



RECOVERY CONTEXT INVENTORY

A GUIDE TO THE RECOVERY CONTEXT INVENTORY (RCI)

WHAT IS THE RCI?

The RCI is a personal mental health recovery questionnaire and profiling tool that looks at different aspects of your life which may support mental health recovery and wellbeing.

WHAT DOES IT DO?

The RCI has 30 items that were designed to help you to think about key **personal** and **service** supports in your life and reflect on:

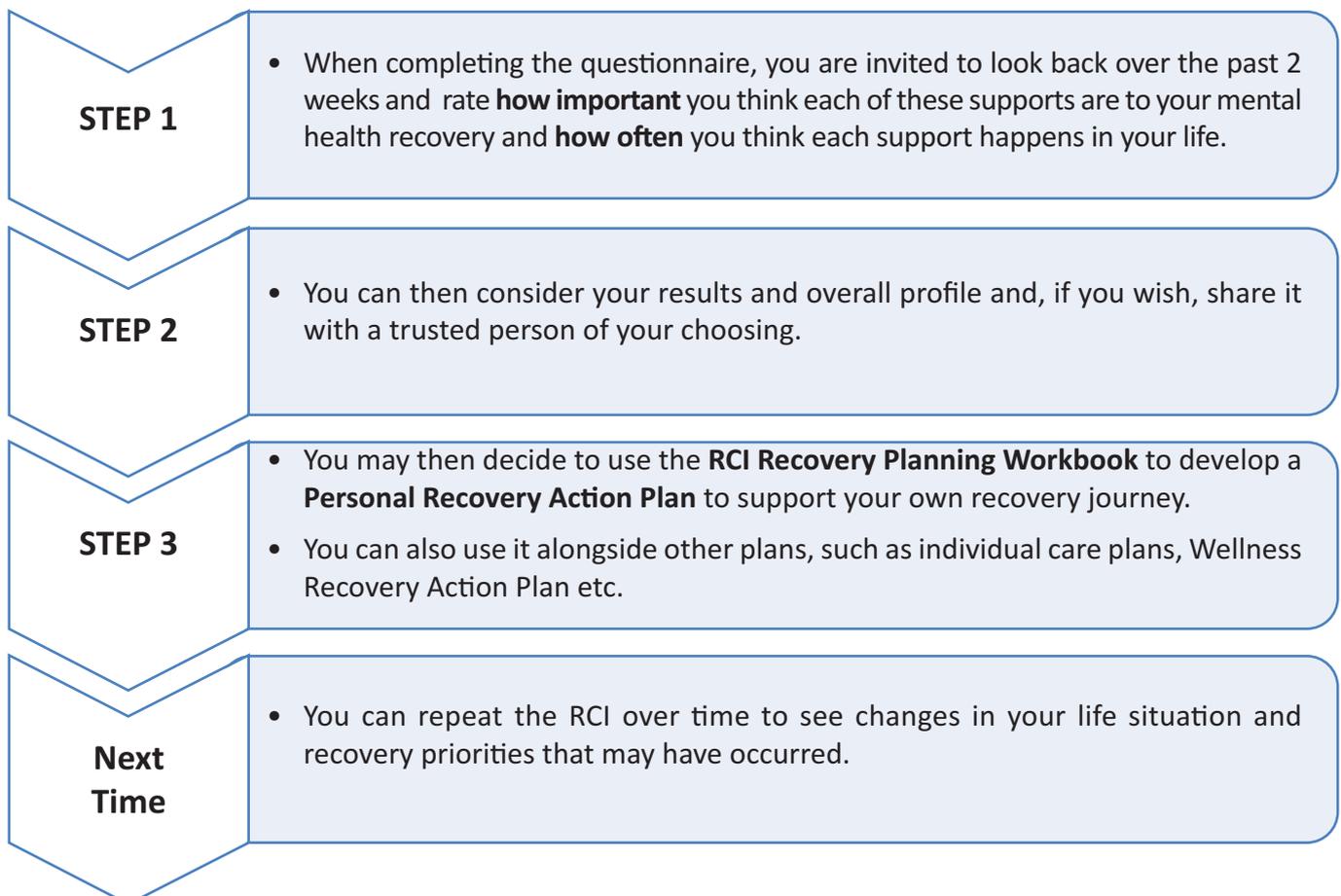
- **how important** you consider them to your own wellbeing and recovery
- **how often** these supports happen

The results will allow you to think about what is **going well** in your life and areas you may choose to **work on**. You may decide to use the **RCI Workbook** to develop a **Personal Recovery Action Plan**.

WHY USE THE RCI?

People who use the RCI say it has given them the opportunity to reflect on their lives and pinpoint areas important to their own unique recovery process. This process has been useful in developing their personal recovery action plan and has helped them become more focussed in their own personal recovery efforts.

HOW DO I USE THE RCI?



HOW DO I SCORE THE RCI? A Step by Step Guide

1 Circle the number that best reflects your rating for how **important** you think each support is to your mental health recovery using the scale Not Important [0], Somewhat Important [1], Important [2], Very Important [3] and Extremely Important [4]

2 Circle the number that best reflects your rating for how **often** you think each support happens in your life using the scale Never [0], Rarely [1], Sometimes [2], Often [3] and Always [4]

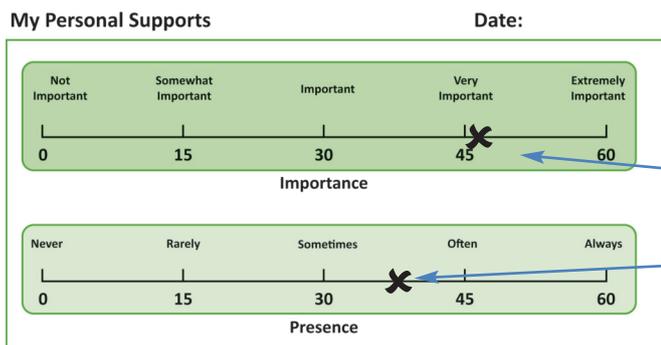
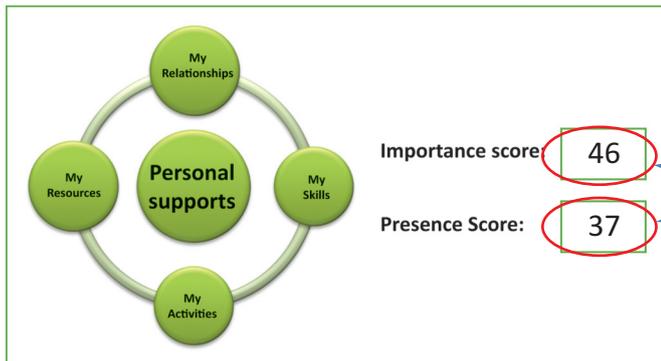
Personal Supports	How Important?					How Often?				
1. I am able to take part in social activities.	0	1	2	3	4	0	1	2	3	4
2. I exercise.	0	1	2	3	4	0	1	2	3	4
3. I look for things to do in my life.	0	1	2	3	4	0	1	2	3	4
4. I am able to do everyday tasks.	0	1	2	3	4	0	1	2	3	4
5. I have money for basic needs.	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
Personal Supports: SUB TOTAL	0	0	6	24	16	0	1	14	18	4
TOTALS:	IMPORTANCE 46					PRESENCE 37				

3 Draw a line between each of your ratings to create a profile

4 Add up your ratings for each column

4 Add up the sub total columns and put your answer in the totals box

5 Transfer your total scores to the boxes on the last page of the RCI Questionnaire



6 Plot your scores on the graph
 The **Importance** score shows how important a person thinks **Personal Supports** are to their recovery. In this example, they are rated as between 'Very Important' and 'Extremely Important'
 The **Presence** score shows the person's view of how often they think **Personal Supports** happen in their life. In this example, they are rated as between 'Sometimes' and 'Often'

Remember, both Importance and Presence scores are a snapshot of the past two weeks. The Service Supports part of the RCI is scored in the same way.