






Mental Health
Commission
of Canada

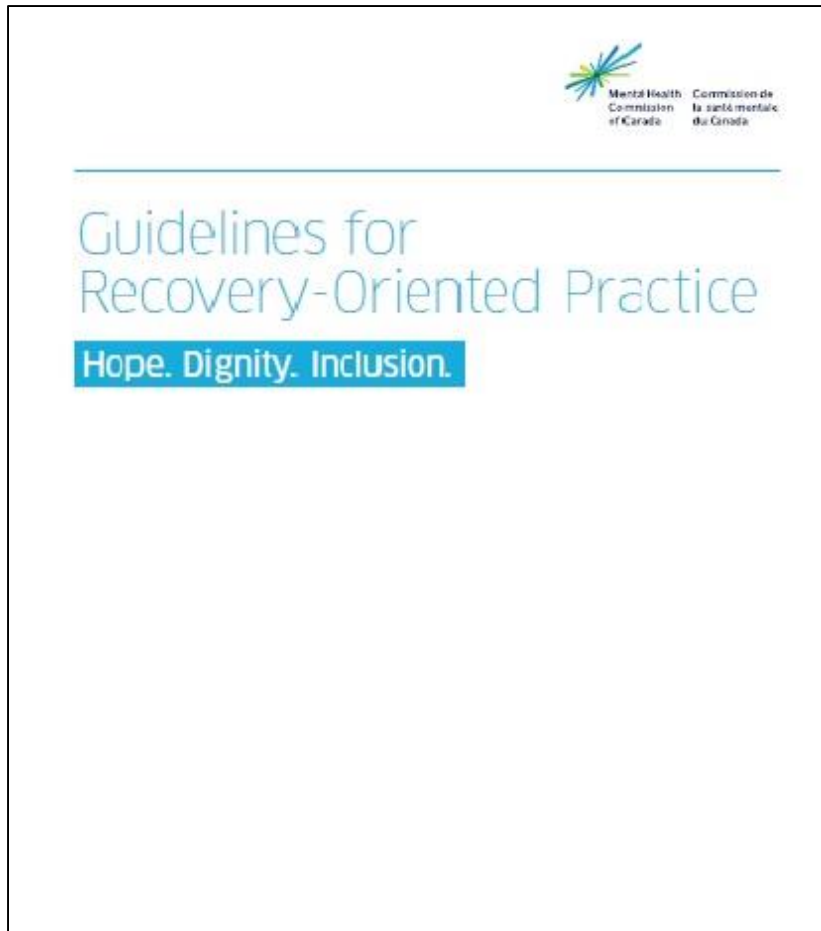
Commission de
la santé mentale
du Canada

A New Way of Measuring Recovery : Personal Recovery Outcome Measure

#mhccHopeLives

 @MHCC_  /theMHCC  /Mental Health Commission of Canada
 @theMHCC  /1MHCC

Guidelines for Recovery-Oriented Practice



The *Guidelines* were released in June 2015 to provide a comprehensive document to understand recovery practice and promote a consistent application of recovery principles across Canada

<http://www.mentalhealthcommission.ca/English/initiatives/RecoveryGuidelines>

Six Dimensions of Recovery-Oriented Practice

1. Creating a Culture and Language of Hope
2. Recovery is Personal
3. Recovery Occurs in the Context of One's Life
4. Responding to the Diverse Needs of Everyone Living in Canada
5. Working with First Nations, Inuit, Métis
6. Recovery is about Transforming Services and Systems

Presenters



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



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Mimi Rennie
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Measuring Recovery:

Introducing the Personal Recovery Outcome Measure

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**Occupational Science &
Occupational Therapy**



**PROVIDENCE HEALTH CARE
Research Institute**
Pursuing **real life** health solutions.

Objectives

1. To discuss past challenges for measuring recovery in a Canadian context;
2. To summarize the development and testing of the PROM;
3. To explain how the PROM works;
4. To discuss how it has been used to date;
5. Discuss ways forward!!!

Conflicts of interest

- We have no conflicts to declare

Acknowledgements

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- YMCA
- CAMH Vancouver-Burnaby Branch
- CAMH-TORONTO
- Island Health
- Terry Krupa, Bonnie Kirsh, Kwame McKenzie, Stefan Cano, Jack Stenner, William Fisher, Zachary Durisko, Sean Kidd, Catherine Backman, William Honer, Bill MacEwan, Steve Mathias, Donald Patrick, Todd Edwards, Susan Bartlett, Michael Anhorn, Regina Casey, Mimi Rennie, Anthony Bailey, Howard Choodos, Stephen Epp, Jeff Massey, William Fisher, Josh McGrane, Matthew Chow, Sarah Irving, Eric Latimer, Bonita Varga, Tom Ehmann, Freddy Hehewerth



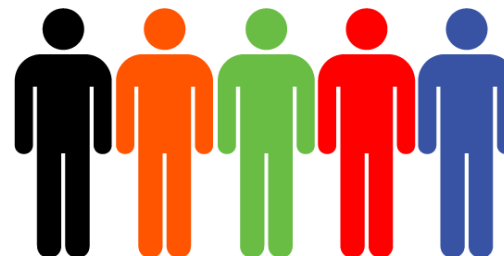
Context: Mental Illness in Canada

- Affects approximately 6.7 million Canadians¹,
- Results in reduced workplace productivity and over \$50 billion in direct costs to the healthcare system.^{1,2}
- **Living with a serious mental illness may shorten one's lifespan by nearly 25 years.³**
 - High rates of chronic illnesses as diabetes, obesity, heart ailments and respiratory diseases
 - Vulnerability to homelessness, unemployment and alcohol consumption.

Context: Deinstitutionalization



Shift in mental health



RECOVERY

The New Mental Health Strategy for England
Dr Hugh Griffiths
National Clinical Director for Mental Health

Canadian Mental Health Association
Association canadienne pour la santé mentale

Open Minds Healthy Minds
Comprehensive Mental Addictions Strategy

Veteran Mental Health Strategy
A TEN YEAR FRAMEWORK
2013-2023

The Scottish Government

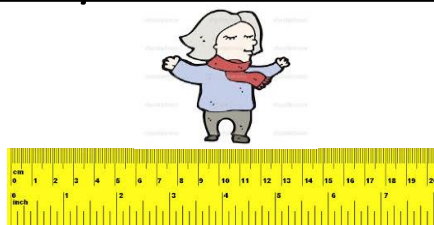
Mental Health Commission of Canada

No health without mental health
A cross-government mental health outcomes strategy for people of all ages

**CHANGING DIRECTIONS
CHANGING LIVES**
The Mental Health Strategy for Canada

The Recovery Problem

- Single most targeted outcome in mental health
 - Individual treatment
 - Group level
 - System reform
- Significant gap in the conceptual clarity of recovery and lack of valid measures that can capture the outcome.



Going to the “PROM”

THE PROM Study

- **Global Objective:**
 - to assess the personal recovery needs of Canadians with severe mental illness who receive community outpatient mental health services.
- **Specific objectives to:**
 - (i) describe the personal recovery profile of a Canadian outpatient sample, and
 - (ii) measure the extent to which the full range of the recovery is covered by existing rating scales.
 - (iii) develop a measure that is fit for purpose to cover the full range of recovery and can inform care.

How can you measure recovery?

Clinical Psychology Review 33 (2013) 1082–1095



Contents lists available at
Clinical Psychology Review

Measures of Personal Recovery: A Systematic Review

Vicki Shanks, B.Sc., M.Sc.
Julie Williams, B.Sc., M.Sc.
Mary Leamy, M.Sc., Ph.D.
Victoria J. Bird, B.Sc.
Clair Le Boutillier, B.Sc., M.Sc.
Mike Slade, Psych.D., Ph.D.

Instruments for measuring mental health recovery

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HIGHLIGHTS

- This review identifies instruments of mental health recovery.
- We discuss their: Psychometric properties, Ease of administration, Service-user involvement.
- Recommendations for the assessment of mental health recovery are provided.

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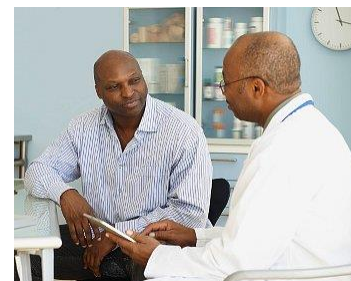
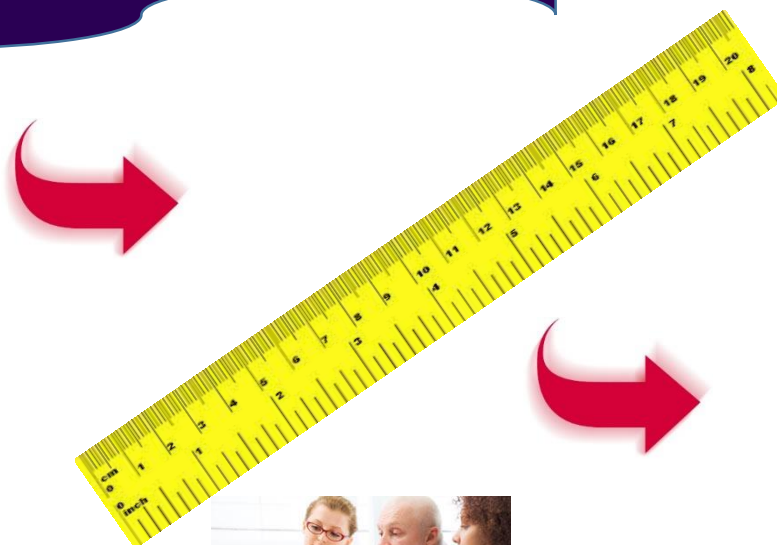
ABSTRACT

Persons in recovery, providers, and policymakers alike are advocating for recovery-oriented mental health care, with the promotion of recovery becoming a prominent feature of mental health policy in the United States and internationally. One step toward creating a recovery-oriented system of care is to use recovery-oriented outcome measures. Numerous instruments have been developed to assess progress towards mental health recovery. This review identifies instruments of mental health recovery and evaluates the appropriateness of their use including their psychometric properties, ease of administration, and service-user involvement in their development. A literature search using the Medline and Psych-INFO databases was conducted, identifying 21 instruments for potential inclusion in this review, of which thirteen met inclusion criteria. Results suggest only three instruments (25%) have had their

Table 1: Summary of analyzed scales

Scale	Abbr	Description
The Questionnaire about the Process of Recovery	QPR	The QPR is a 25-item self-report questionnaire. The QPR possesses internal consistency, construct validity and reliability. ²⁴
The Recovery Assessment Scale	RAS	The RAS is a self-report instrument with 41 items scored on a 5-point Likert scale. Item statements were developed from analysis of consumer testimonies relating to recovery. Respondents report the degree to which they agree (e.g., 1 strongly disagree, 5 strongly agree) with each statement. Satisfactory test-retest reliability ($\alpha=.88$) and internal consistency (Cronbach's $\alpha=.93$) have been reported. ²¹ The original 41 RAS items are listed in Appendix B.
The Illness Management and Recovery Scale	IMR	The IMR is a 15-item self-report measure of self-management and pursuit of recovery goals. The IMR has adequate internal reliability ($\alpha=.72$) and good test-re-test reliability ($\alpha=.81$). ²³

Recovery scales (RAS, QPR, IMR) (HH, CES-D, Mastery Scale)

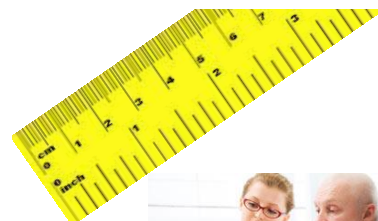
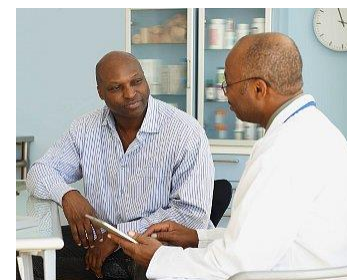
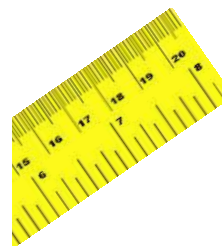


Recovery scales

Center for Epidemiologic Studies Depression Scale (CES-D), 10-item
Select a circle after each item, indicating how often you have felt this way during the past week.

Week	During the Past Week			
	Rarely or none of the time (1 or 2 days)	Sometimes (3 or 4 days)	Often (5 or 6 days)	Most or all of the time (7 days)
1. I feel lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel that I am getting on with my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel that I cannot make up my mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I feel that I am not as good as other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REMARKS: Circle the number in the first column, 1 to the number in the second column, 2 to the number in the third column, 3 to the number in the fourth column. The number of positive items is entered. (Available range of scores is from 0 to 10, with 0 being the lowest and 10 being the highest.)





Profile Step 1 (n=982):

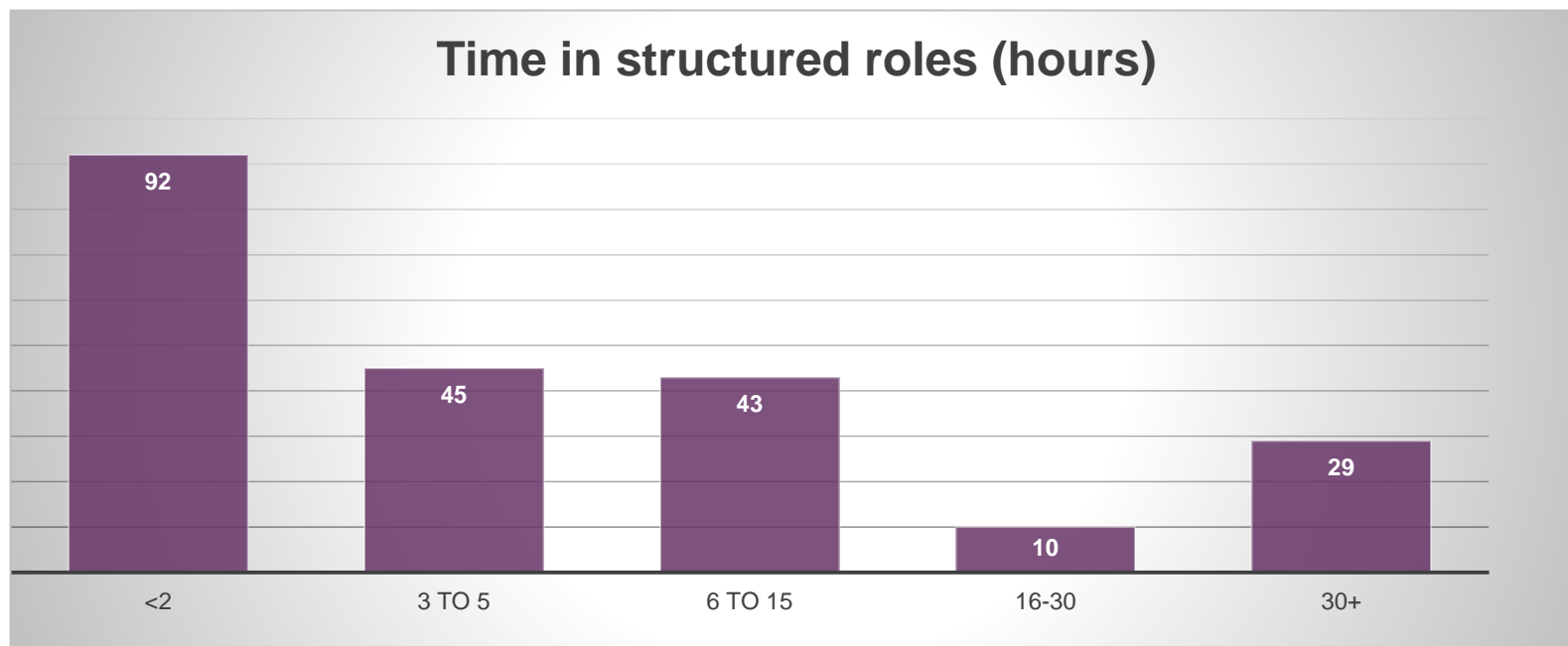
High levels

- Hope
- Motivation
- Sense of personal empowerment
- Goal Orientation

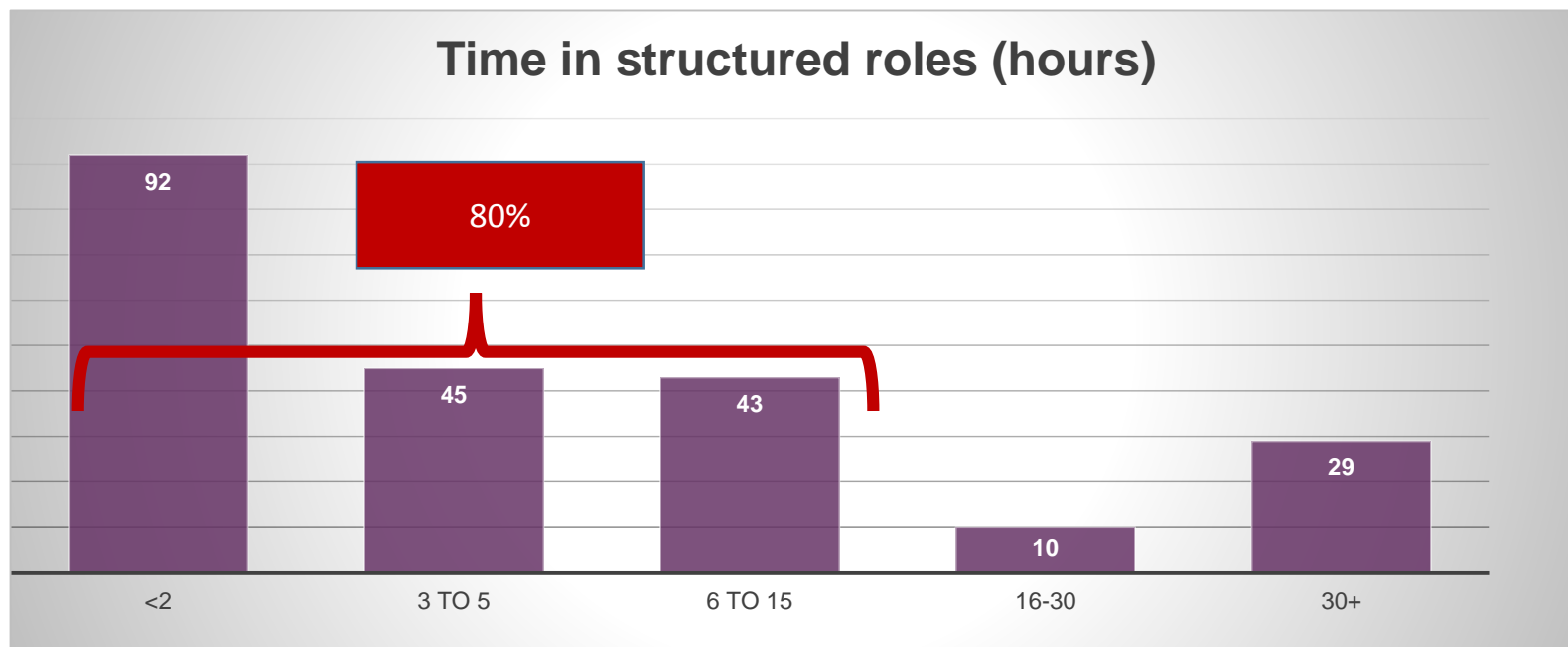
Low levels

- Connectedness
- Contribution to the community
- Feeling part of society
- Participation in employment (9%)
- Quality of Life

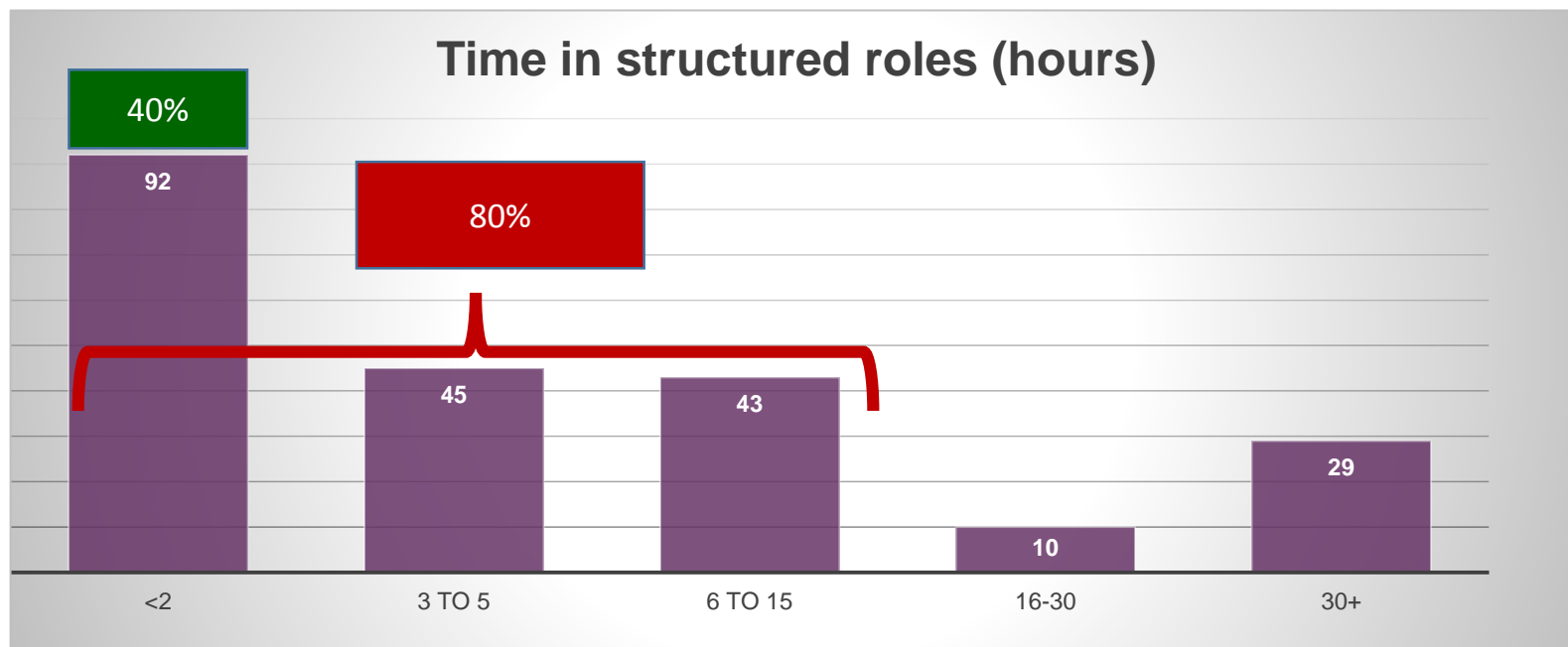
Time in structured roles: Toronto (n=224)



Time in structured roles: Toronto (n=224)

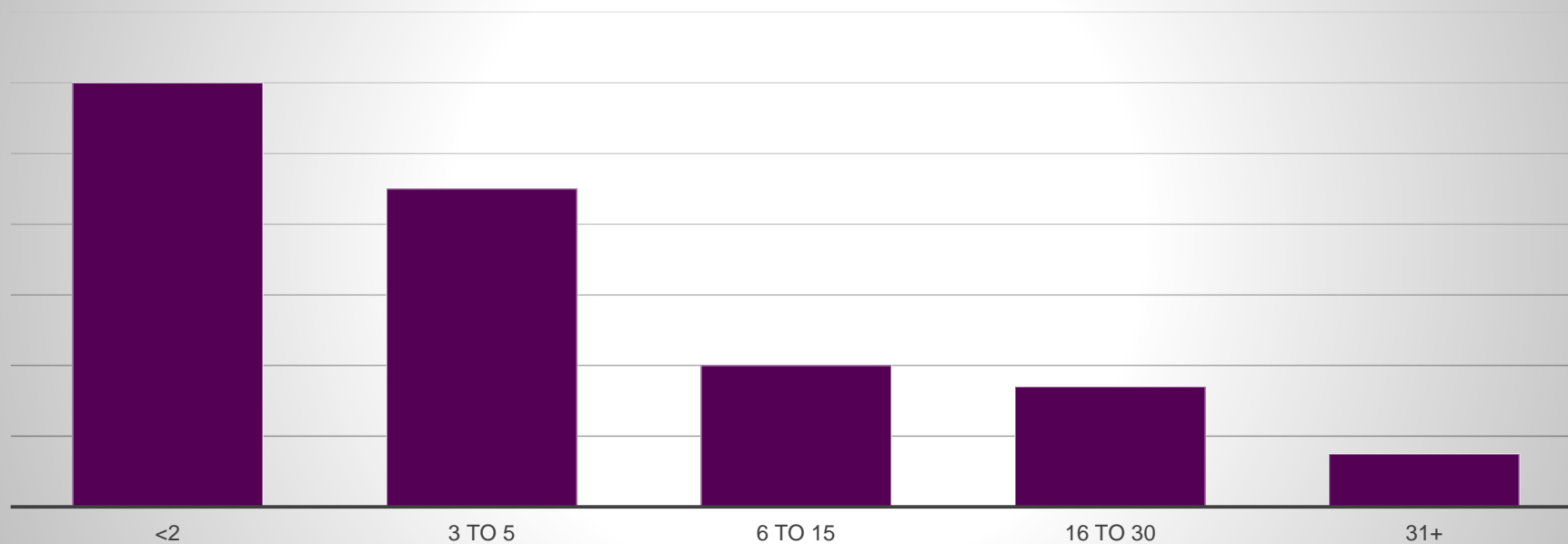


Time in structured roles: Toronto (n=224)



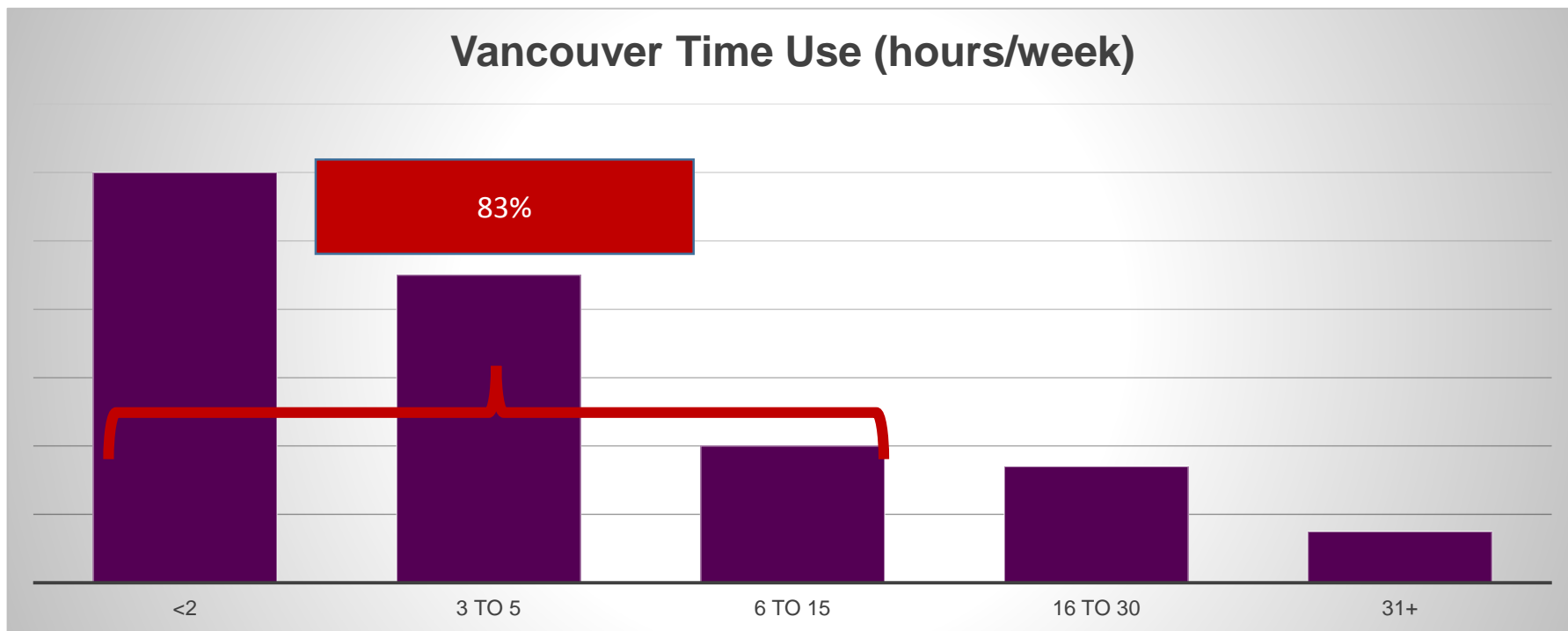
Early look at Vancouver (n=658)

Vancouver Time Use (hours/week)



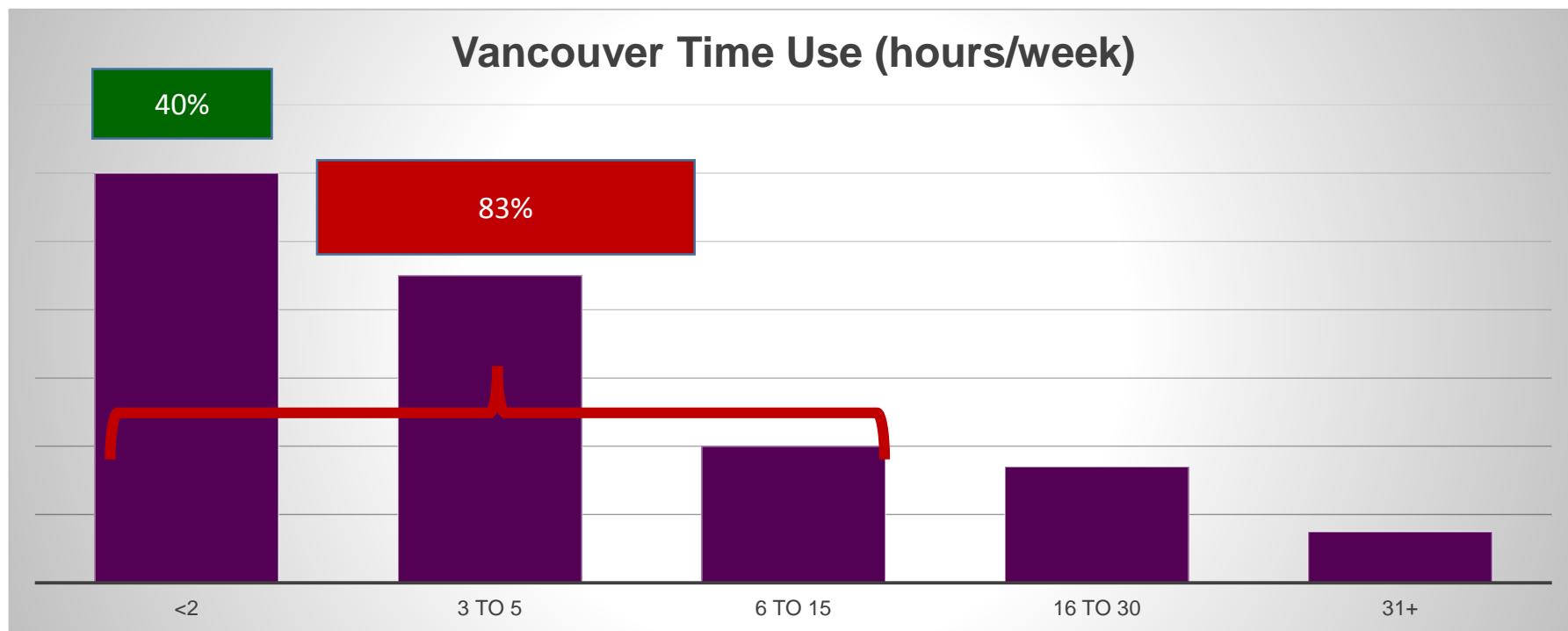
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Vancouver Time Use (hours/week)



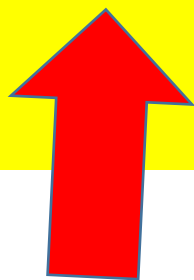
Early look at Vancouver (n=658)

Vancouver Time Use (hours/week)



REVISIT Mental Illness in Canada

- Affects approximately 6.7 million Canadians¹
- Results in reduced workplace productivity and over \$50 billion in direct costs to the healthcare system.^{1,2}
- **Living with a serious mental illness may shorten one's lifespan by nearly 25 years.³**
 - High rates of chronic illnesses as diabetes, obesity, heart ailments and respiratory diseases
 - Vulnerability to homelessness, unemployment and alcohol consumption.



What is measurement????



Source: Google Images

Rating scales and Measurement

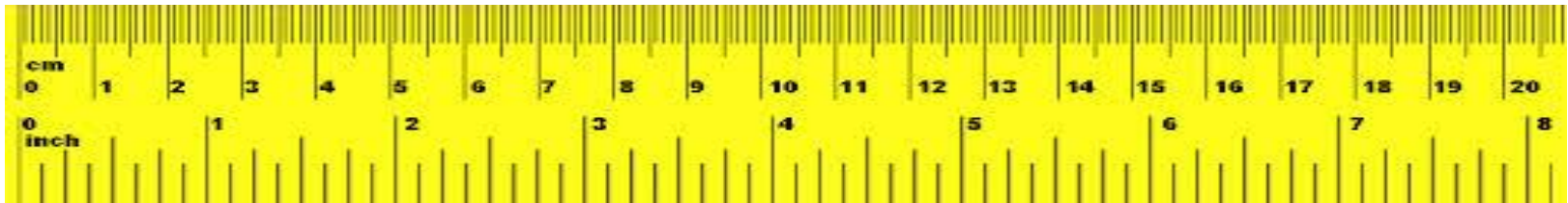
- Rating scales should be developed from clear construct definitions to ensure that a substantive construct theory determines scale content.



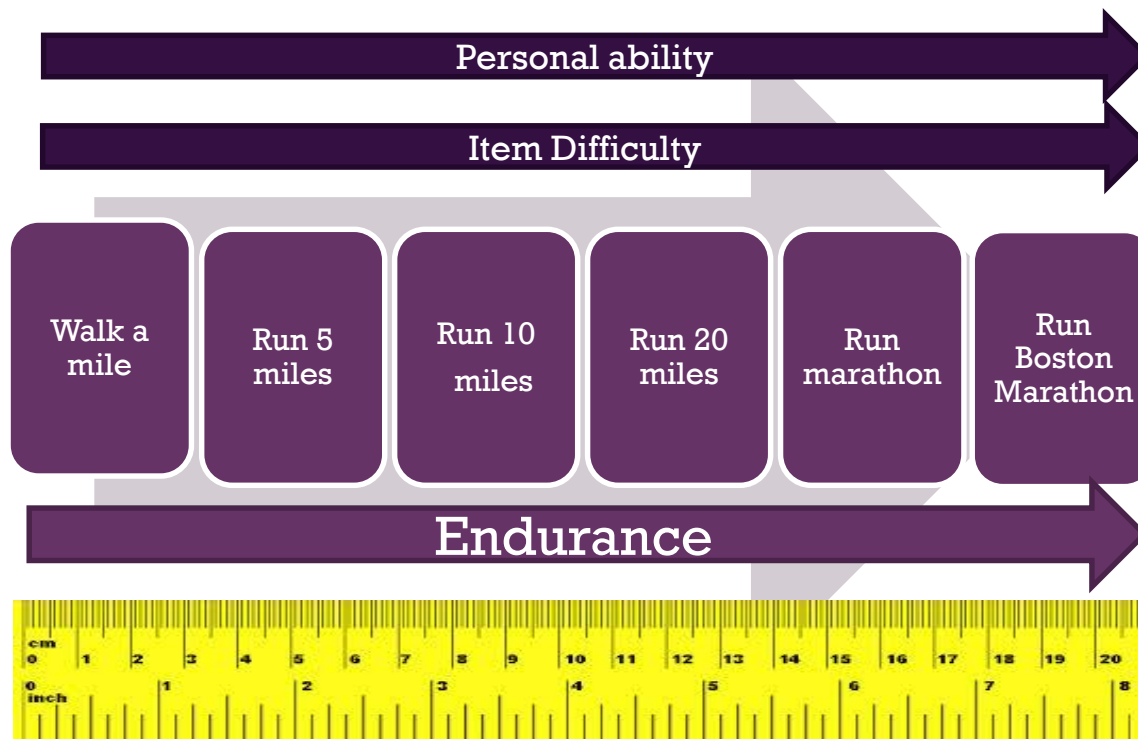
a construct theory....

....is **“the story we tell about what it means”** to move up and down the scale for a variable of interest (eg. Temperature, reading ability, memory). Why is it, for example, that items are ordered as they are on the item map? This story evolves as knowledge increases regarding the construct” (p 308)

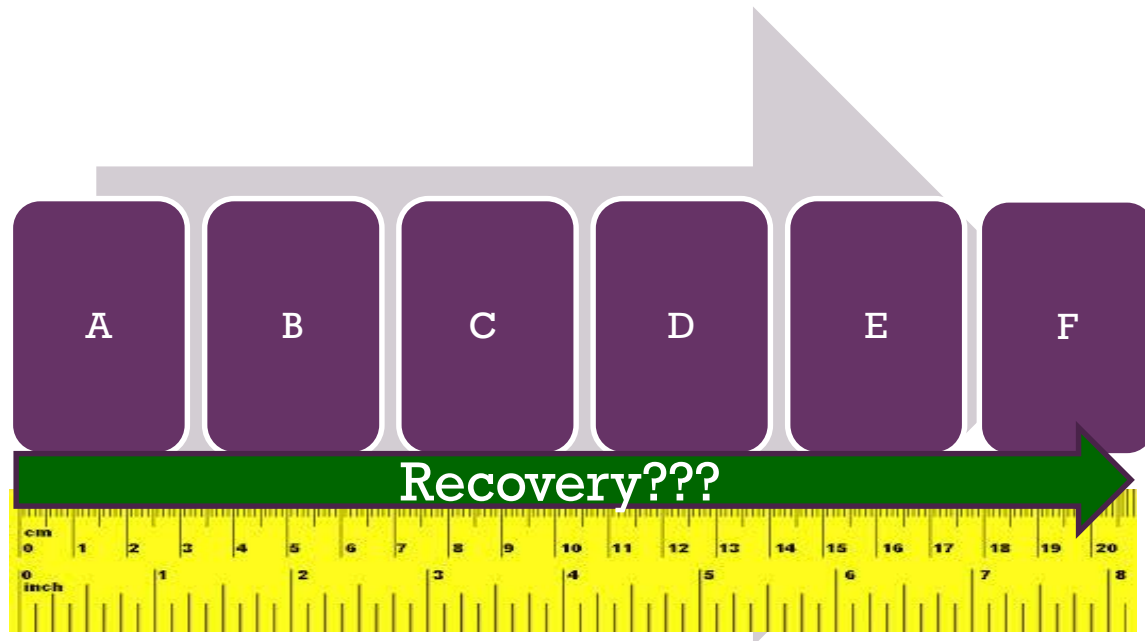
Stenner, A., Burdick, H., Sanford, E., and Burdick, D. How accurate are lexile text measures? J Applied Measurement, 2006; 7: 307-322.



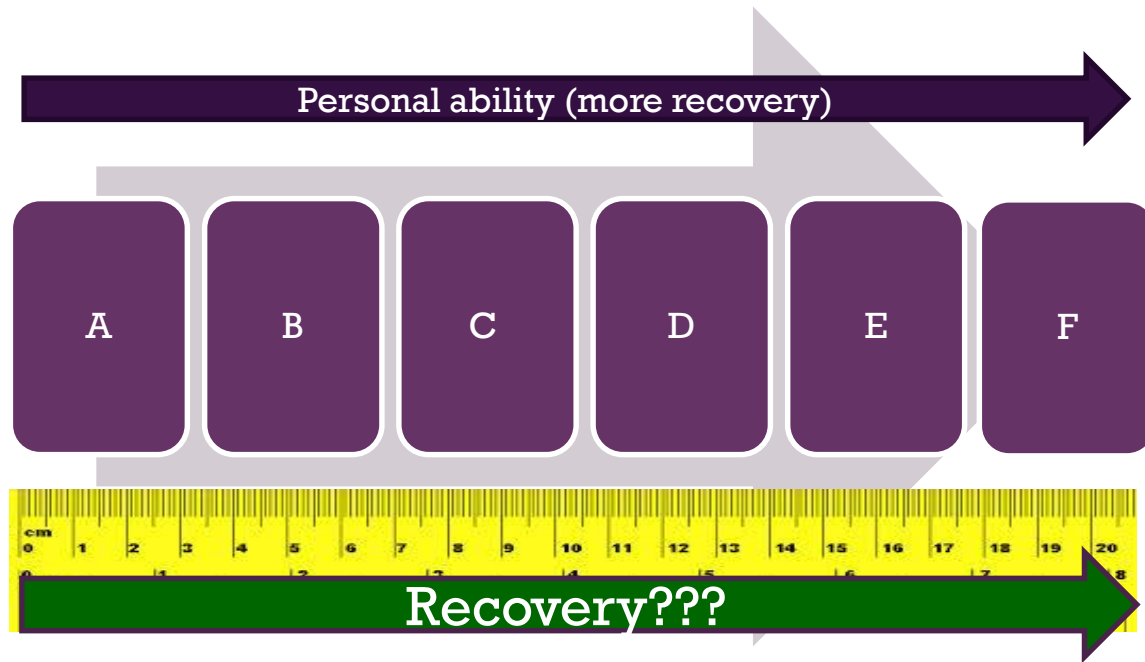
Natural order to items



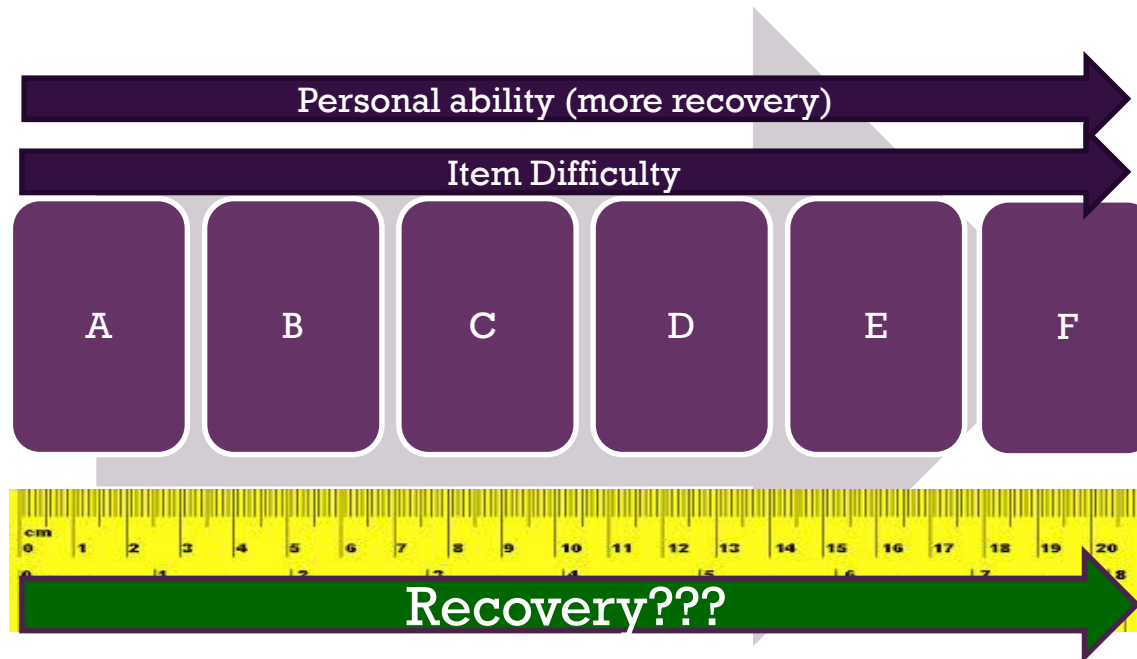
Recovery



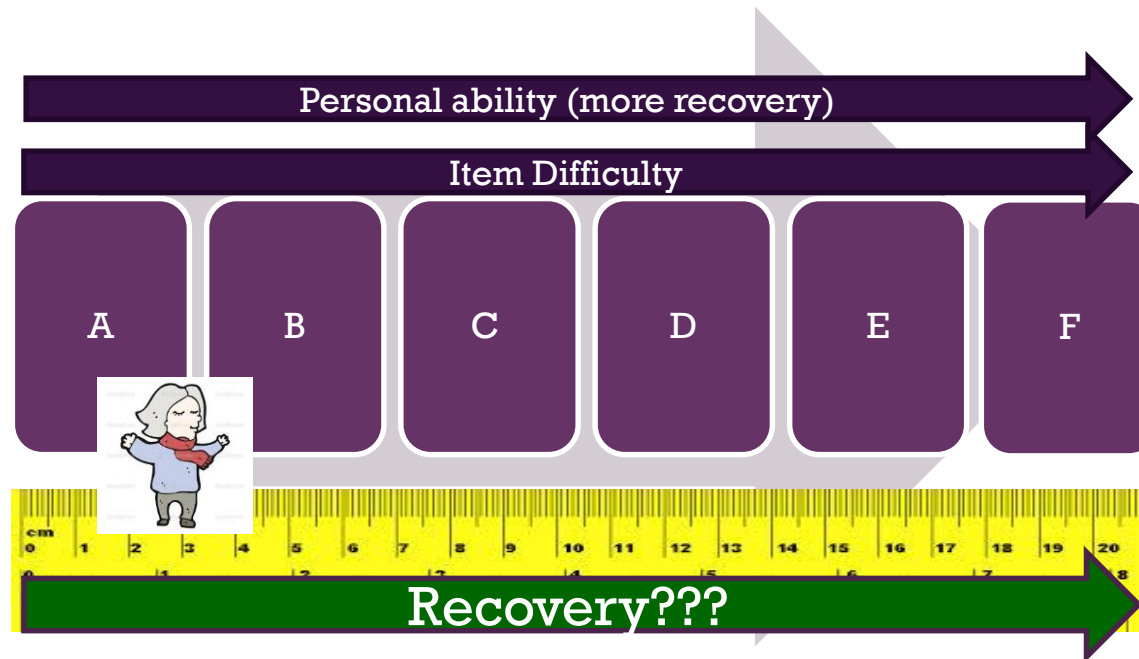
Recovery



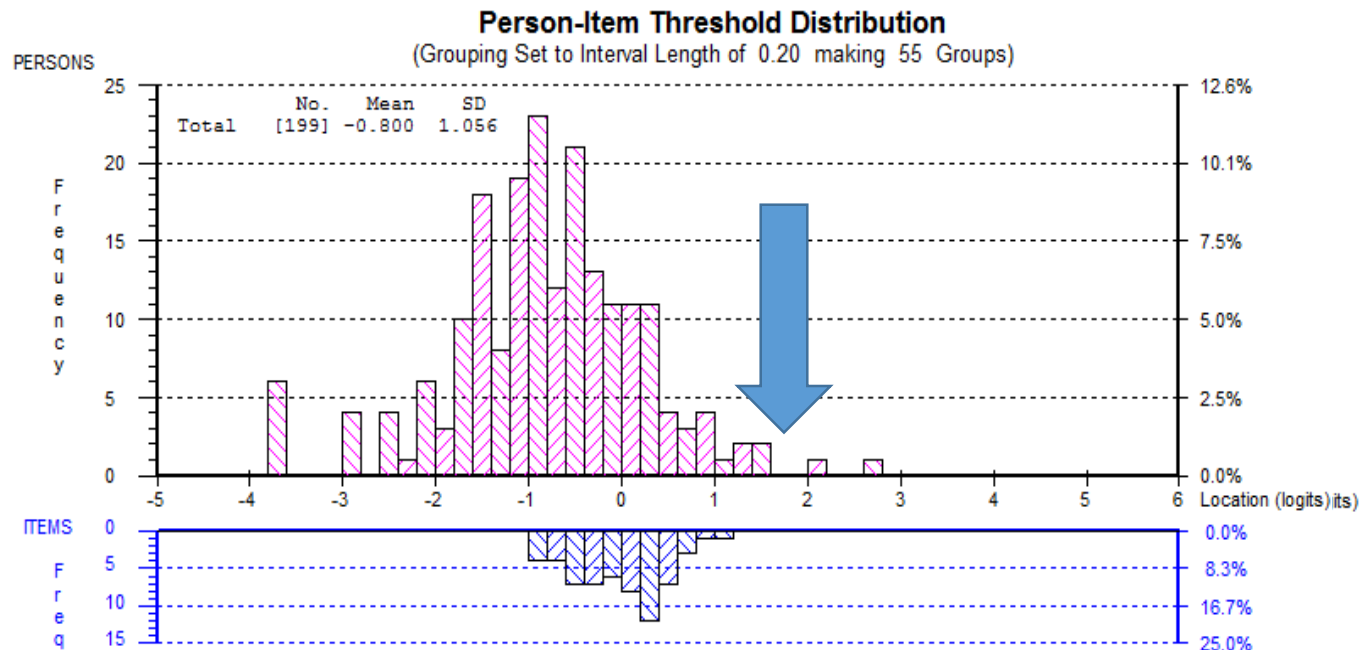
Recovery



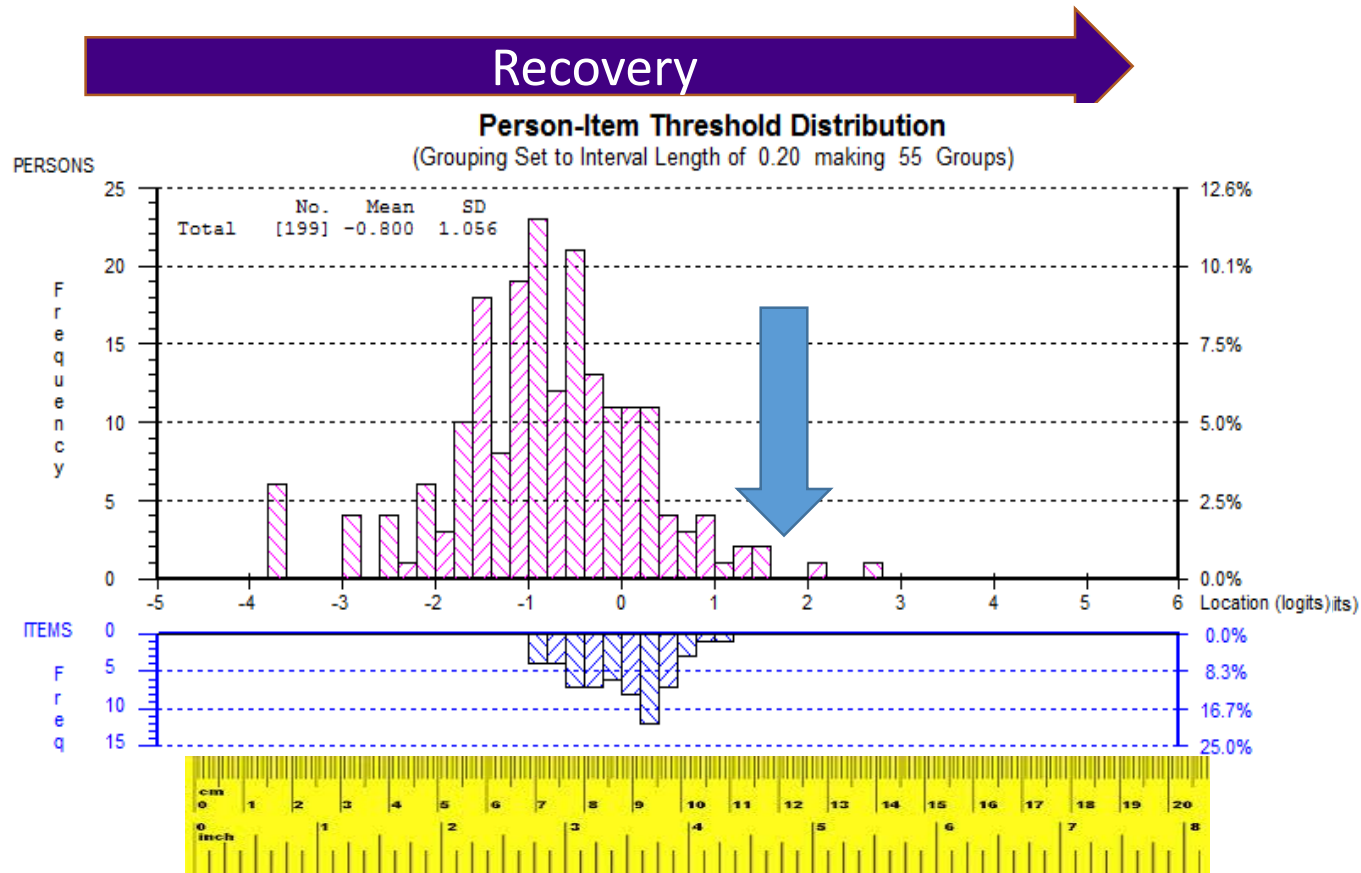
Recovery



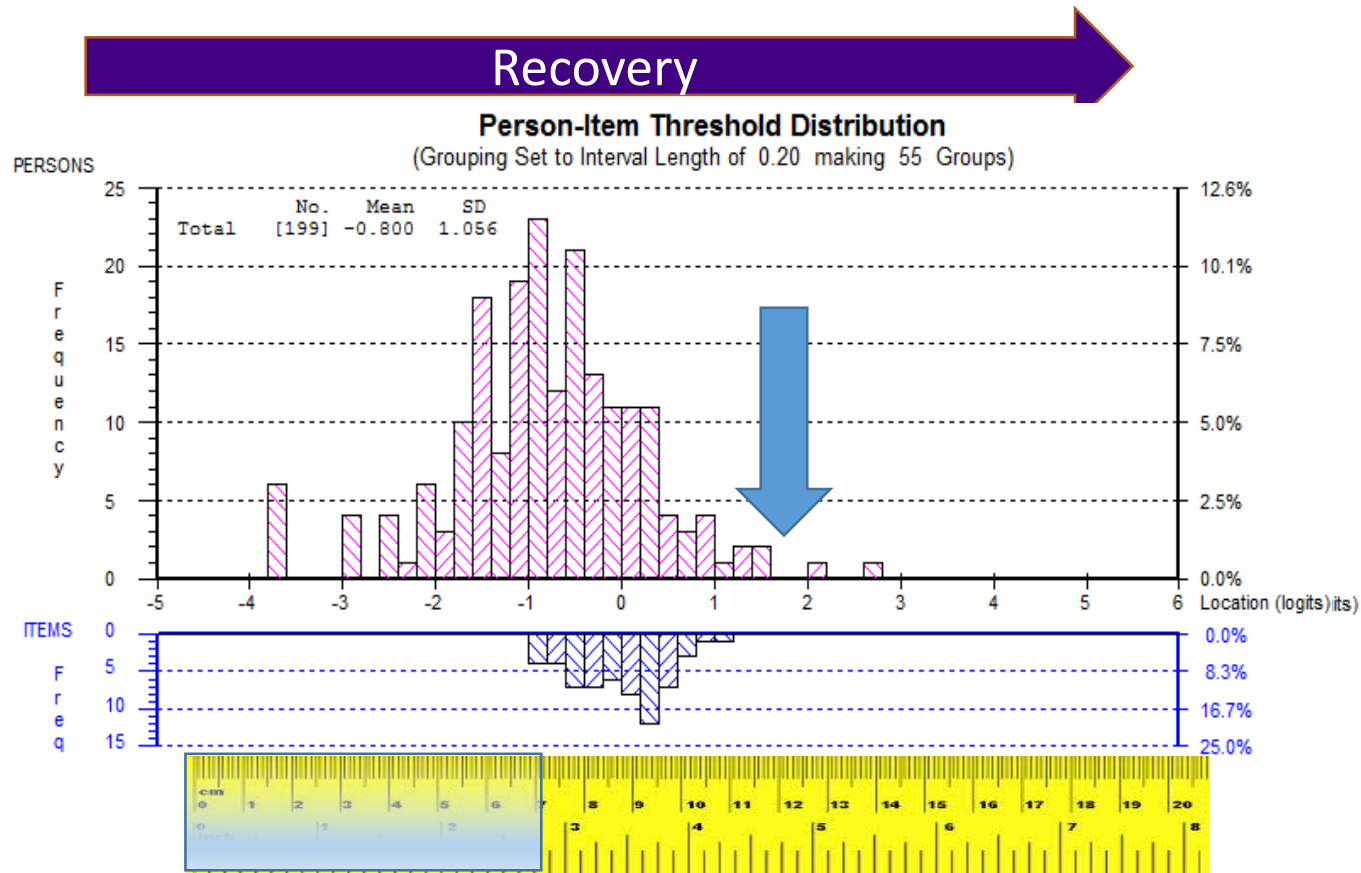
Recovery Assessment Scale



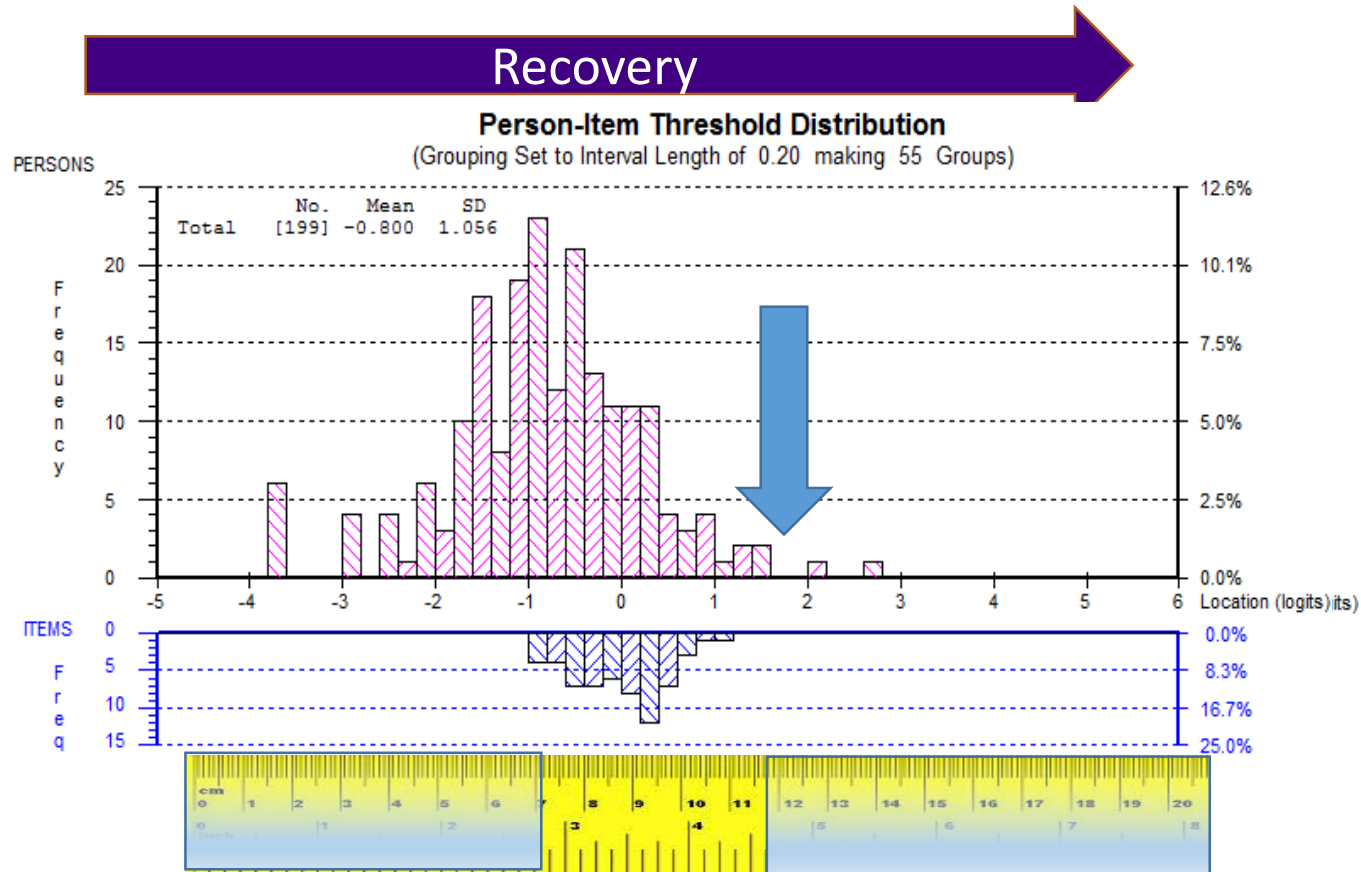
Recovery Assessment Scale



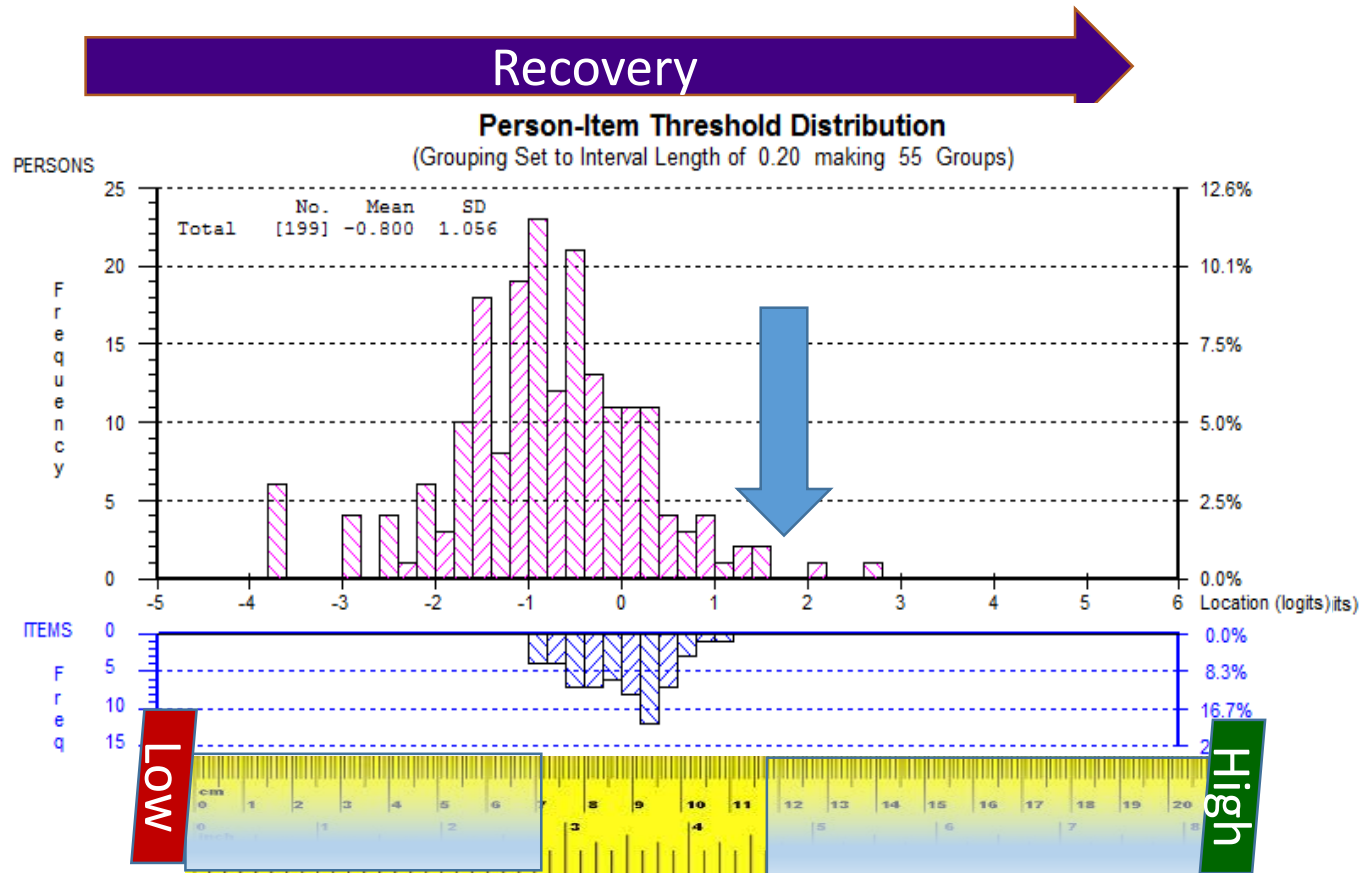
Recovery Assessment Scale



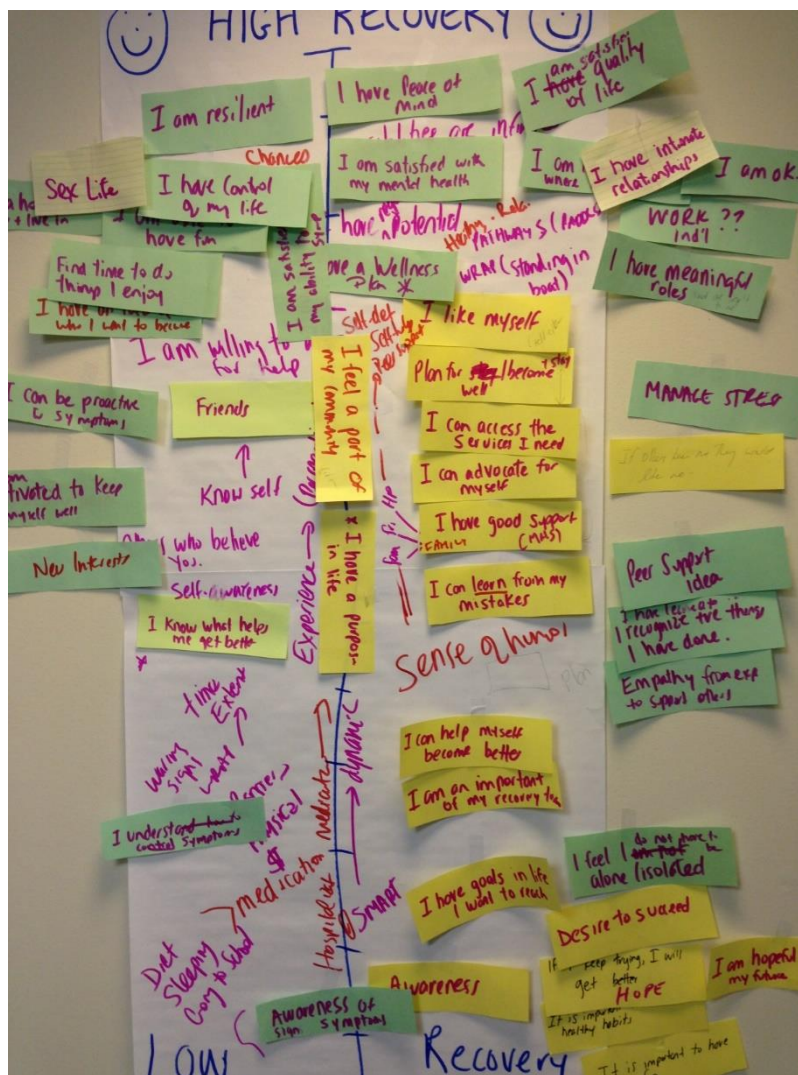
Recovery Assessment Scale

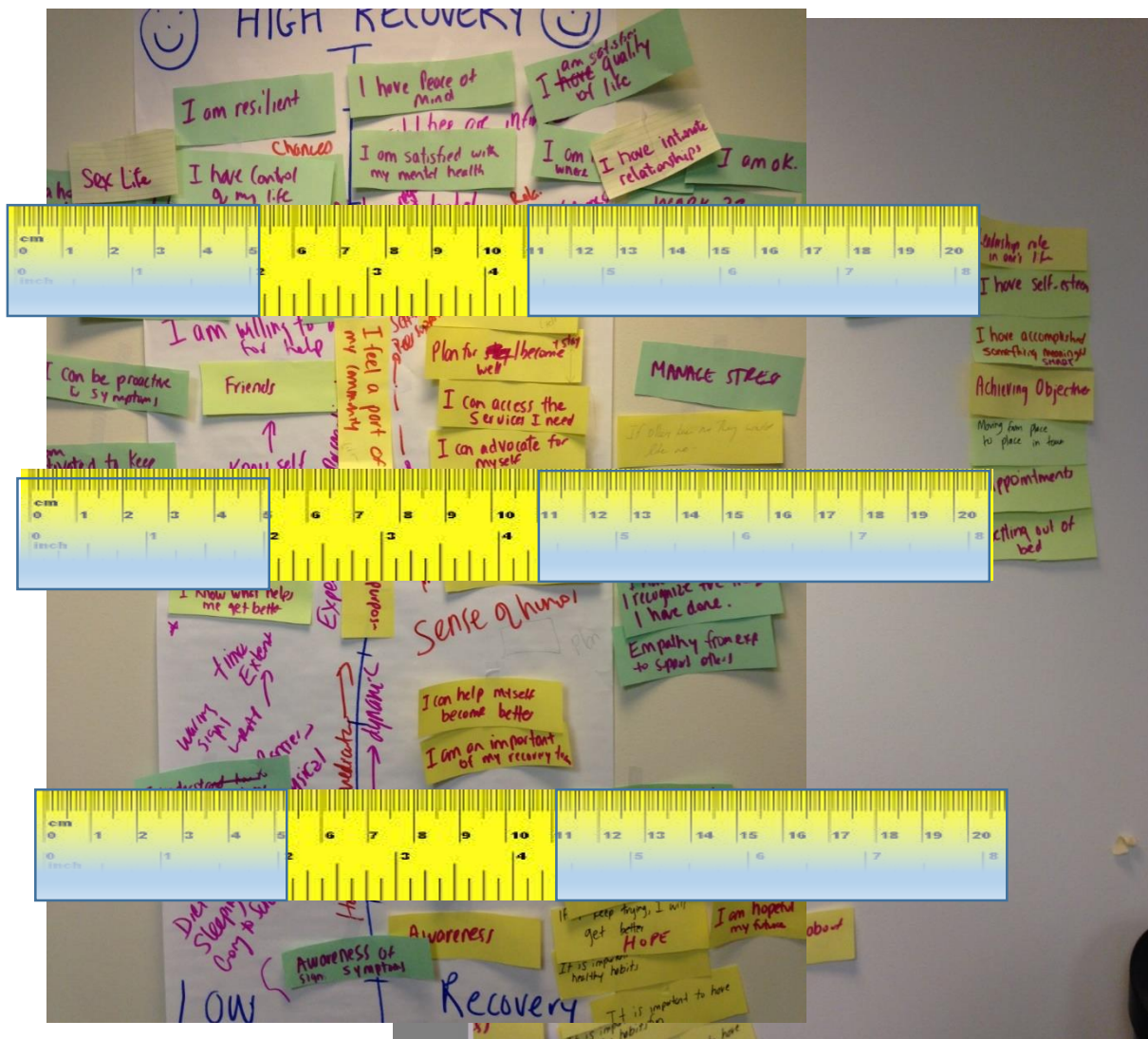


Recovery Assessment Scale





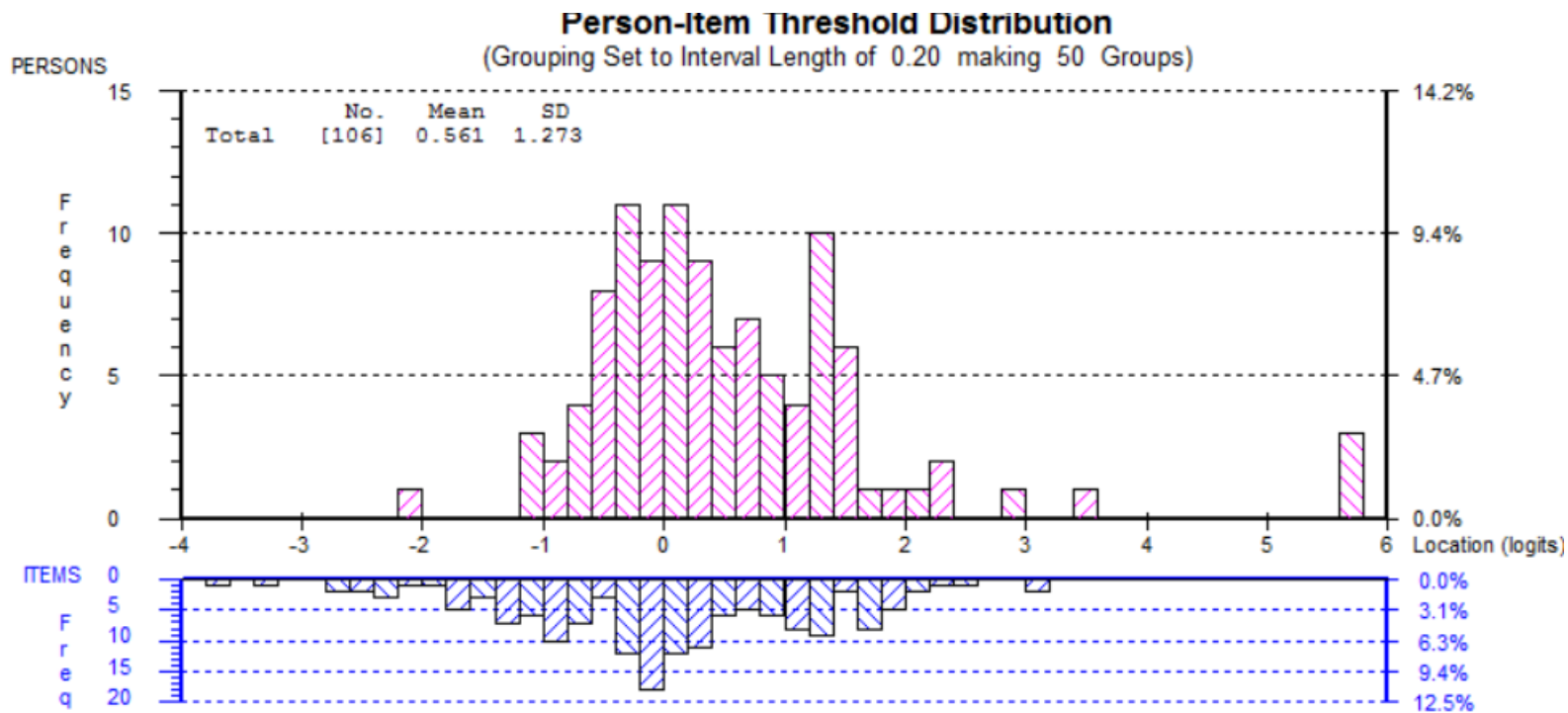


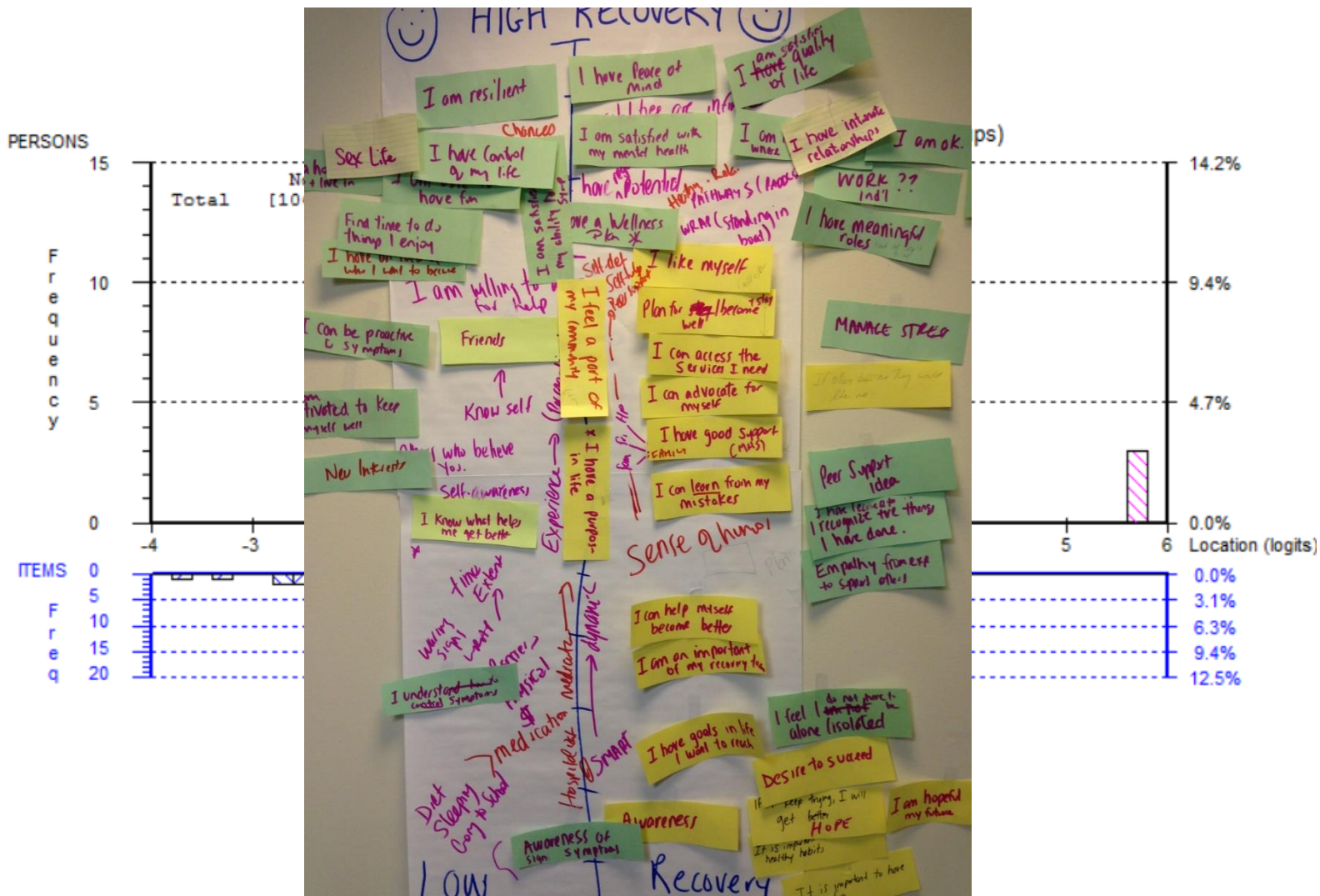


Phase 2: PROM initial item set

- 40 item developed (2 focus groups, n=19)
- A-priori hypothesis about the item order
- Tested on new sample (n=106 Community dwelling)

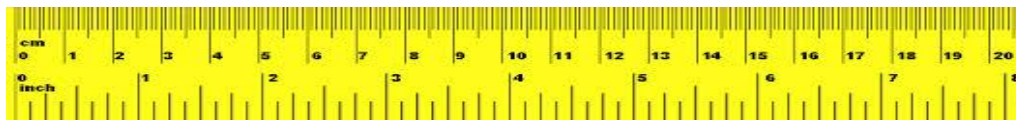






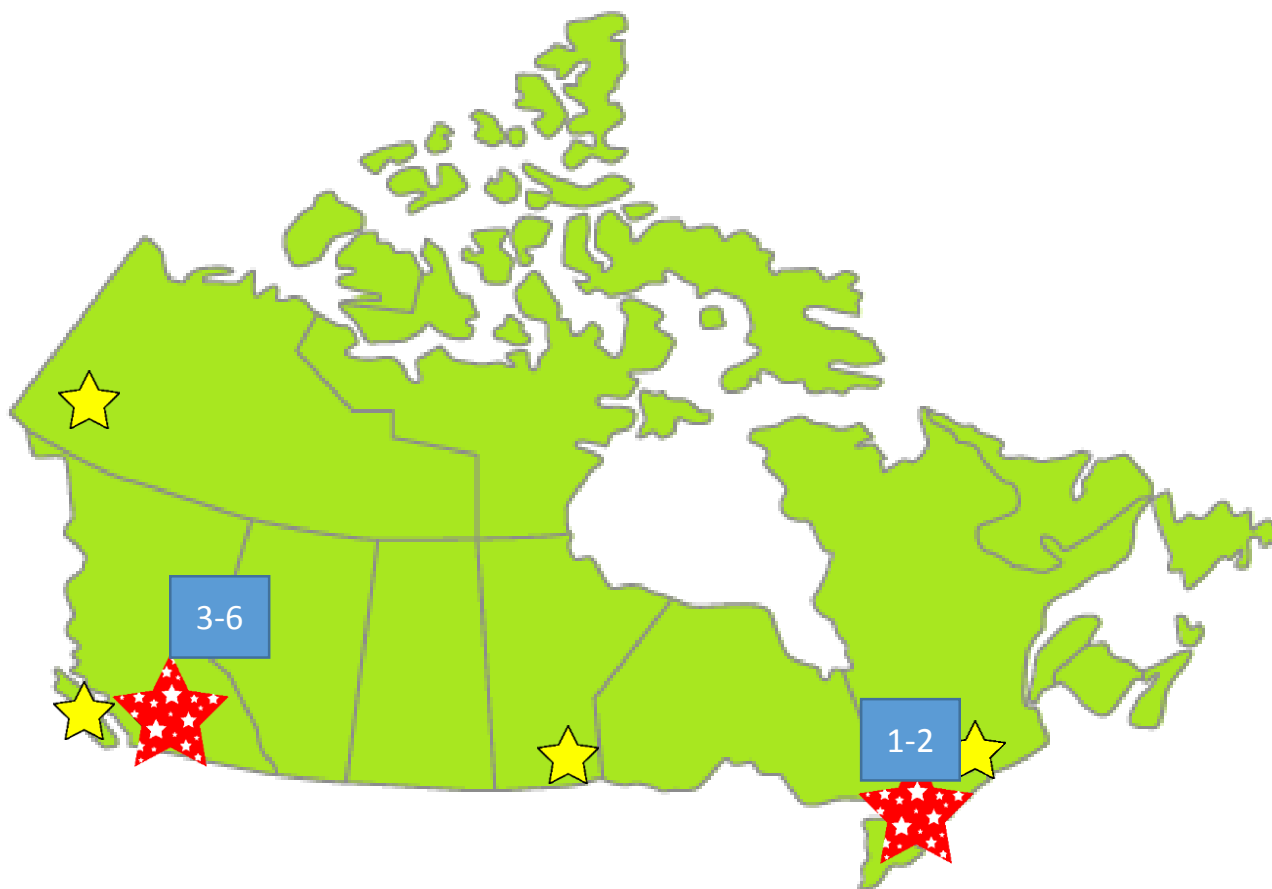


Too long



Measurement
Scale





QUESTION

Recovery

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how **often** you have **felt** this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

QUESTION

Recovery

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following questionnaire. There are 30 questions. The score for each question is based on your response.

Based on your experiences in the **last week**, how often have you felt this way by selecting the option:

0	1
None of the Time	25% of the time

QUESTIONS	
1. I am motivated to keep myself well	
2. I can access the health and social services I need	
3. I am hopeful about my future	
4. I feel safe	
5. I sleep well	
6. I like myself	
7. I have enough money to meet my basic needs	
8. I am happy	
9. I am driven by meaningful goals	
10. I can identify the early warning signs of mental health problems	
11. I am confident	
12. I know what helps me stay well	
13. I have energy	
14. I have a purpose in life	
15. I accomplish the goals I set out for myself	

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
20. I am supported by my friends and family	0	1	2	3	4
21. I can manage stress	0	1	2	3	4
22. I can be an advocate for myself	0	1	2	3	4
23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120	ADJUSTED SCORE = TOTAL SCORE / 4				

0	1	2	3	4
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Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how **often** you have **felt** this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

Personal Recovery Outcomes

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how you have **felt** this way by selecting the option you most agree with.

0	1	2
None of the Time	25% of the time	50% of the time

QUESTIONS		TOTAL SCORE ____/120				
1. I am motivated to keep myself well	0	1	2	3	4	
2. I can access the health and social services that I need	0	1	2	3	4	
3. I am hopeful about my future	0	1	2	3	4	
4. I feel safe	0	1	2	3	4	
5. I sleep well	0	1	2	3	4	
6. I like myself	0	1	2	3	4	
7. I have enough money to meet my basic needs	0	1	2	3	4	
8. I am happy	0	1	2	3	4	
9. I am driven by meaningful goals	0	1	2	3	4	
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12. I know what helps me stay well	0	1	2	3	4	
13. I have energy	0	1	2	3	4	
14. I have a purpose in life	0	1	2	3	4	
15. I accomplish the goals I set out for myself	0	1	2	3	4	

23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apart	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I e	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relations	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
20. I am supported by my friends and family	0	1	2	3	4
21. I can manage stress	0	1	2	3	4
22. I can be an advocate for myself	0	1	2	3	4
23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120		ADJUSTED SCORE = TOTAL SCORE /4			

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
1. I am motivated to keep myself well	0	1	2	3		
2. I can access the health and social services that I need	0	1	2	3		
3. I am hopeful about my future	0	1	2	3		
4. I feel safe	0	1	2	3		
5. I sleep well	0	1	2	3		
6. I like myself	0	1	2	3		
7. I have enough money to meet my basic needs	0	1	2	3	4	
8. I am happy	0	1	2	3	4	
9. I am driven by meaningful goals	0	1	2	3	4	
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4	
11. I am confident	0	1	2	3	4	
12. I know what helps me stay well	0	1	2	3	4	
13. I have energy	0	1	2	3	4	
14. I have a purpose in life	0	1	2	3	4	
15. I accomplish the goals I set out for myself	0	1	2	3	4	

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
16. I have new interests	0	1	2	3	4	
17. I have fun	0	1	2	3	4	
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21. I can manage stress	0	1	2	3	4	
22. I can be an advocate for myself	0	1	2	3	4	
23. I feel a part of my community	0	1	2	3	4	
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4	
25. I am respected by others	0	1	2	3	4	
26. I contribute to my community	0	1	2	3	4	
27. I spend my day doing the things that I enjoy	0	1	2	3	4	
28. I have control over my life	0	1	2	3	4	
29. I am satisfied with my intimate relationships	0	1	2	3	4	
30. I have peace of mind	0	1	2	3	4	
TOTAL SCORE ____ /120		ADJUSTED SCORE = TOTAL SCORE / 4				

SCORE 11/30

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have **felt** this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
1.	I am motivated to keep myself well	0	1	2	3	
2.	I can access the health and social services that I need	0	1	2	3	
3.	I am hopeful about my future	0	1	2	3	
4.	I feel safe	0	1	2	3	4
5.	I sleep well	0	1	2	3	4
6.	I like myself	0	1	2	3	4
7.	I have enough money to meet my basic needs	0	1	2	3	4
8.	I am happy	0	1	2	3	4
9.	I am driven by meaningful goals	0	1	2	3	4
10.	I can identify the early warning signs of becoming unwell	0	1	2	3	4
11.	I am confident	0	1	2	3	4
12.	I know what helps me stay well	0	1	2	3	4
13.	I have energy	0	1	2	3	4
14.	I have a purpose in life	0	1	2	3	4
15.	I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
16.	I have new interests	0	1	2	3	4
17.	I have fun	0	1	2	3	4
18.	I have an idea of who I want to become	0	1	2	3	4
19.	I have good self-esteem	0	1	2	3	4
20.	I am supported by my friends and family	0	1	2	3	4
21.	I can manage stress	0	1	2	3	4
22.	I can be an advocate for myself	0	1	2	3	4
23.	I feel a part of my community	0	1	2	3	4
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28.	I have control over my life	0	1	2	3	4
29.	I am satisfied with my intimate relationships	0	1	2	3	4
30.	I have peace of mind	0	1	2	3	4
TOTAL SCORE		____ /120				
		ADJUSTED SCORE = TOTAL SCORE / 4				

SCORE 11/30

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have **felt** this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
1.	I am motivated to keep myself well	0	1	2	3	
2.	I can access the health and social services that I need	0	1	2	3	
3.	I am hopeful about my future	0	1	2	3	
4.	I feel safe	0	1	2	3	4
5.	I sleep well	0	1	2	3	4
6.	I like myself	0	1	2	3	4
7.	I have enough money to meet my basic needs	0	1	2	3	4
8.	I am happy	0	1	2	3	4
9.	I am driven by meaningful goals	0	1	2	3	4
10.	I can identify the early warning signs of becoming unwell	0	1	2	3	4
11.	I am confident	0	1	2	3	4
12.	I know what helps me stay well	0	1	2	3	4
13.	I have energy	0	1	2	3	4
14.	I have a purpose in life	0	1	2	3	4
15.	I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
16.	I have new interests	0	1	2	3	4
17.	I have fun	0	1	2	3	4
18.	I have an idea of who I want to become	0	1	2	3	4
19.	I have good self-esteem	0	1	2	3	4
20.	I am supported by my friends and family	0	1	2	3	4
21.	I can manage stress	0	1	2	3	4
22.	I can be an advocate for myself	0	1	2	3	4
23.	I feel a part of my community	0	1	2	3	4
24.	I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25.	I am respected by others	0	1	2	3	4
26.	I contribute to my community	0	1	2	3	4
27.	I spend my day doing the things that I enjoy	0	1	2	3	4
28.	I have control over my life	0	1	2	3	4
29.	I am satisfied with my intimate relationships	0	1	2	3	4
30.	I have peace of mind	0	1	2	3	4
TOTAL SCORE		____ /120		ADJUSTED SCORE = TOTAL SCORE / 4		

SCORE 11/30

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.

There are 30 questions. The score for each question is as follows:

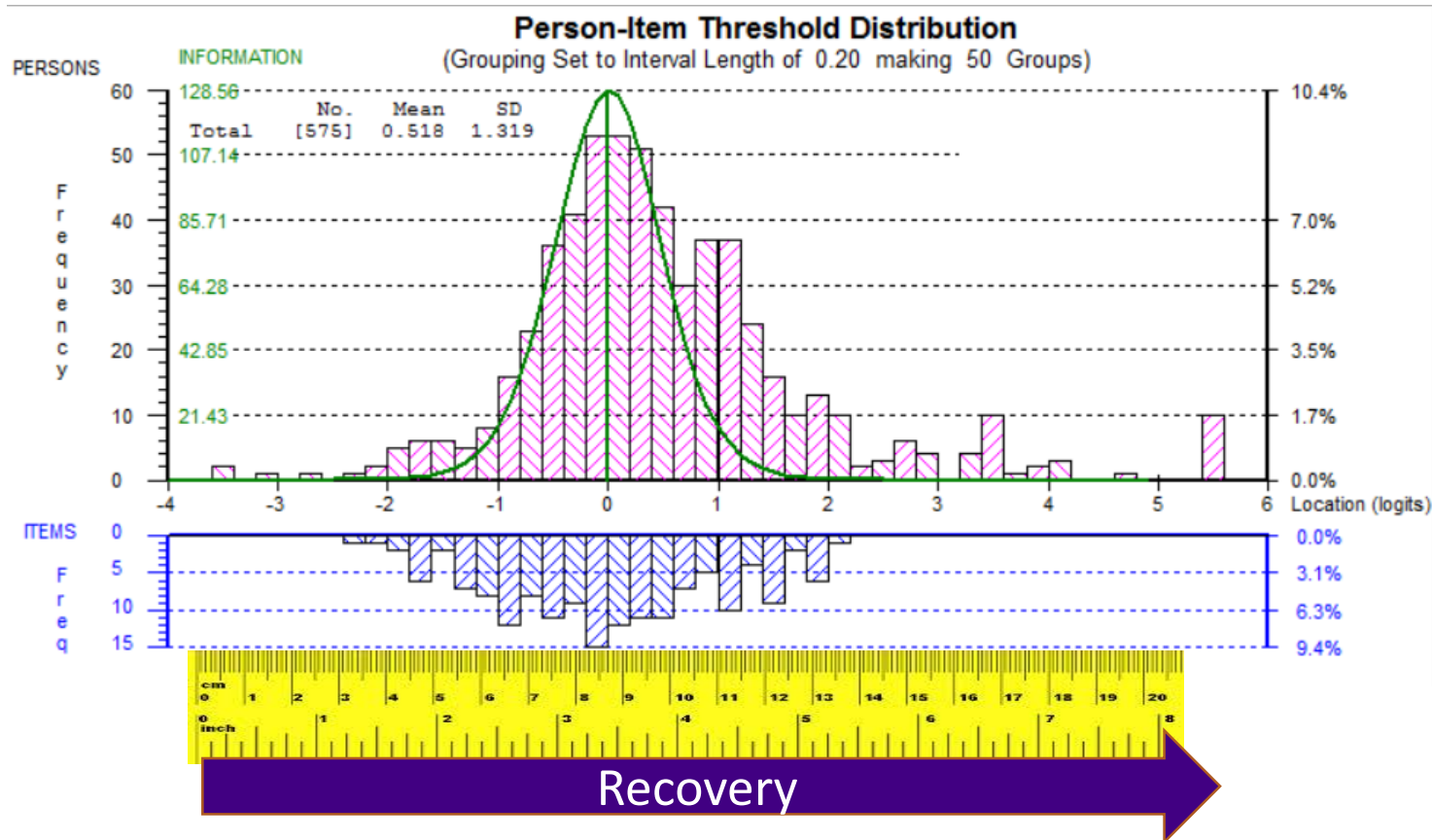
Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

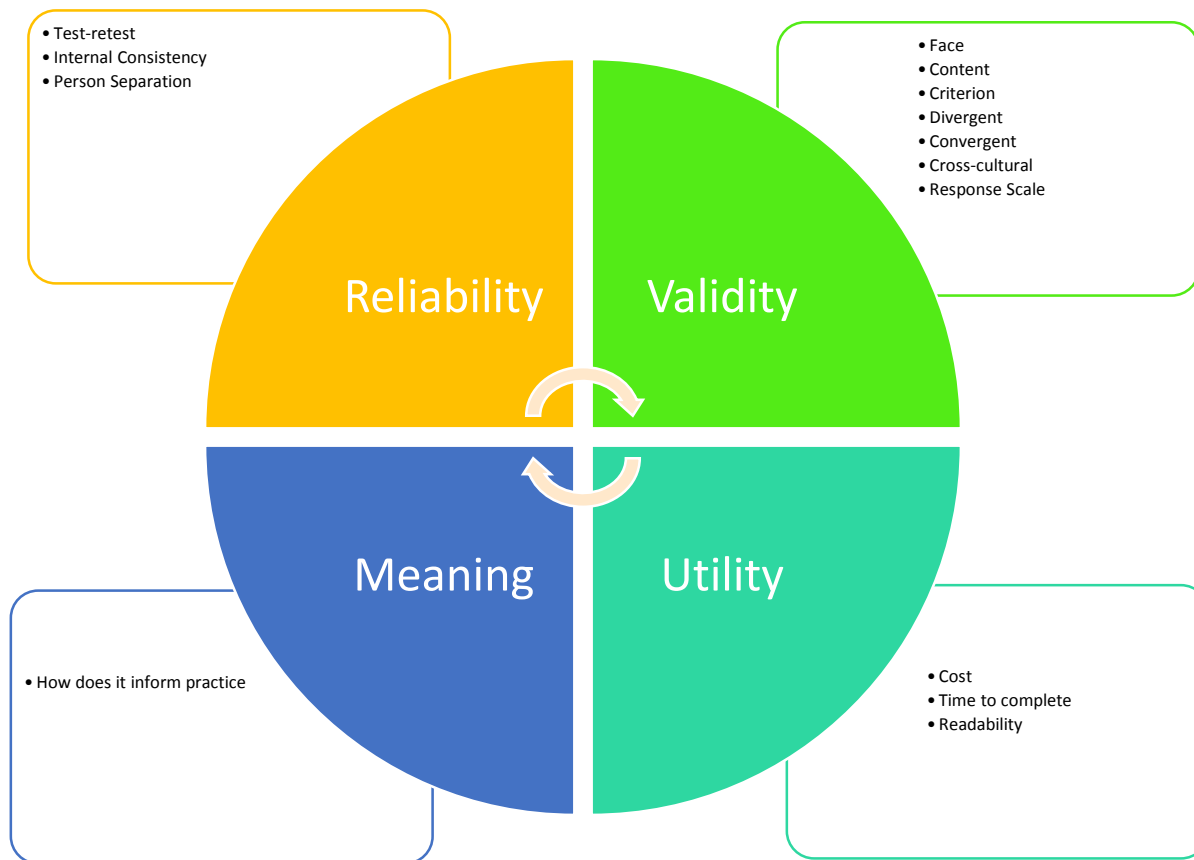
0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
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8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

ADJ2 SCORE 4/30

ADJ SCORE 11/30





Ruler for informing care?



Ruler for informing care?



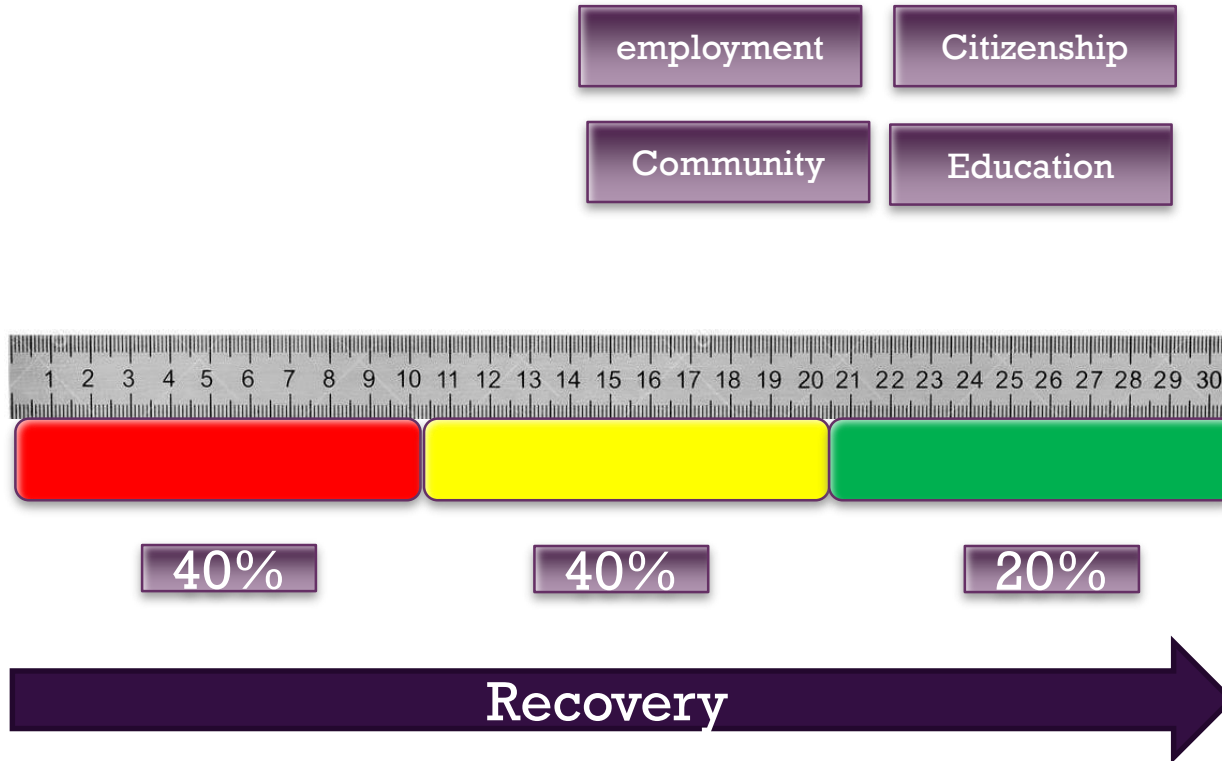
Ruler for informing care?



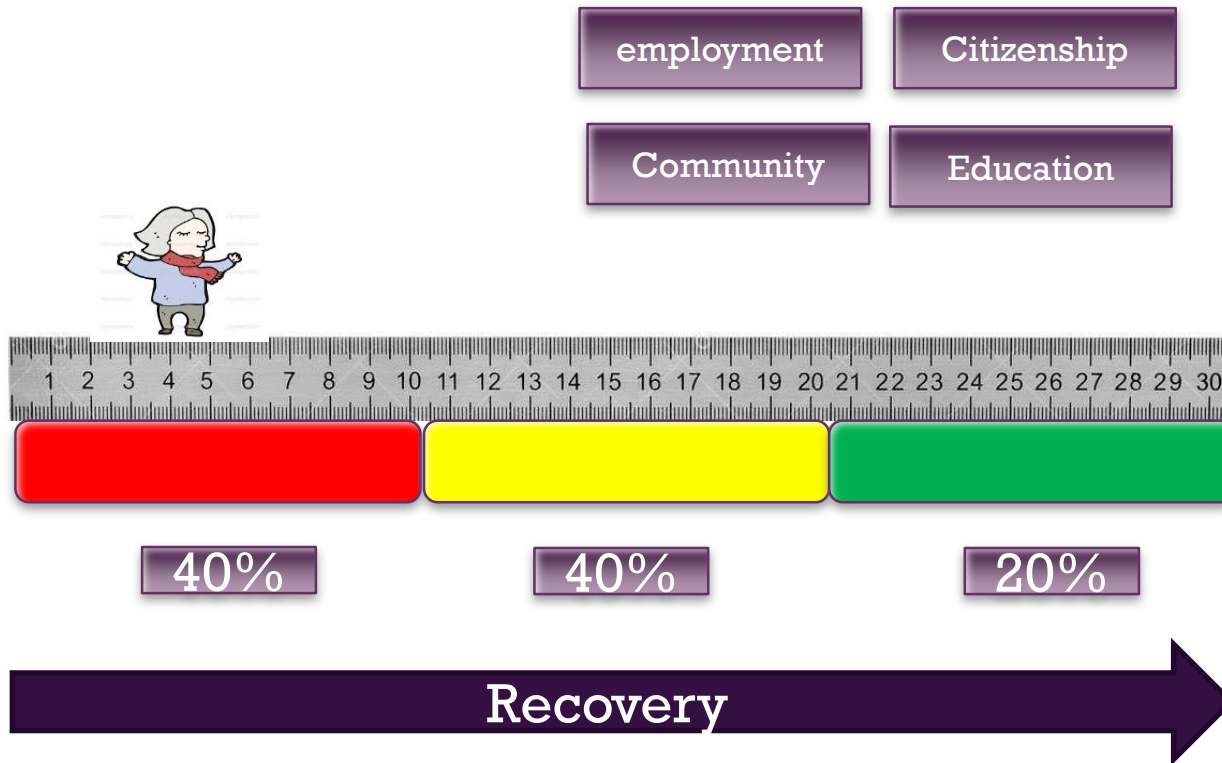
Ruler for informing care?



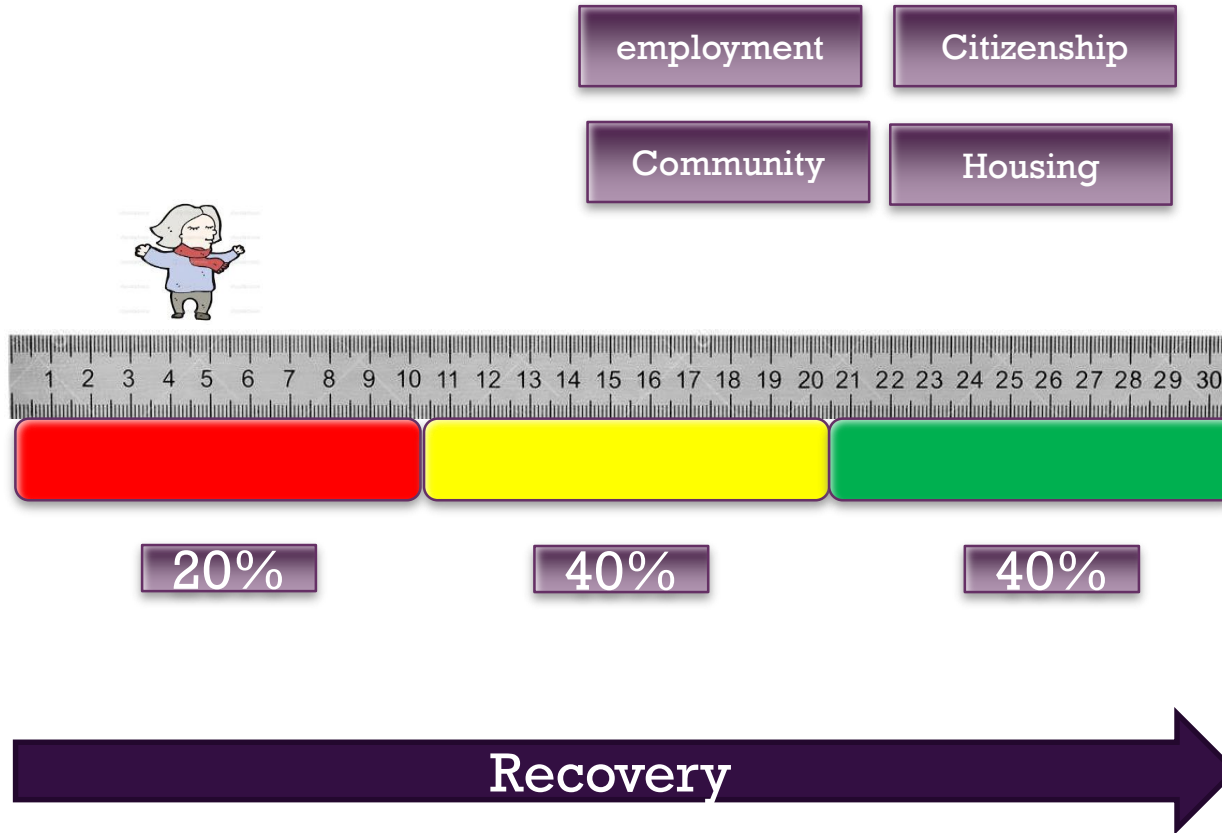
Ruler for informing service?



Ruler for informing service?



Ruler for informing service?







“We are able to talk to patients about where they are at, but also reflect on what our goals are of our services and how we can make plans to help clients get there”. We also talk about measurement and the importance of offer care on a continuum, rather than solely driving services around crises.”



“The PROM allowed us to identify a mismatch in our services...”

“we offer a lot of support for vulnerable people in crisis, but many of our patients highlighted the need for more opportunities for goal setting, goal implementation, and achieving a higher level of citizenship in their communities...we need to strive towards having outcomes and services that are at the higher end of the ruler.”



“I am able to walk in my doctor’s office with my recovery and say ‘Hey Doc, I am a 17 on the recovery ruler....I want to be a 23....let’s make a plan for how to get me there!’”.



“...this tool made me think...I think about who I can be and how I can ask my team for help. This tool makes me think that I am more than just an illness. I have goals and I need to be more clear about what they are and how I can ask for help you know?”



*...it doesn't matter if it is recovery or health that I am talking about: the ruler lets me show my doctor that zero is my worst possible health and 30 is my dream health state. In the office I can talk about the dream and strategize ways to move up the ruler....I don't always have to talk about what is disabling or making me crazy. I am more than crazy. I am a person with goals who wants to **travel up the ruler!**"*





To receive a free copy of the PROM:
please contact
Skye.barbic@ubc.ca



skye_barbic



Skye Barbic

Next Recovery-Oriented Practice Webinar

Date: Thursday, January 19th, 2017 at 1:00pm to 2:30pm ET

To rewatch or share this webinar visit:
www.mentalhealthcommission.ca/English/recovery





Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Thank you!

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#mhcchopelives

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