

## RECOVERY AWARENESS & ATTITUDES QUESTIONNAIRE FOR STAFF INVOLVED WITH ORT

(Adapted from Staff Attitudes Questionnaire, University of West of Scotland)

### Section 1: Your work situation

1.1: Job title:

1.2: Length of time working in addiction treatment services:  years.

1.3: What is the number of people in your current caseload?

1.4: Your caseload (below please tick the box that best describes your caseload):

Only illicit drug users	<input type="checkbox"/>
Only problem drinkers	<input type="checkbox"/>
Both drinkers and drug users	<input type="checkbox"/>

### Section 2: Policies and Evidence

2.1: Have you read any of the recovery research evidence or any recovery publications?

**YES**                      **NO**                      *(please circle)*

2.2: Have you read the Scottish Drug Strategy document 'The Road to Recovery' (or the Executive Summary)?

**YES**                      **NO**                      *(please circle)*

2.3: Have you read the 'Independent Expert Review of opioid replacement therapies in Scotland' (or the Executive Summary)?

**YES**                      **NO**                      *(please circle)*

**Section 3: Your experience of recovery in treatment**

Road to Recovery 2008 offered one definition of recovery:

*“What do we mean by recovery? We mean a process through which an individual is enabled to move on from their problem drug use, towards a drug-free life as an active and contributing member of society. Furthermore, it incorporates the principle that recovery is most effective when service users’ needs and aspirations are placed at the center of their care and treatment. In short, an aspirational, person-centered process.”*

3.1: Do you have any clients who consider themselves to be in recovery?

**YES**                      **NO**                      *(please circle)*

3.2: Roughly what percentage of your current case-load would consider themselves to be in recovery?

**YES**                      **NO**                      *(please circle)*

3.3: Do you have any clients on your current case-load seeking abstinent recovery?

**YES**                      **NO**                      *(please circle)*

3.4: Do you create recovery plans with your clients?

**YES**                      **NO**                      *(please circle)*

3.5: When new clients present to your service for help, what are their most common initial substance use treatment aspirations? Please tick the most common in your experience:

<b>Stable on methadone</b>	<input type="checkbox"/>
<b>Controlled drinking</b>	<input type="checkbox"/>
<b>Drug or alcohol free</b>	<input type="checkbox"/>
<b>Continuing to use as before with less threat to life</b>	<input type="checkbox"/>

**Other please give details:**

3.6 Do you discuss recovery from addiction with your clients?

**YES**                      **NO**                      *(please circle)*

3.7 Do you refer clients to local mutual aid groups and community recovery groups?

**YES**                      **NO**                      *(please circle)*

If you answered yes to this question, please give an example below of one you refer:

3.8 Have you ever attended a local mutual aid or community recovery group meeting?

**YES**                      **NO**                      *(please circle)*

If you answered yes to this question, please give an example below of one you have attended:

3.9 Have you ever taken part in a local/ regional or national recovery event?

**YES**                      **NO**                      *(please circle)*

If you answered yes to this question, please give an example below of one you have taken part in:

**Section 4: Your attitude towards recovery in treatment**

Please indicate how much you agree with each of the statements below:

**(Strongly Disagree)      1      2      3      4      5      (Strongly Agree)**

<i>Please circle appropriate number</i>					
<b>1. Recovery is something that users have to do for themselves.</b>	1	2	3	4	5
<b>2. Most Clients don't want to come off their scripts</b>	1	2	3	4	5
<b>3. It is possible for clients on methadone or buprenorphine scripts to recovery completely.</b>	1	2	3	4	5
<b>4. I don't have the time to support clients who want to achieve recovery.</b>	1	2	3	4	5
<b>5. I don't have the training to support clients who want to achieve recovery.</b>	1	2	3	4	5
<b>6. Stability is as much as we can hope to achieve with most of our clients.</b>	1	2	3	4	5
<b>7. Most heroin users will never achieve complete recovery.</b>	1	2	3	4	5
<b>8. Most problem drinkers will never achieve complete recovery.</b>	1	2	3	4	5
<b>9. The job of treatment services is about improving health only.</b>	1	2	3	4	5
<b>10. Most of our clients are happy to be on methadone or buprenorphine.</b>	1	2	3	4	5
<b>11. Abstinence is a realistic goal for virtually all drug users.</b>	1	2	3	4	5

### Section 5: Your beliefs about recovery from addiction

Please indicate the degree to which the following statements reflect your beliefs about recovery from addiction.

(Strongly Disagree)      1      2      3      4      5      (Strongly Agree)

	<i>Please circle appropriate number</i>				
1. People who are in recovery need the support of others.	1	2	3	4	5
2. Recovering from addiction is possible no matter what you think may cause it.	1	2	3	4	5
3. A good understanding of one's addiction helps in recovery.	1	2	3	4	5
4. To recover requires religious faith.	1	2	3	4	5
5. Recovery can occur even if the person still requires substitute medication.	1	2	3	4	5
6. People in recovery sometimes have setbacks.	1	2	3	4	5
7. People differ in the way they recovery from addiction.	1	2	3	4	5
8. Recovering from addiction can occur without help from professionals.	1	2	3	4	5
9. All people with addiction problems can strive for recovery	1	2	3	4	5
10. People who recover from addiction were not really addicted in the first place.	1	2	3	4	5
11. The recovery process requires hope.	1	2	3	4	5
12. Recovery does not mean going back to the way things used to be.	1	2	3	4	5
13. Stigma associated with addicts can slow down the recovery process.	1	2	3	4	5
14. Recovering from the consequences of addiction is sometimes more difficult than recovering from the addiction itself.	1	2	3	4	5
15. The family may need to recover from the impact of a loved one's addiction.	1	2	3	4	5
16. To recover requires courage.	1	2	3	4	5

**Section 6: Overall**

6.1: Do you think that treatment services for alcohol and drug problems in your area could be more focused on recovery from addictions?

**Yes**      **No**      **Don't know**      **Not applicable**      *(please circle)*

6.2: Are there changes you would like to see happen in your treatment service's delivery in order to build recovery from addiction more?

**Yes**      **No**      **Don't know**      **Not applicable**      *(please circle)*

If you answered yes to this question, please give an example below:

6.3: Have you made any changes in your own work practice as a result of taking a more recovery orientated approach?

**Yes**      **No**      **Don't know**      **Not applicable**      *(please circle)*

If you answered yes this question, please give an example below:

6.4: Please use the space provided below for any comments you would like to make about recovery from addiction in a treatment setting?

Adapted February 2014