Often?
1. I can depend on the transport I use	0 1 2 3 4	0 1 2 3 4

In this example, the person’s transport is **very** important for their mental health recovery and they can **always** depend on it.

- You may decide that you wish to use the **RCI Workbook** to develop a Personal Recovery Action Plan.
- The RCI and RCI Workbook can be completed by yourself or with the support of a trusted person of your choosing e.g. a friend or family member or your key worker.
- Remember, the RCI is yours; you choose who you share it with.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## RCI PERSONAL SUPPORTS

For each statement, please circle the number that best reflects your personal view over the past 2 weeks for both Importance and Presence and total them at the end. Join the numbers to see a profile of your responses for both Importance and Presence.

**How important** you think each of these supports are to your mental health recovery.

- 0 = Not Important
- 1 = Somewhat Important
- 2 = Important
- 3 = Very Important
- 4 = Extremely Important

**How often** you think each of these supports happen in your life.

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Always

Personal Supports	How Important?					How Often?				
1. I am able to take part in social activities.	0	1	2	3	4	0	1	2	3	4
2. I exercise.	0	1	2	3	4	0	1	2	3	4
3. I look for things to do in my life.	0	1	2	3	4	0	1	2	3	4
4. I am able to do everyday tasks.	0	1	2	3	4	0	1	2	3	4
5. I have money for basic needs.	0	1	2	3	4	0	1	2	3	4
6. My local community is safe.	0	1	2	3	4	0	1	2	3	4
7. I have the skills I need to find a job.	0	1	2	3	4	0	1	2	3	4
8. I am able to set goals for my life.	0	1	2	3	4	0	1	2	3	4
9. I am able to communicate well in my relationships.	0	1	2	3	4	0	1	2	3	4
10. I have the skills I need to keep a job.	0	1	2	3	4	0	1	2	3	4
11. I stand up for myself.	0	1	2	3	4	0	1	2	3	4
12. I feel accepted by people.	0	1	2	3	4	0	1	2	3	4
13. I am in control of the decisions that affect my mental health.	0	1	2	3	4	0	1	2	3	4
14. I have enough supportive relationships in my life.	0	1	2	3	4	0	1	2	3	4
15. People respect the decisions I make for my future.	0	1	2	3	4	0	1	2	3	4
<b>Personal Supports: SUB TOTAL</b>										
<b>TOTALS:</b>	<b>IMPORTANCE</b> <input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>					<b>PRESENCE</b> <input style="width: 50px; height: 20px; border: 1px solid black;" type="text"/>				

## RCI SERVICE SUPPORTS

For each statement, please circle the number that best reflects your personal view over the past 2 weeks for both Importance and Presence and total them at the end. Join the numbers to see a profile of your responses for both Importance and Presence.

**How important** you think each of these supports are to your mental health recovery.

**0 = Not Important**

**1 = Somewhat Important**

**2 = Important**

**3 = Very Important**

**4 = Extremely Important**

**How often** you think each of these supports happen in your life.

**0 = Never**

**1 = Rarely**

**2 = Sometimes**

**3 = Often**

**4 = Always**

Service Supports	How Important?					How Often?				
1. Staff focus on my strengths.	0	1	2	3	4	0	1	2	3	4
2. Staff offer me support with my relationships.	0	1	2	3	4	0	1	2	3	4
3. Staff take all parts of my life into account.	0	1	2	3	4	0	1	2	3	4
4. I feel that I am really understood by the staff.	0	1	2	3	4	0	1	2	3	4
5. People who are important to me are included by the service.	0	1	2	3	4	0	1	2	3	4
6. Staff help me to think about the skills I need to develop.	0	1	2	3	4	0	1	2	3	4
7. Staff help me to think positively about my future.	0	1	2	3	4	0	1	2	3	4
8. Staff help me to develop plans to manage my mental health.	0	1	2	3	4	0	1	2	3	4
9. Staff give me time to talk about the things that get in the way of my mental health recovery.	0	1	2	3	4	0	1	2	3	4
10. Staff give me information on mental health recovery.	0	1	2	3	4	0	1	2	3	4
11. Staff encourage me to speak up for myself.	0	1	2	3	4	0	1	2	3	4
12. Staff respond to the views of the people who use the service.	0	1	2	3	4	0	1	2	3	4
13. Staff respect that everyone sees things differently.	0	1	2	3	4	0	1	2	3	4
14. I have choices within the service.	0	1	2	3	4	0	1	2	3	4
15. I have a range of services available to me that help my mental health recovery.	0	1	2	3	4	0	1	2	3	4
<b>Service Supports: SUB TOTAL</b>										
<b>TOTALS:</b>	<b>IMPORTANCE</b> <input style="width: 50px; height: 20px;" type="text"/>					<b>PRESENCE</b> <input style="width: 50px; height: 20px;" type="text"/>				

## SUMMARY OF RESULTS

To see your overall results, please write your total score for both the Importance and Presence of your Personal supports in the Personal Supports diagram and then mark them on the lines below.

The diagram consists of a central circle labeled "Personal supports" surrounded by three smaller circles: "My Relationships", "My Skills", and "My Resources". Below the diagram are two boxes for "Importance score:" and "Presence Score:".

My Personal Supports

Date:

Two horizontal scales for "Importance" and "Presence". The "Importance" scale ranges from 0 (Not Important) to 60 (Extremely Important) with markers at 15, 30, and 45. The "Presence" scale ranges from 0 (Never) to 60 (Always) with markers at 15, 30, and 45.

To see your overall results, please write your total score for both the Importance and Presence of your Service Supports in the Service Supports diagram and then mark them on the lines below.

The diagram consists of a central circle labeled "Service Supports" surrounded by three smaller circles: "Listens to Me", "My Life", and "My Future". Below the diagram are two boxes for "Importance score:" and "Presence Score:".

My Service Supports

Date:

Two horizontal scales for "Importance" and "Presence". The "Importance" scale ranges from 0 (Not Important) to 60 (Extremely Important) with markers at 15, 30, and 45. The "Presence" scale ranges from 0 (Never) to 60 (Always) with markers at 15, 30, and 45.

Name: \_\_\_\_\_