Cygnet Health Care

ASSESSING RECOVERY AT LEWISHAM LODGE USING THE DREEM

1. Introduction

The Developing Recovery Enhancing Environments Measure (DREEM) is a self-report instrument that gathers information about mental health recovery from people who receive mental health services. The instrument asks service users the following:

- Where they are in their recovery journey,
- What markers of recovery they are currently experiencing,
- How important certain elements such as hope, a sense of meaning and wellness are to their recovery,
- How they rate their service on activities associated with the above elements and the promotion of resilience.

The DREEM also gives service users an opportunity to respond to open-ended questions about their recovery.

2. Method

The DREEM was administered at Lewisham Lodge in June 2010 by external members of the Therapies Department. All residents (N = 19) were invited to complete the questionnaire, and 7 (37%) responded. Questionnaires were completed in a group setting over the course of one day, and service users were supported to complete the questionnaire when required. Participants were rewarded with a gift voucher for completing the questionnaire.

3. Results

3.1. Stage of Recovery and Involvement in the Recovery Process

The majority of respondents (N = 5) rated themselves as far along in their recovery journey and fully involved in their process of recovery. One respondent rated themselves as actively involved in the process but not as far along in their recovery as others. Another respondent omitted the question.

3.2. Elements of Recovery and Recovery Enhancing Services

Table 1 illustrates what importance Lewisham Lodge residents gave to the 24 elements of recovery and recovery enhancing services measured by the DREEM. Table 1 provides average scores for all respondents, where averages can range from 1 (most positive rating) to 5 (least positive rating).

Table 1. Elements of recovery and Recovery Enhancing Services

Self Identity	2.6
Meaning in Life	2.3
Hope	1.9
Up to date Knowledge of Illness	2.25
Self Management	1.8
Health and Wellness	1.8
Active in own recovery	1.7
Rights respected and upheld	2
Mutual Self Help/Peer support	1.7
Involved in meaningful activities	1.8
Part of larger community	1.67
Positive relationships	2.28
Building on own personal strengths	2
Developing new skills	1.85
Basic needs met	1.78
Control and empowerment	1.9
Spirituality	2.75
Succeeding in ordinary social roles	2.1
Stigma	2.28
New Challenges	1.8
Positive role models	2.4
Assistance in crisis	2.71
Intimacy and sexuality	2.5
Helpers who care	1.64

3.3. Organisational climate

Table 2 shows the average scores for Organisational Climate, which measures the extent to which Lewisham Lodge is considered to adhere to specific recovery-

promoting principles and practices. Scores range from 1 to 5, with lower scores indicating a more positive organisational climate.

Table 2. Organisational Climate

Service promotes learning	1.28
Service is a hopeful environment	1.7
Service is inspiring	2
Caring and compassionate staff	2
Enough resources	2.4
Opportunities for contribution and participation	1.6
Service users feel valued	2.2
Connected in positive ways	2.2
Safe and attractive	2.8
All levels of staff are welcoming	2.2
Creative and interesting things	1.1
Services provides choices and opportunities	1.8
Asks for feedback	1.85
Changes based on satisfaction ratings	2

3.4. Recovery Markers

Table 3 illustrates average scores for various markers that are associated with positive recovery and quality of life. Scores range from 1 to 5 with 1 being the most positive.

Table 3. Recovery Markers

Living situation safe	2.4
Trusted people to turn to for help	2.7
One close relationship	1.7
Involved in personally meaningful, productive activities	1.3
My distressing symptoms are under control	1.8
Enough income to meet my needs	2.6

I see myself working within six months	4.3
Learning new things that are important to me	1.3
Good physical health	1.8
Positive spiritual life	1.6
I like and respect myself	1.4
I am using my personal strengths skills and talents	2.2
I have goals I am hoping to achieve	1.3
I have reasons to get out of bed in the morning	1.9
I have more good days than bad	1.7
I have a decent quality of life	2.3
I control the important decisions in my life	2.4
I contribute to my community	2.6
I am growing as a person	1.7
I have a sense of belonging	2.3
I feel alert and alive	1.2
I feel hopeful about my future	2
I am able to deal with stress	1.7
I believe I can make positive changes in my life	1.3

3.5. Specific Needs

The DREEM includes questions relating to recovery-focused practice and service responsiveness to specific needs such as cultural needs, dealing with trauma, dual diagnosis, sexuality and parenthood. Table 4 illustrates the results for those participants who identified specific needs.

Table 4. Specific Needs

Need	**Number of patients who identified this need.**	**Average score**
Racial and cultural background recognized	5	1.5
Drug and Alcohol problem	5	1.2

Trauma and abuse history	4	1.8
Sexual orientation	2	1
Support as a parent	1	1

3.6. Qualitative Responses

The themes that emerged in the open-ended section of the questionnaire are as follows:

What are one or two of the most important things a mental health service and its staff can do to support people with mental health difficulties?

- To provide regular medication
- To provide one to one psychotherapy
- Provide a caring environment
- Provide more groups, more medications, more escorted leaves, more games and more freedom.

What are one or two things you would want to say to a person who is beginning their journey of recovery from mental health problems?

- Be confident, have self esteem and be truthful to yourself.
- I've learned about myself.
- Get out of the service.
- To take your medications regularly and do your best to be well.
- There are people who care about me, it's important.
- Be strong and resilient.
- Take care.
- Take your medication and try to be well.
- If the tablets are not right, change them, tell staff if they annoy you and do more things during the day.

Are there any other comments or ideas that could improve the service that you want to include in the survey.

- Adequacy not inadequacy.
- This service is perfect.
- Keep up the good work, it makes a difference.
- Bedding should be improved, cleanliness and tidiness should be improved, better attitude from staff, better hygiene and more groups out.

4. Discussion

4.2. The majority of respondents considered themselves to be relatively far along their recovery journey, and they reported that they were well engaged in their own personal recovery process.

4.3. Average scores for “Elements of Recovery and Recovery Enhancing Services”, “Organisational Climate”; “Recovery Markers” and “Specific Needs” were mostly within the lower range (i.e. less than 2.5), indicating that Lewisham Lodge received a relatively positive evaluation of each element. However, these are average scores for a very small sample, so caution needs to be exercised when interpreting the meaning of the scores.

4.4. The low response rate, non-random sample and voluntary participation means that the results may not be representative of all residents’ views. I.e. Those who refused to participate may have very different views about their own recovery and the service from those did participate.

4.5. Participation may have been enhanced if completely external people had administered the questionnaire. Residents may have felt more comfortable answering questions with external people, and those who did respond may have felt pressure to respond positively about the service, thus causing bias to the results.

4.6. It would be helpful to assess staffs’ views using the DREEM and compare this with service users’ views.