

Recovery Self Assessment (RSA) – Person in recovery version

Please indicate the degree to which you feel the following items reflect the activities, values, and practices of your agency by circling one number for each statement.

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

1. Staff focus on helping me to build connections in my neighbourhood and community

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

2. This agency offers specific services and programs to address my unique culture, life experiences, interests, and needs

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

3. I have access to all my treatment records

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

4. This agency provides education to community employers about employing people with mental illness and/or addictions

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

5. My service provider makes every effort to involve my significant others (spouses, friends, family members) and other sources of natural support (i.e., clergy, neighbours, landlords) in the planning of my services, if this is my preference

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

6. I can choose and change, if desired, the therapist, psychiatrist, or other service provider with whom I work

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

22. Staff use a language of recovery (i.e., hope, high expectations, respect) in everyday conversations

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

23. Staff play a primary role in helping me to become involved in non-mental health/addiction related activities, such as church groups, special interest groups, and adult education

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

24. If the agency cannot meet my needs, procedures are in place to refer me to other programs and services

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

25. Staff actively assist me with the development of career and life goals that go beyond symptom management and stabilization

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

26. Agency staff are diverse in terms of culture, ethnicity, lifestyle, and interests

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

27. I am/can be a regular member of agency advisory boards and management meetings

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

28. At this agency, participants who are doing well get as much attention as those who are having difficulties

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

29. Staff routinely assist me in the pursuit of my educational and/or employment goals

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

30. I am/can be involved with agency staff on the development and provision of new programs and services

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

31. Agency staff actively help me become involved with activities that give back to my community (i.e., volunteering, community services, neighbourhood watch)

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

32. This agency provides formal opportunities for me, my family, service providers, and administrators to learn about recovery

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

33. The role of agency staff is to assist me, and other people in recovery with fulfilling my individually-defined goals and aspirations

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

34. Criteria for exiting or completing the agency were clearly defined and discussed with me upon entry to the agency

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

35. The development of my leisure interests and hobbies is a primary focus of my services

| | | | | | |
|-------------------|---|---|---|----------------|-----|
| 1 | 2 | 3 | 4 | 5 | N/A |
| Strongly disagree | | | | Strongly agree | |

