A New Way of Measuring Recovery : Personal Recovery Outcome Measure

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Important! Send questions/comments to 'All Panelists'

Guidelines for Recovery-Oriented Practice

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Guidelines for Recovery-Oriented Practice

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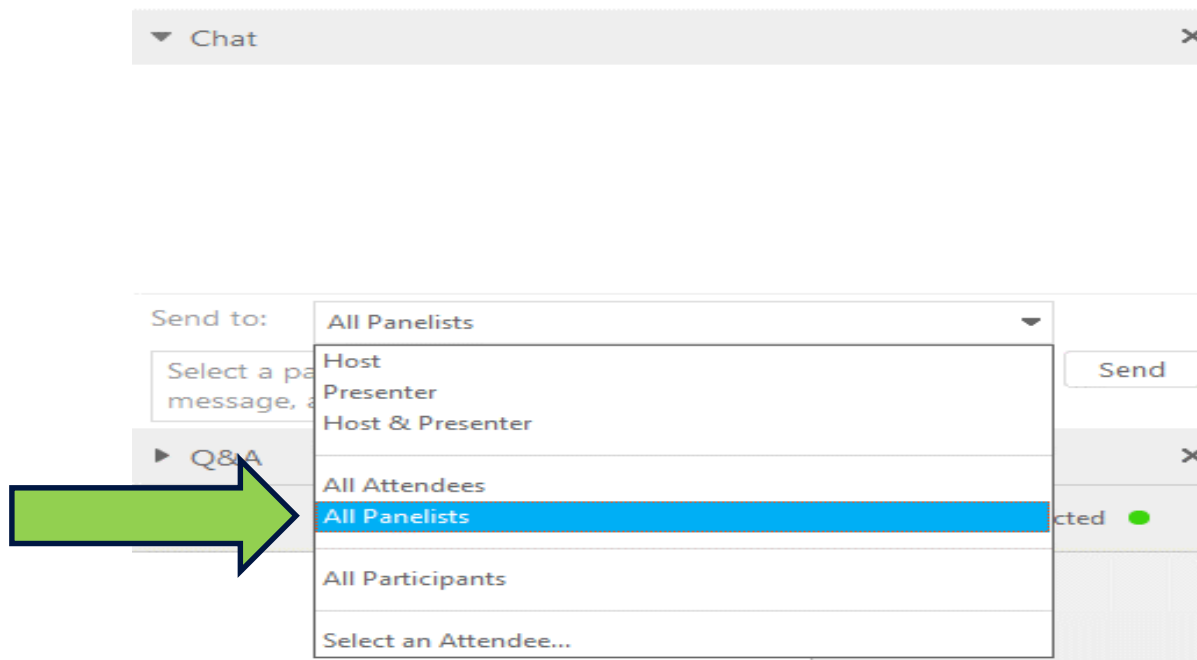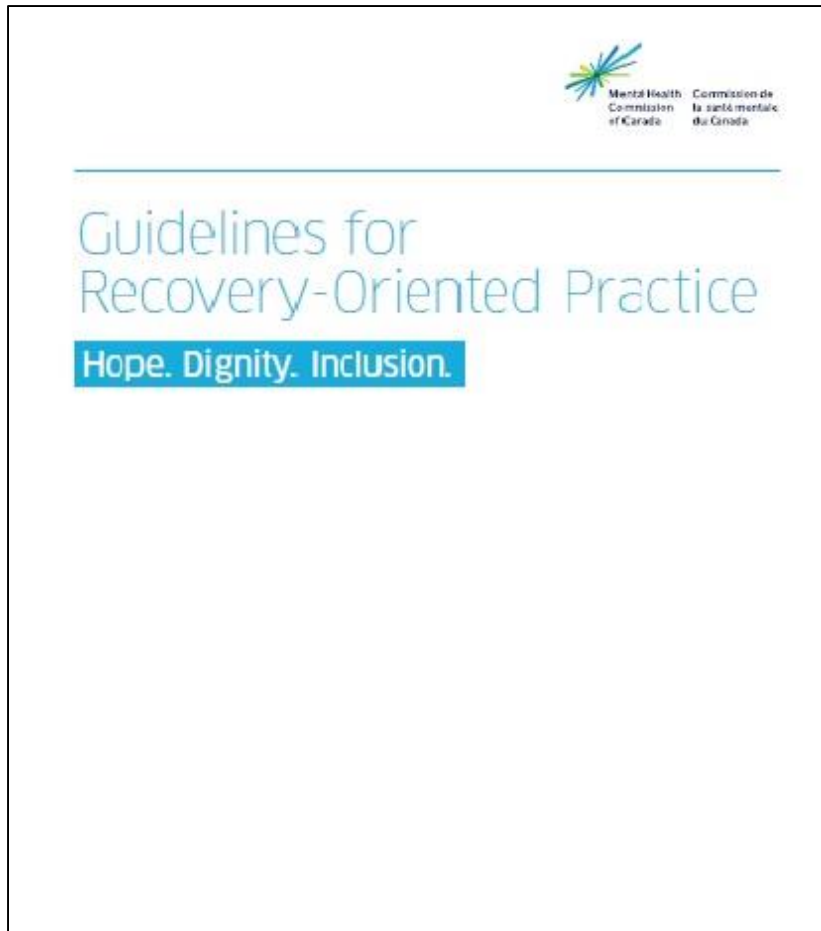
The *Guidelines* were released in June 2015 to provide a comprehensive document to understand recovery practice and promote a consistent application of recovery principles across Canada

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

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Assistant Professor,
Department of Occupational Science and
Occupational Therapy, Faculty of Medicine, UBC

Mimi Rennie

Peer Services Program Manager, CMHA
Vancouver-Fraser Branch

Measuring Recovery:

Introducing the Personal Recovery Outcome Measure

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Mimi Rennie, Peer Services Program Manager[5]

[1]Department of Psychiatry, University of British Columbia, Vancouver, BC

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[5]Canadian Mental Health Association, Vancouver-Fraser, BC

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

- Canadian Institute of Health Research

- Centre for Addiction and Mental Health

- University of British Columbia

- University of Toronto/ McGill/Queen's/ University of Manitoba

- Granville Youth Health Clinic/St-Paul's Hospital/Vancouver Coastal Health

- 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 Canadians[1,]

- 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 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*.
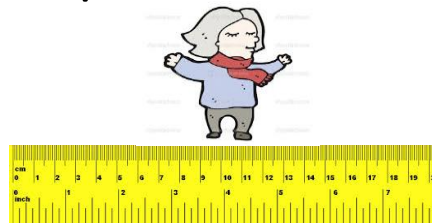
Going to the "PROM"

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?

Contents lists availab

Clinical Psych

ELSEVIER

Instruments for measuring mental health re

Marisa Sklar [a,*], Erik J. Groessl [a,b], Maria O'Connell [c], Lar

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Measures of Personal Recovery: A Systematic Review

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Mary Leamy, M.Sc., Ph.D.
Victoria J. Bird, B.Sc.
Clair Le Boutillier, B.Sc., M.Sc.
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HIGHLIGHTS

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

ARTICLE INFO

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

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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 (α=.88) and internal consistency (Cronbach's α= .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 (α=.72) and good test-re-test reliability (α=.81).[23]

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

Recovery scales

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)
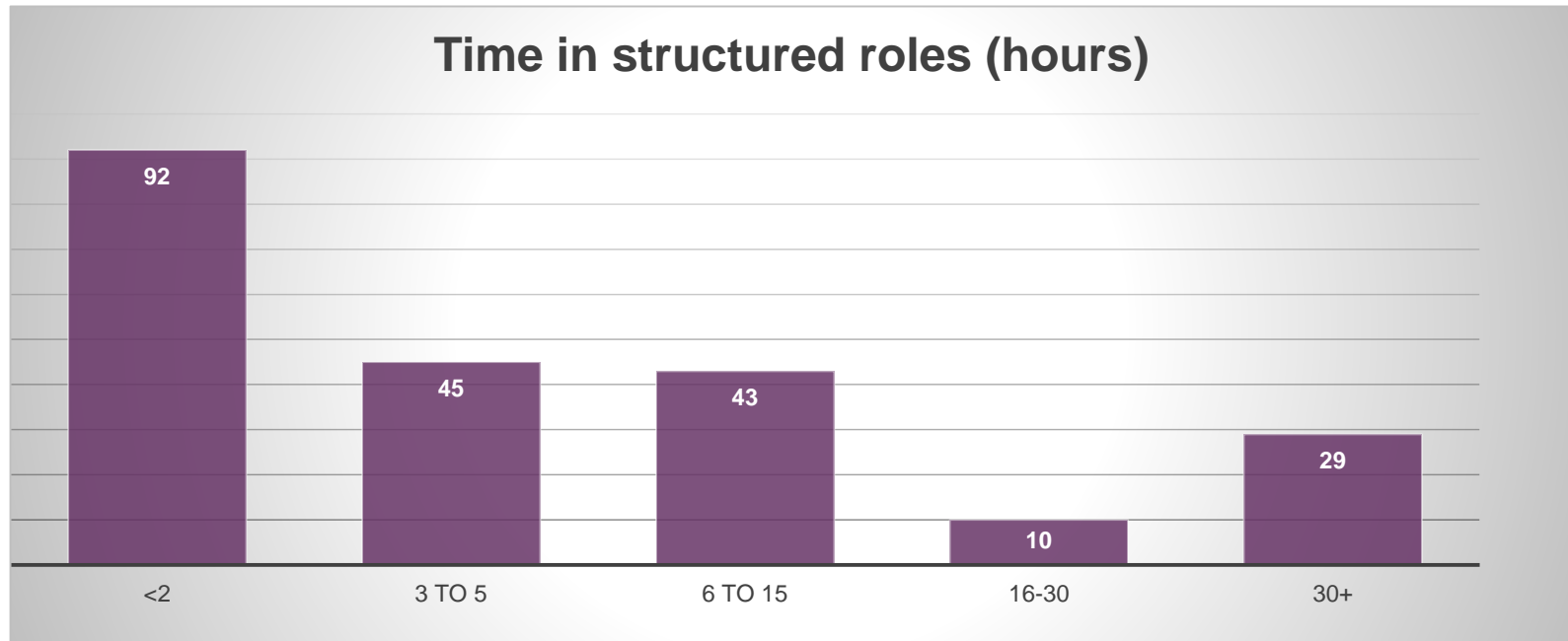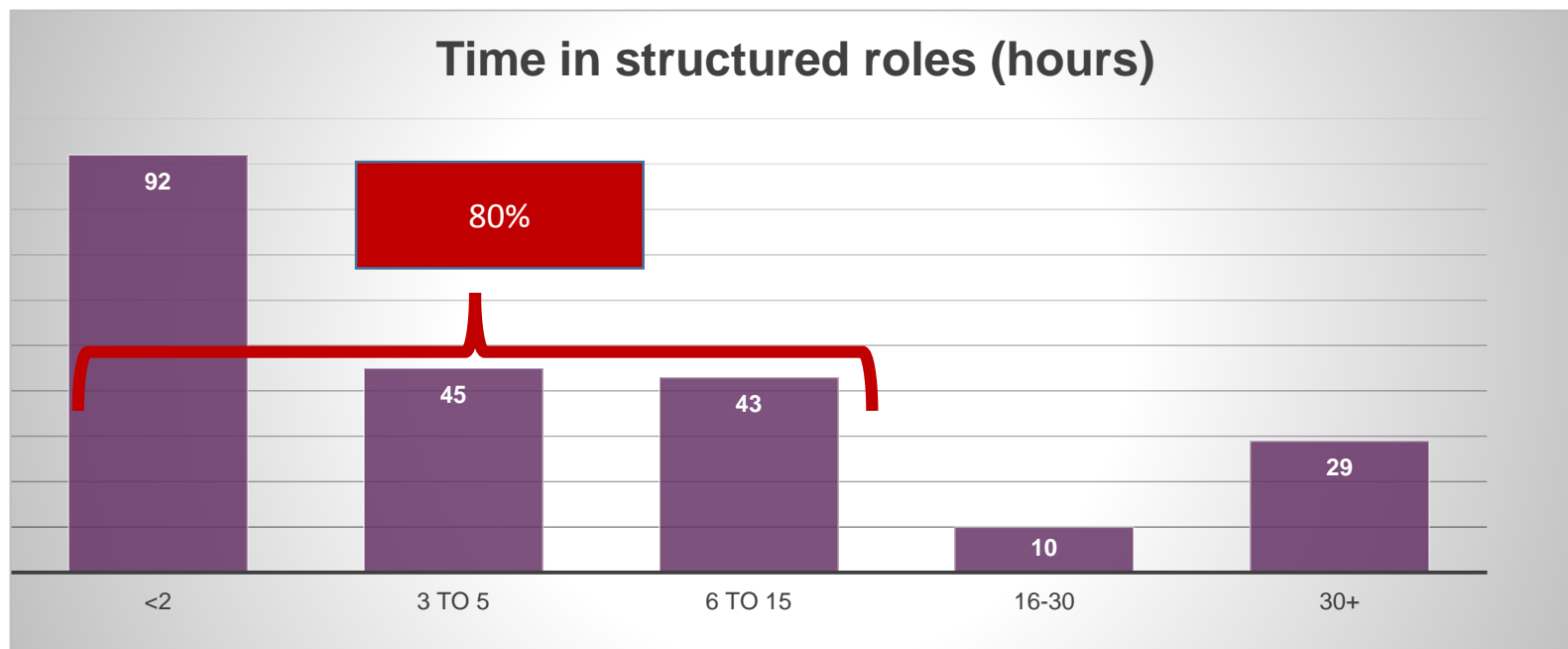
Time in structured roles: Toronto (n=224)

Time in structured roles: Toronto (n=224)

Time in structured roles (hours)

40%

92

80%

45

43

10

29

<2   3 TO 5   6 TO 15   16-30   30+

Early look at Vancouver (n=658)

Vancouver Time Use (hours/week)

Early look at Vancouver (n=658)

Vancouver Time Use (hours/week)

83%

| <2 | 3 TO 5 | 6 TO 15 | 16 TO 30 | 31+ |

Early look at Vancouver (n=658)

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40%

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<2   3 TO 5   6 TO 15   16 TO 30   31+
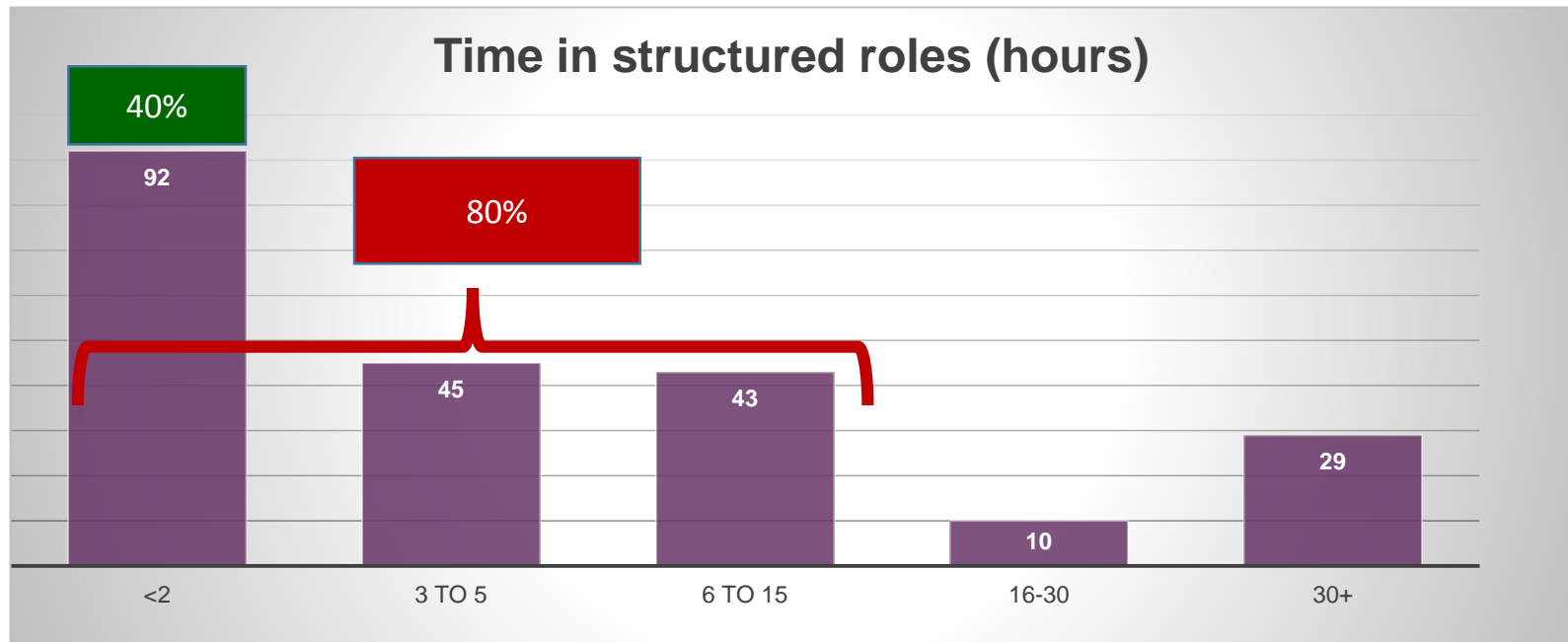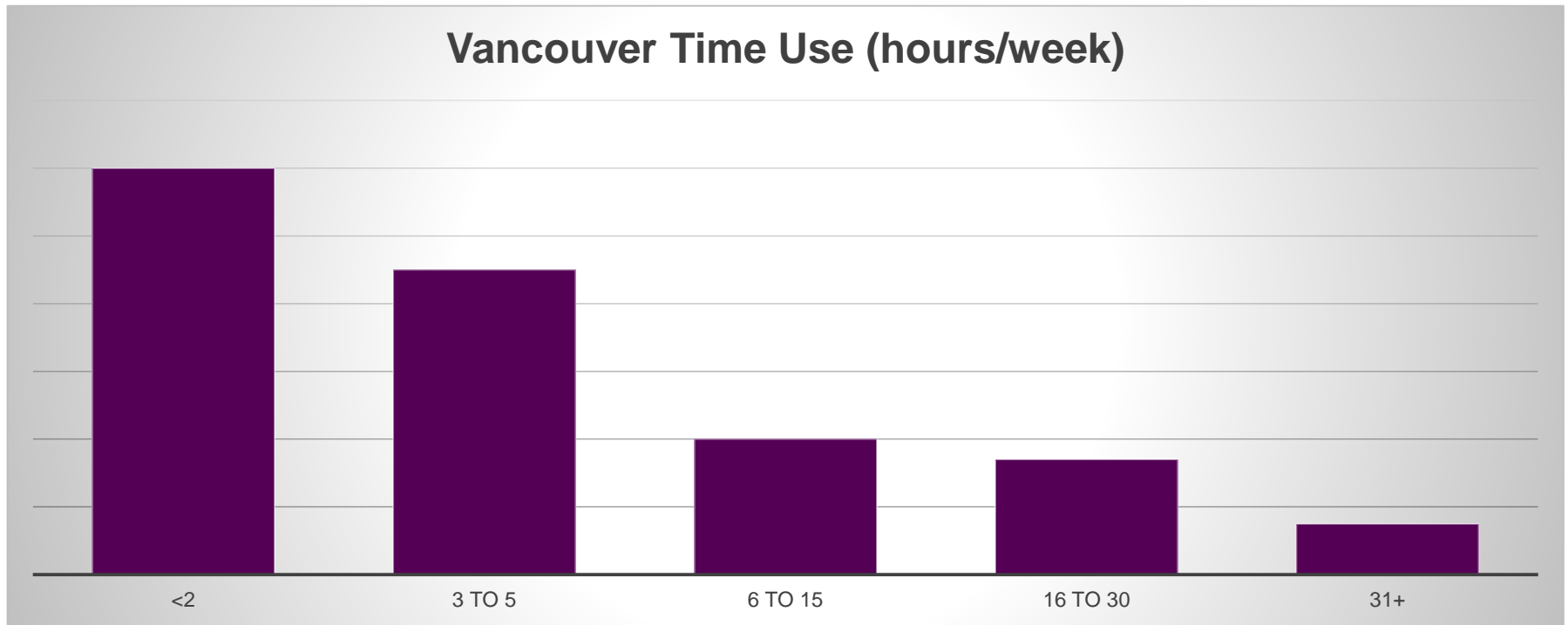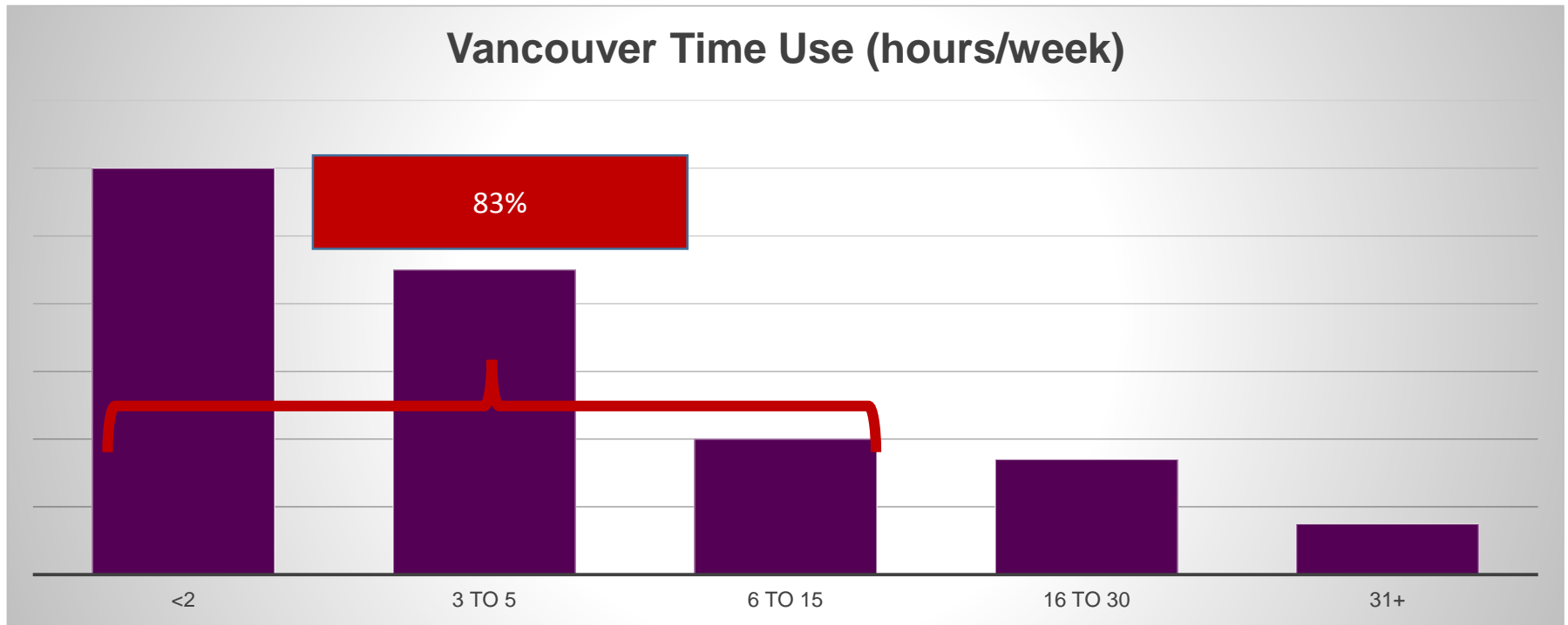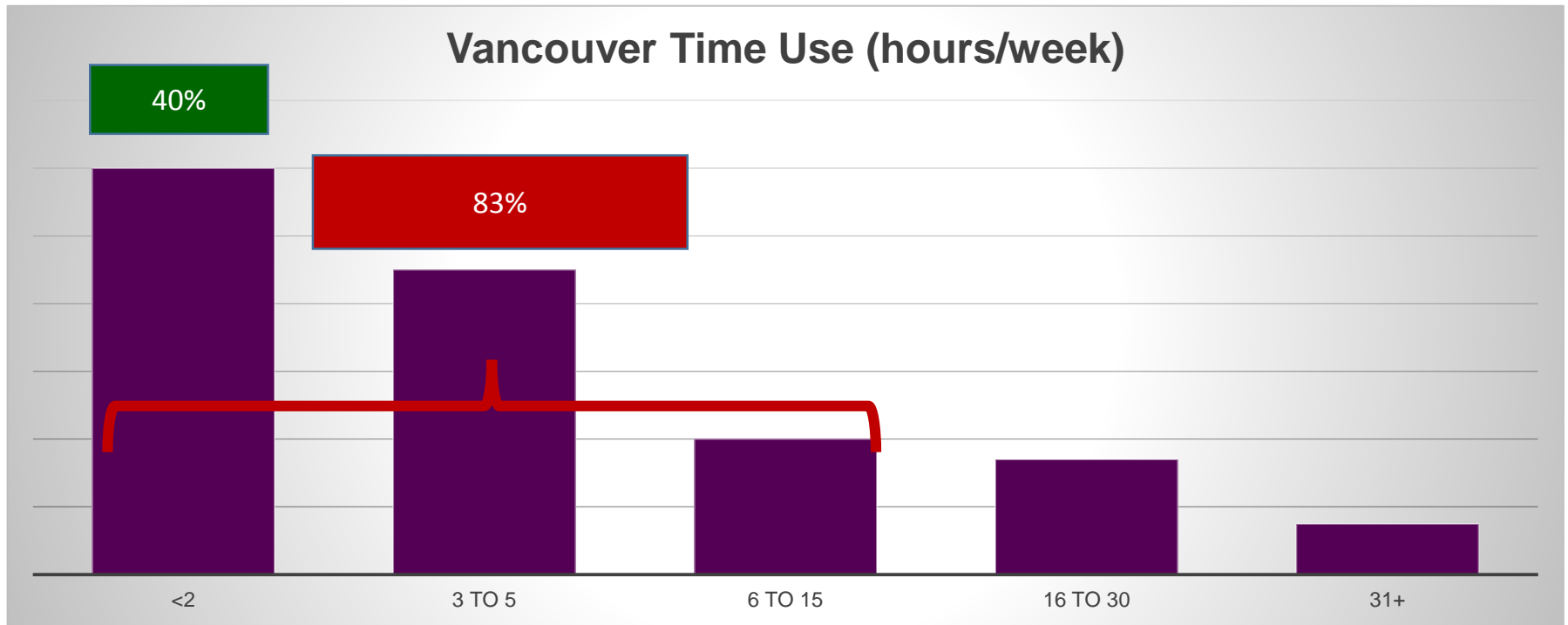
REVISIT Mental Illness in Canada

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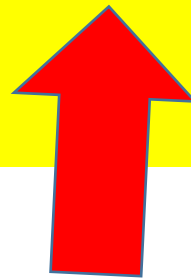
What is measurement????

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

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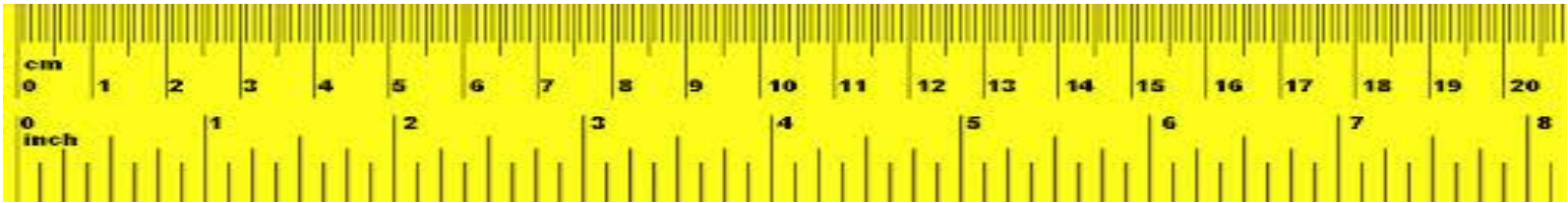
Natural order to items
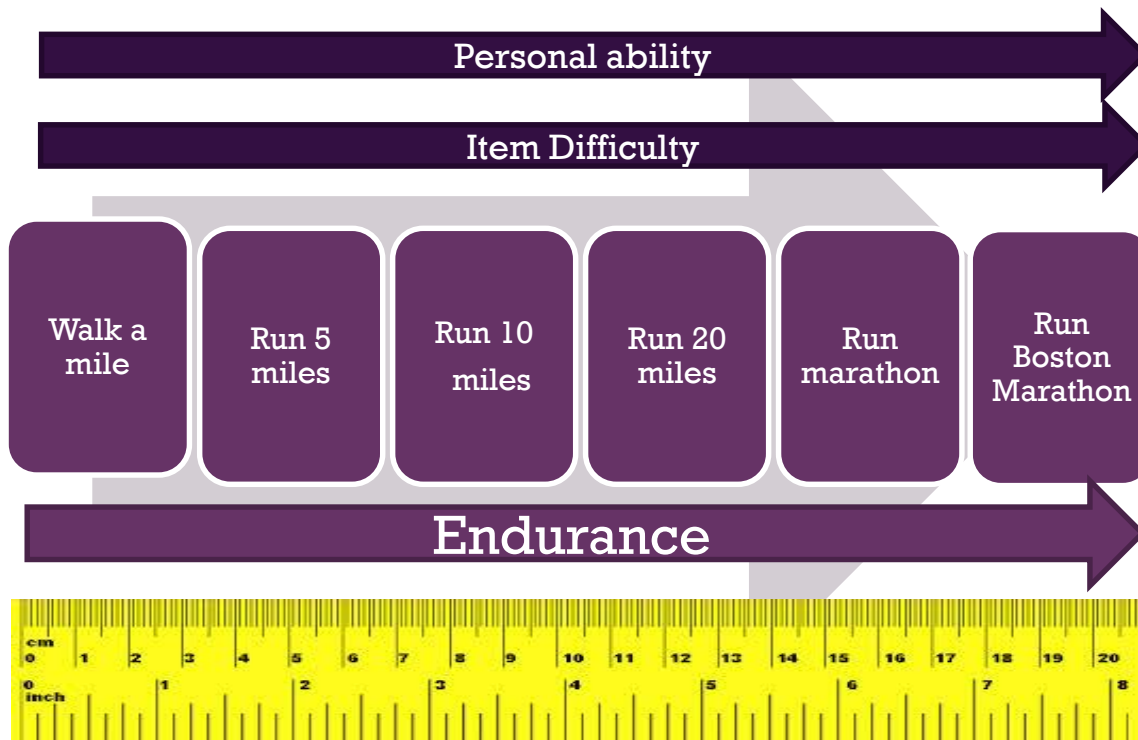
Recovery
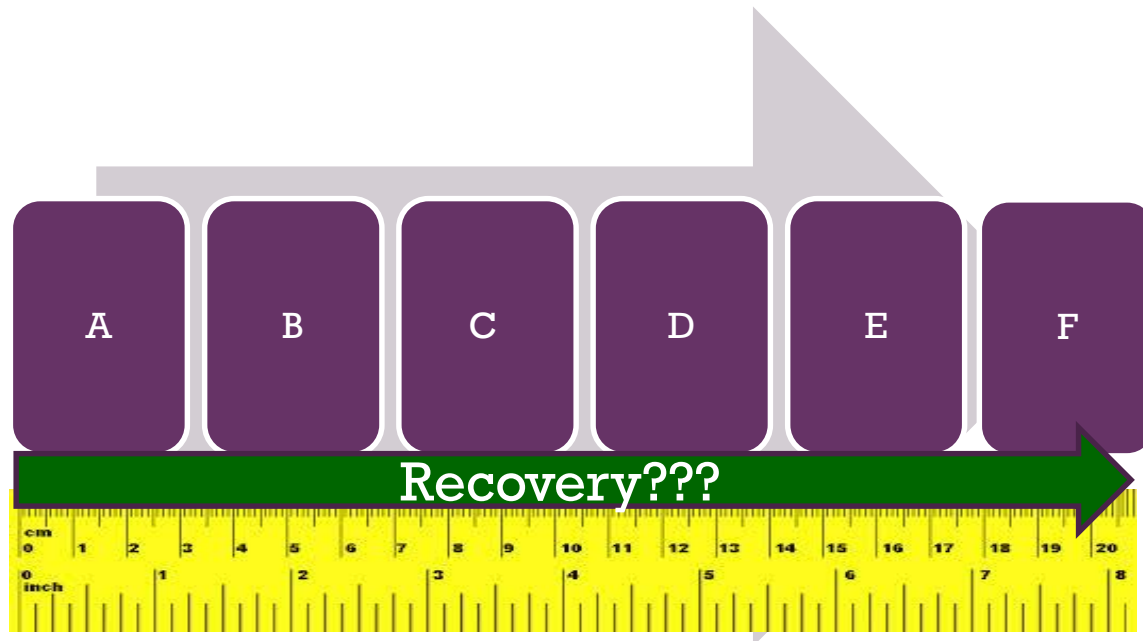
Recovery
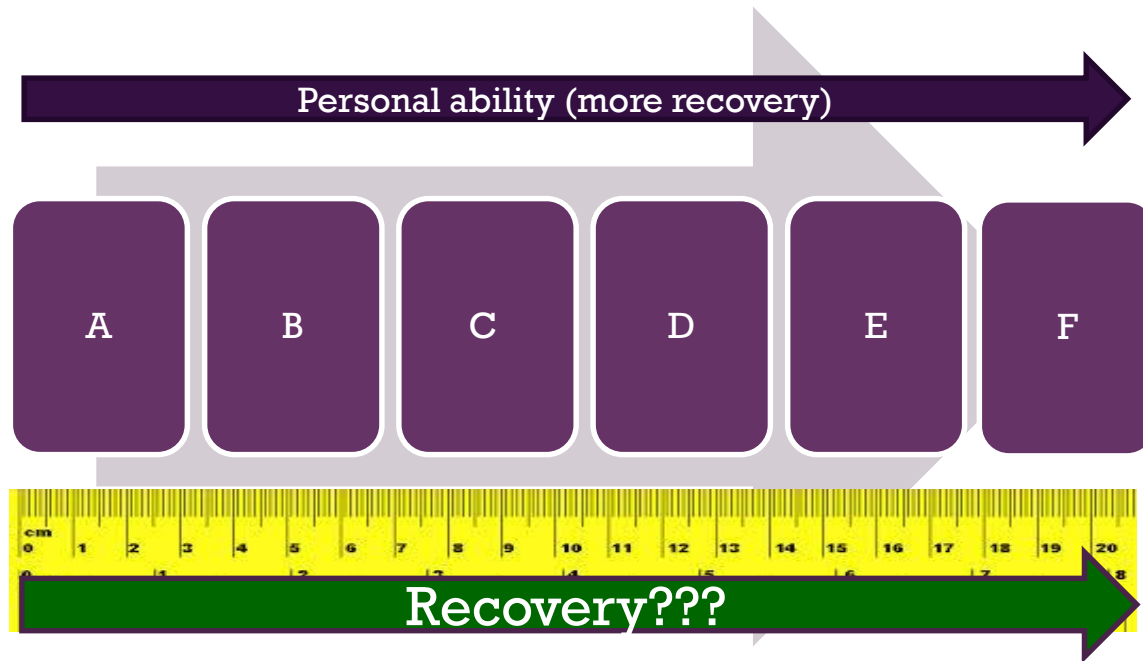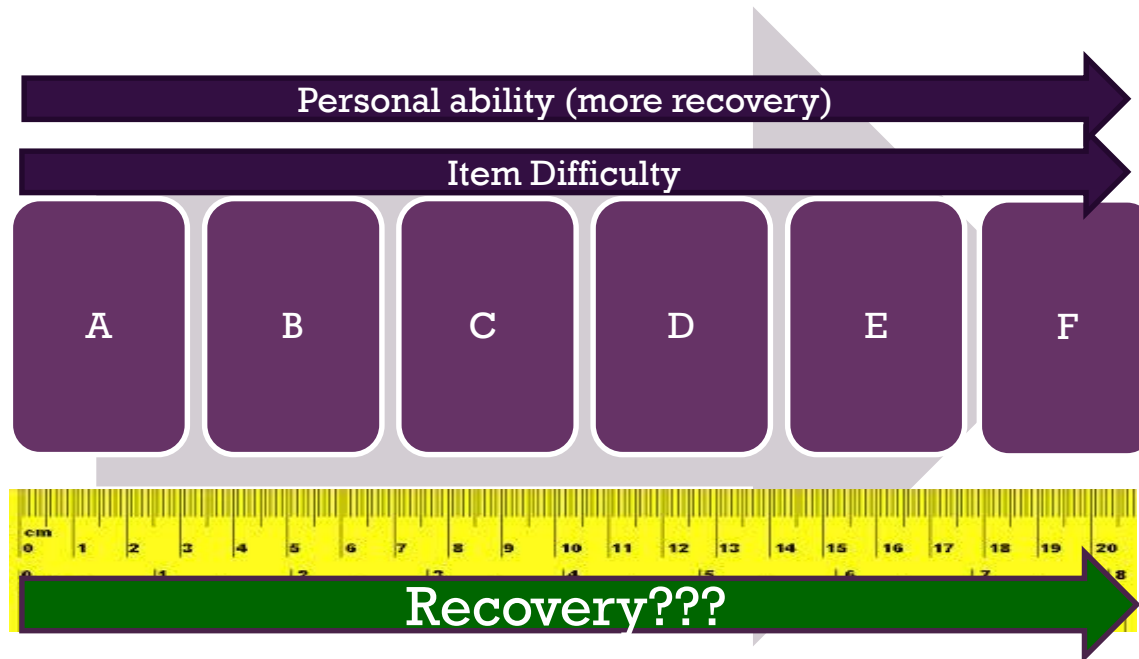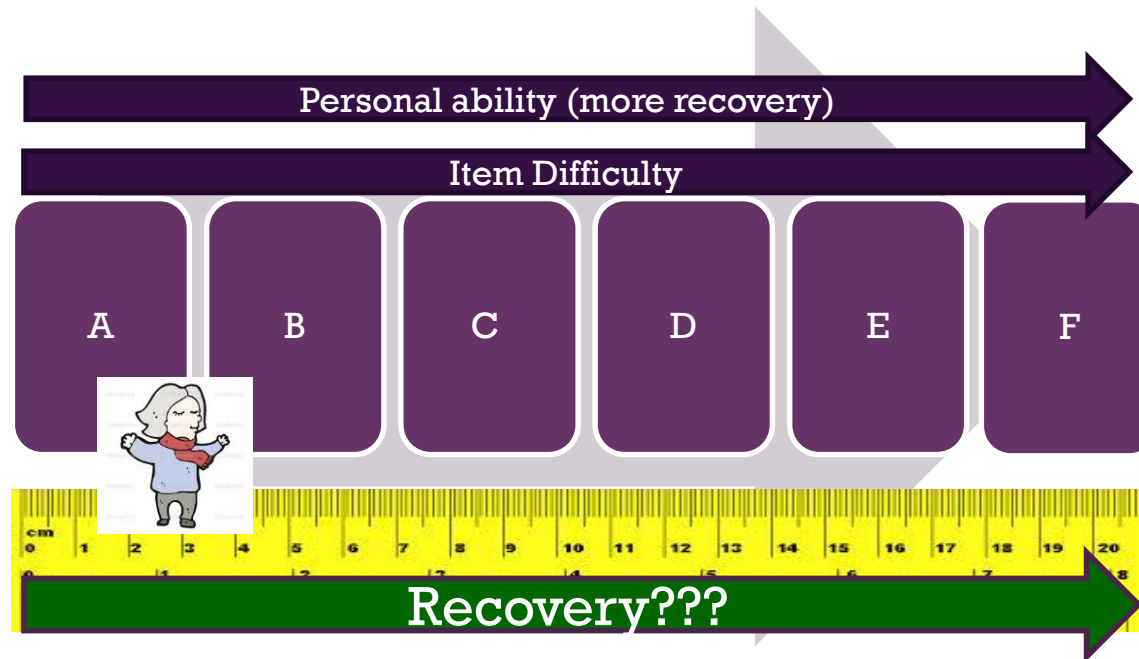
Recovery

Recovery

Recovery Assessment Scale
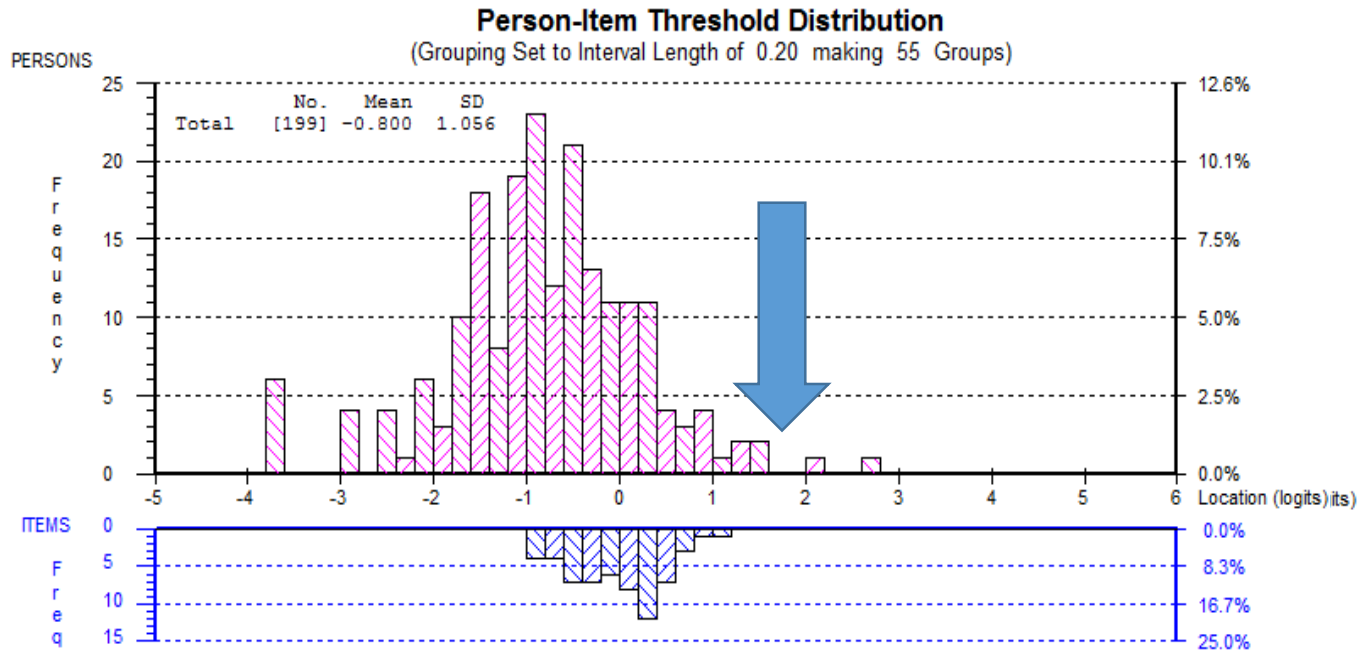
Recovery

Person-Item Threshold Distribution
(Grouping Set to Interval Length of 0.20 making 55 Groups)

Recovery Assessment Scale
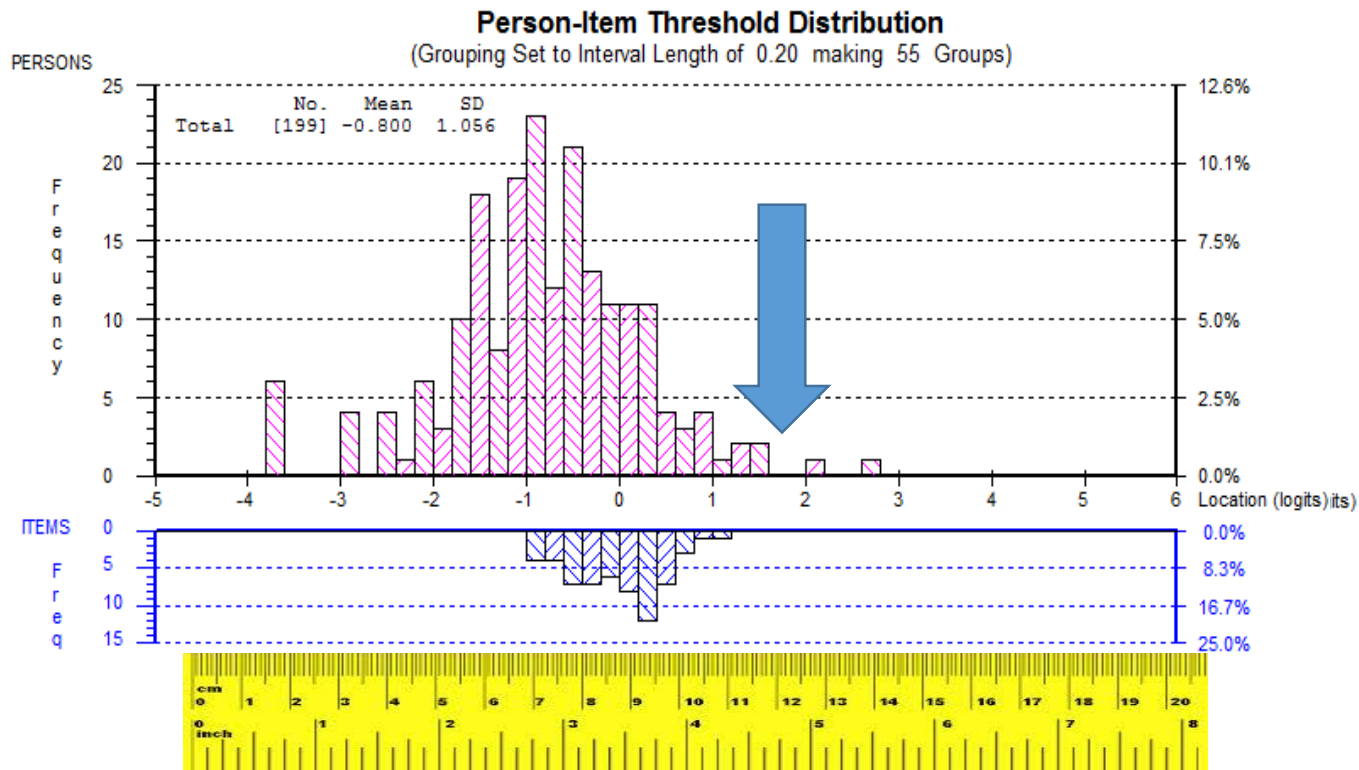
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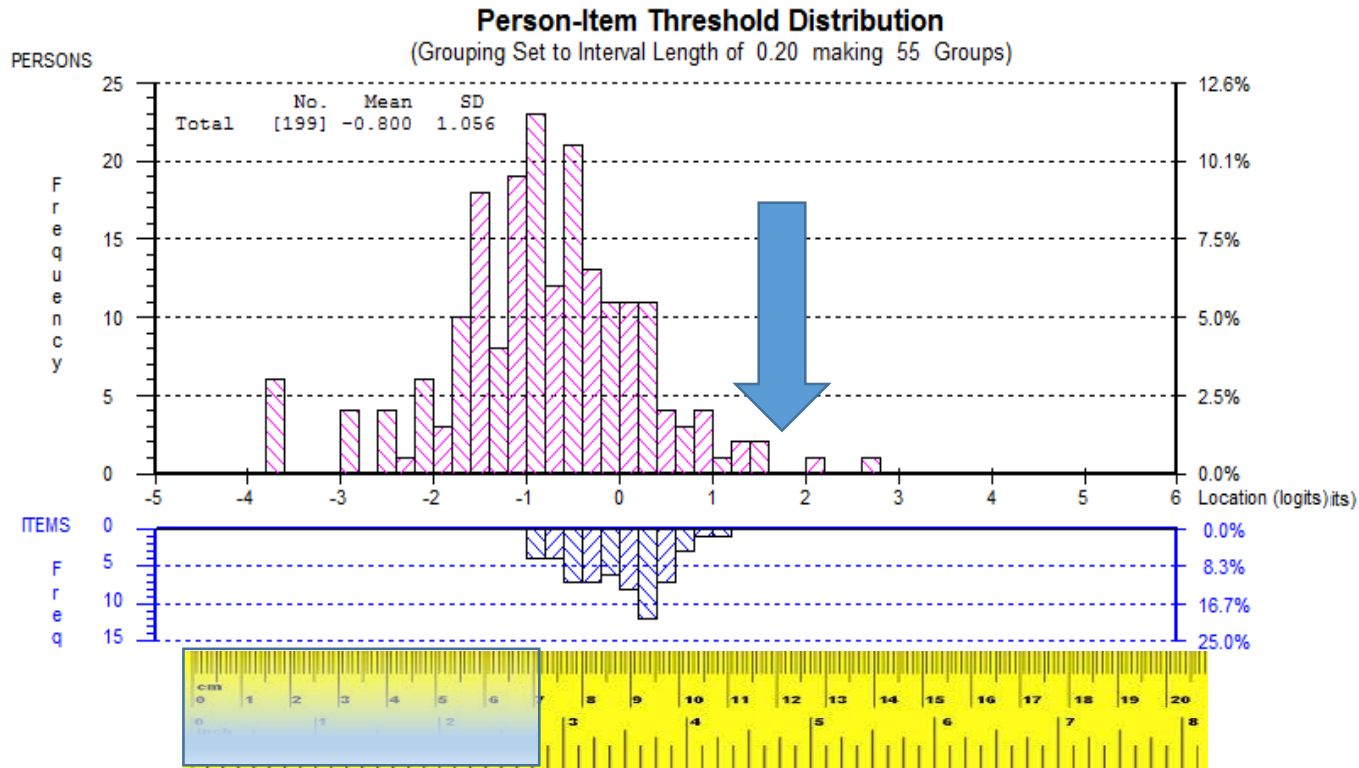
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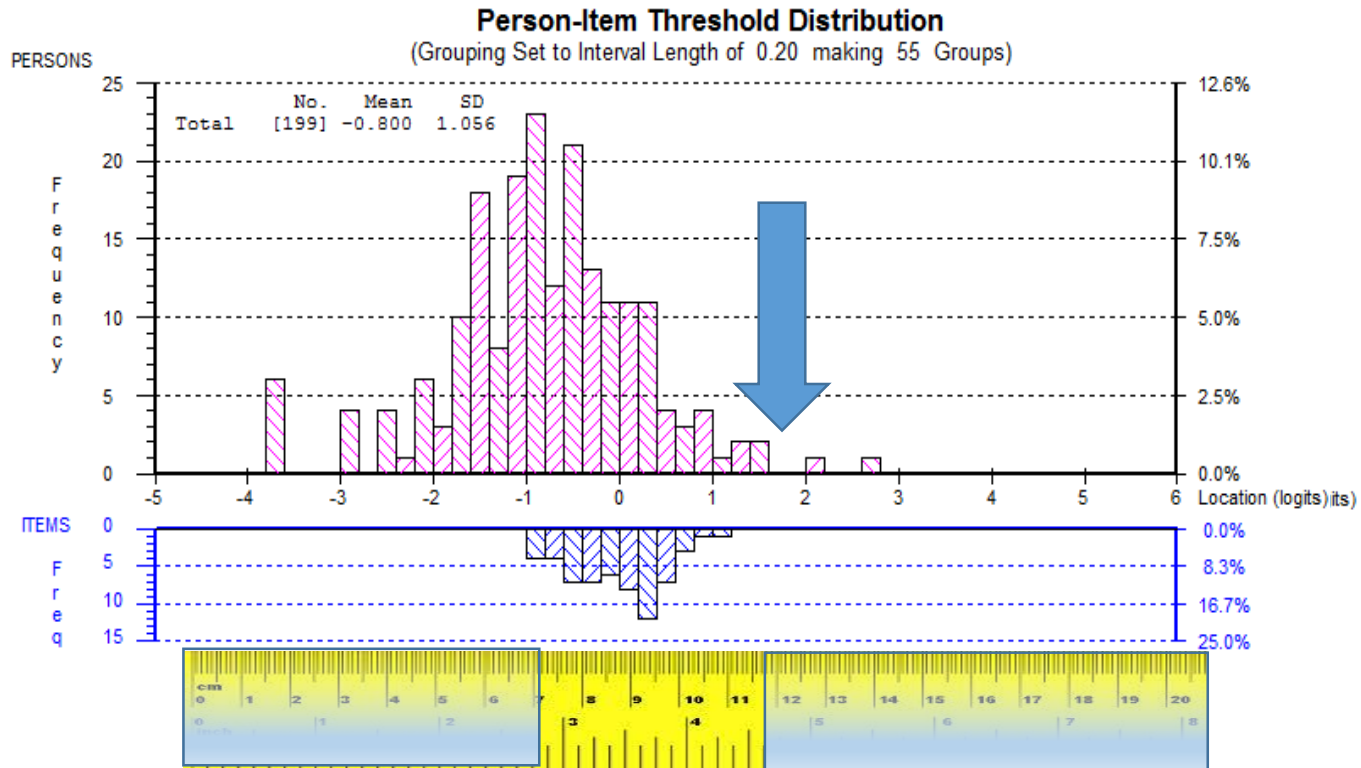
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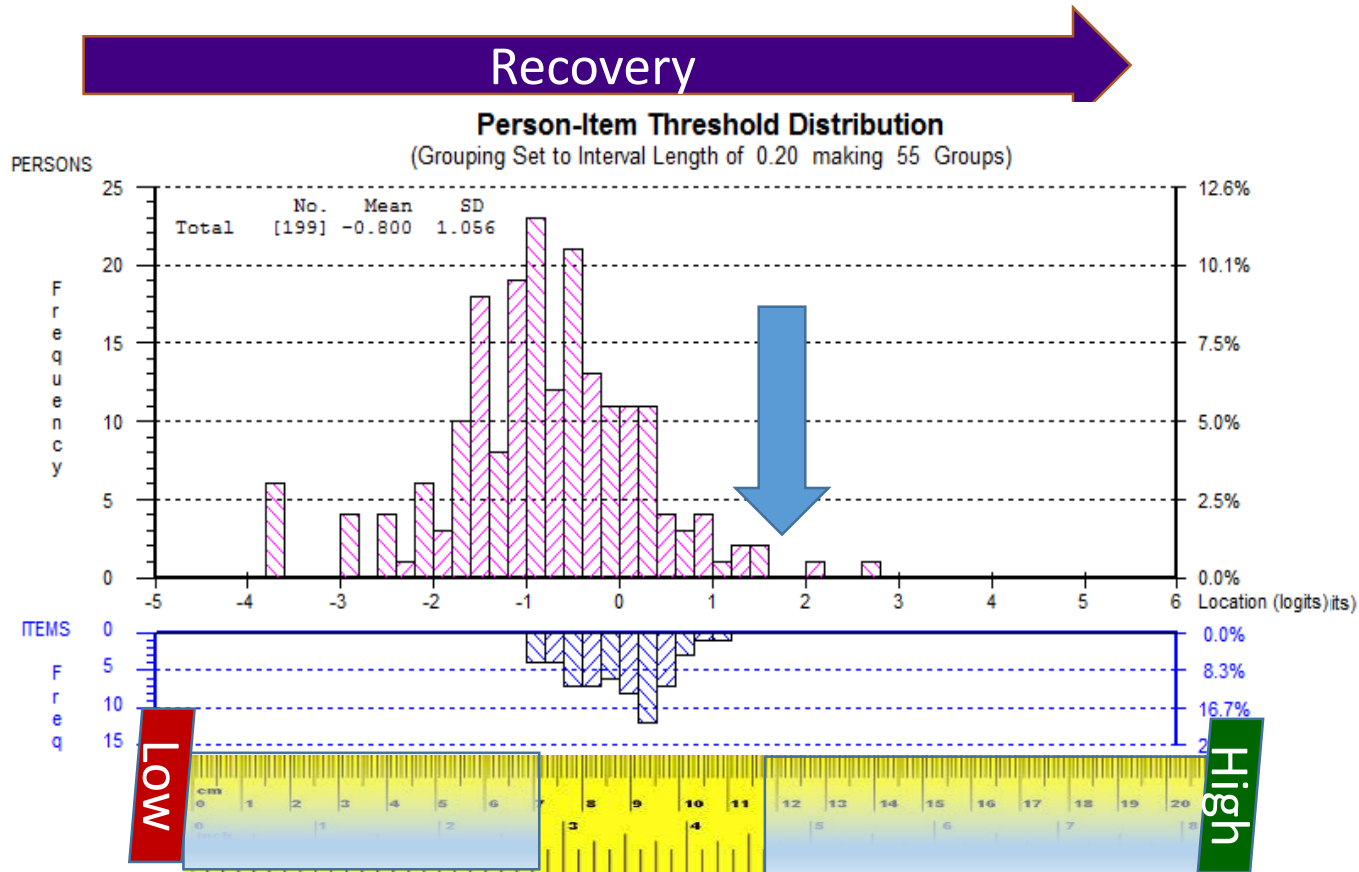
Phase 2: PROM initial item set

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

Person-Item Threshold Distribution
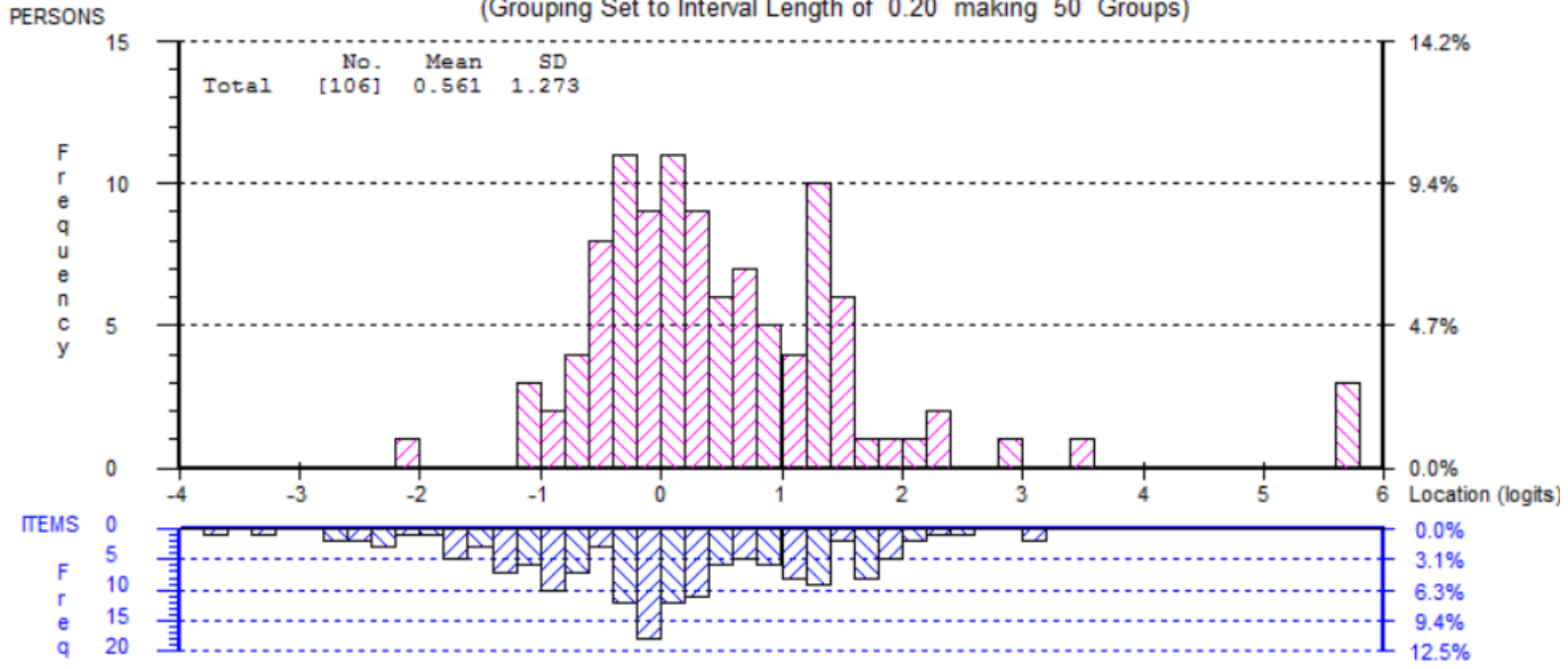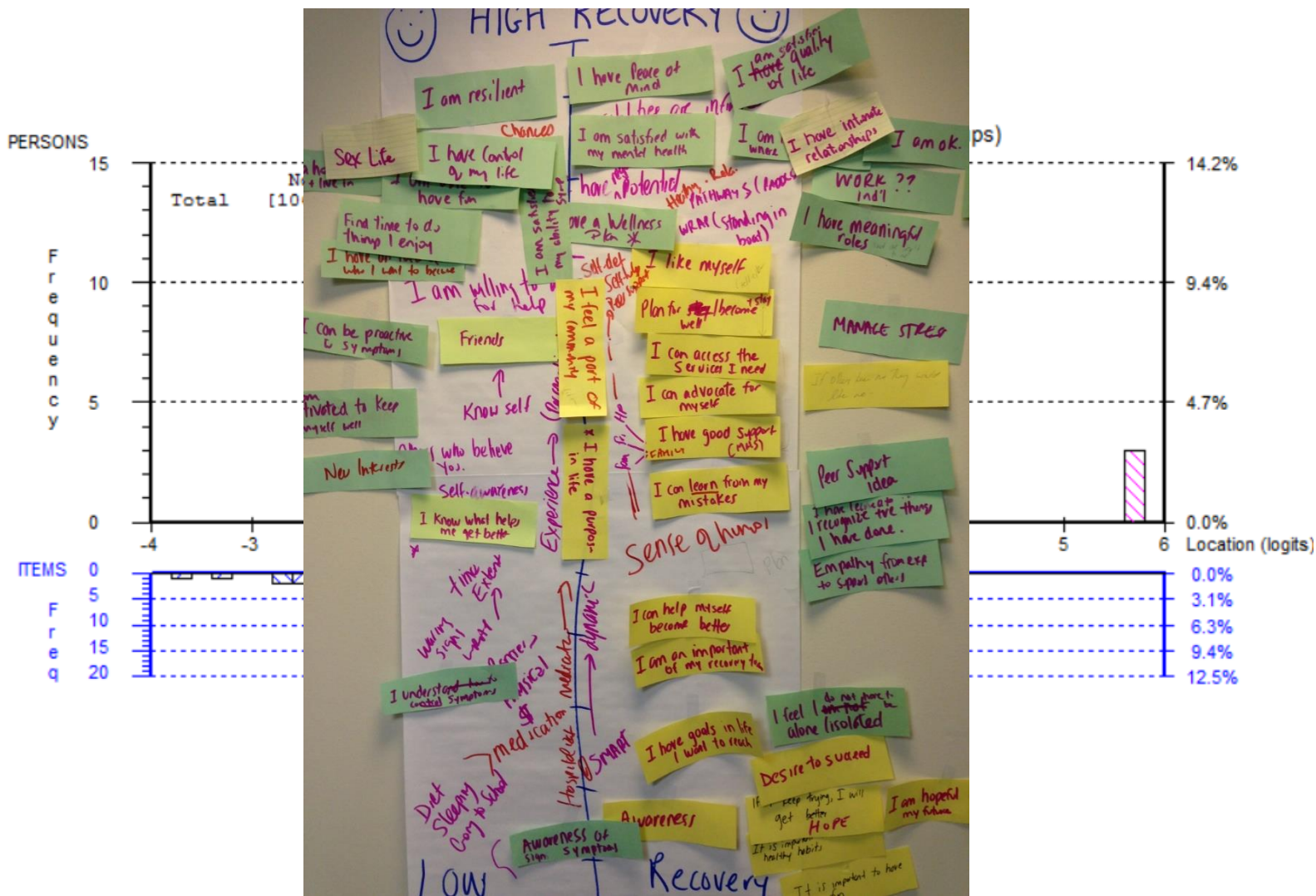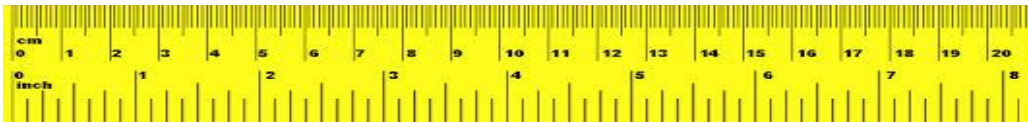
Too long

Measurement Scale

0					
None of th...					...e time

0	1	2	3	4
SD	Dis	Neutral	Agree	SA

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

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QUESTIO

Recovery

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **que**
There are 30 questions. The score for each qu

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you have felt this way by selecting the option y

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0	1
None of the Time	25% of the time

QUESTIONS
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3. I am hopeful about my future
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15. I accomplish the goals I set out for myseli

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)

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Based on your experiences in the **last week**, please indicate how often
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Personal Recovery Outcor

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30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120	ADJUSTED SCORE = TOTAL SCORE / 4				

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

QUESTIONS					
1. I am motivated to keep myself well					
2. I can access the health and social services that I need					
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None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
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29. I am satisfied with my intimate relationships	0	1	2	3	4
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TOTAL SCORE _____ /120	ADJUSTED SCORE = TOTAL SCORE / 4				

SCORE 11/30

Personal Recovery Outcome Measure (PI

Please take the time to fill in the following **questionnaire**.
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4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
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14. I have a purpose in life	0	1	2	3	4
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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 (PI

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				
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	
None of the Time	25% of the time	50% of the time	75% of the time	All of

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

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
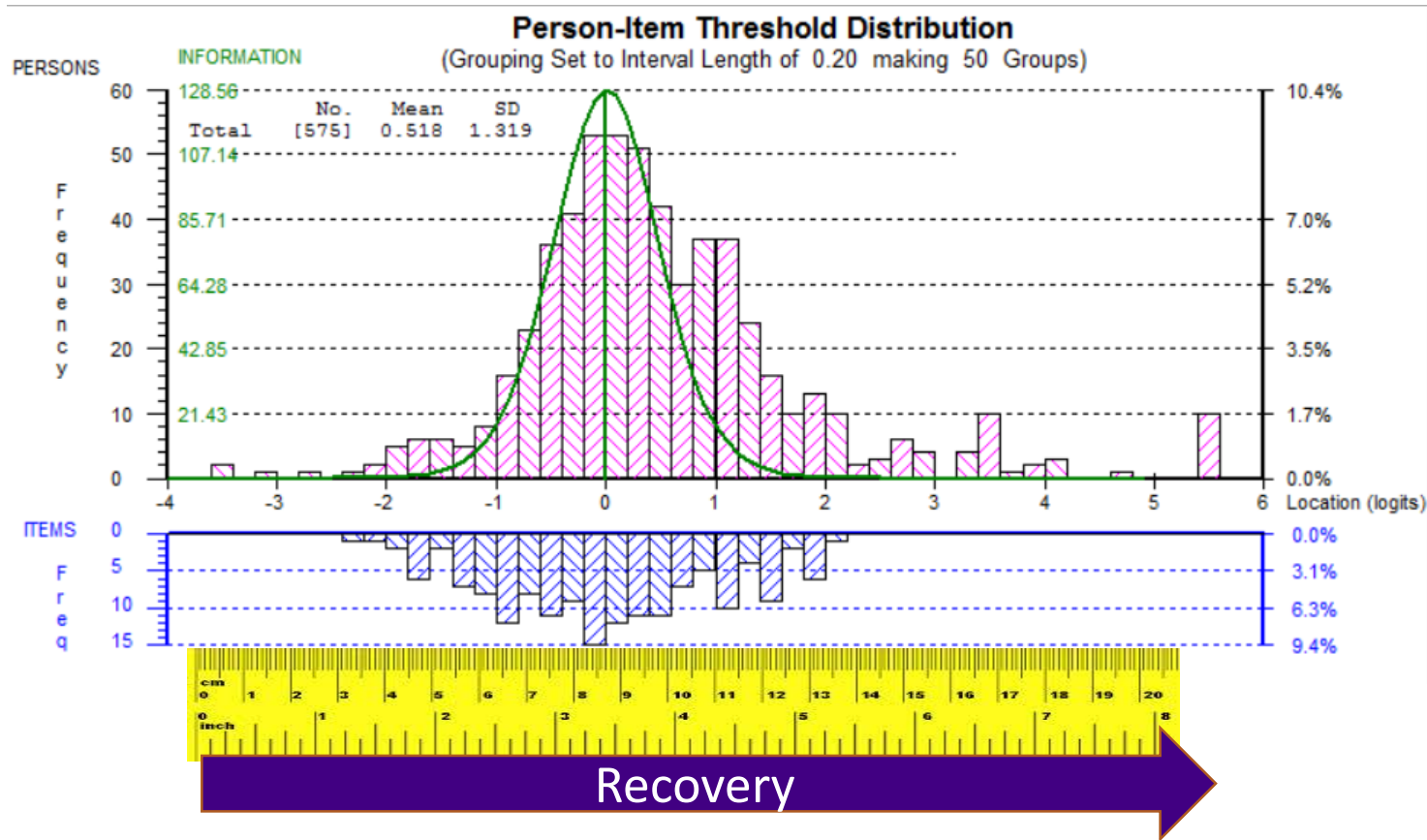you have felt this way by selecting the option you most agree with.

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
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

ADJ2 SCORE 4/30

ADJ SCORE 11/30

CHÉOS
Centre for Health Evaluation
& Outcome Sciences

UBC Occupational Science &
Occupational Therapy

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

Recovery

- Test-retest
- Internal Consistency
- Person Separation

- Face
- Content
- Criterion
- Divergent
- Convergent
- Cross-cultural
- Response Scale

Reliability

Validity

Meaning

Utility

- How does it inform practice

- Cost
- Time to complete
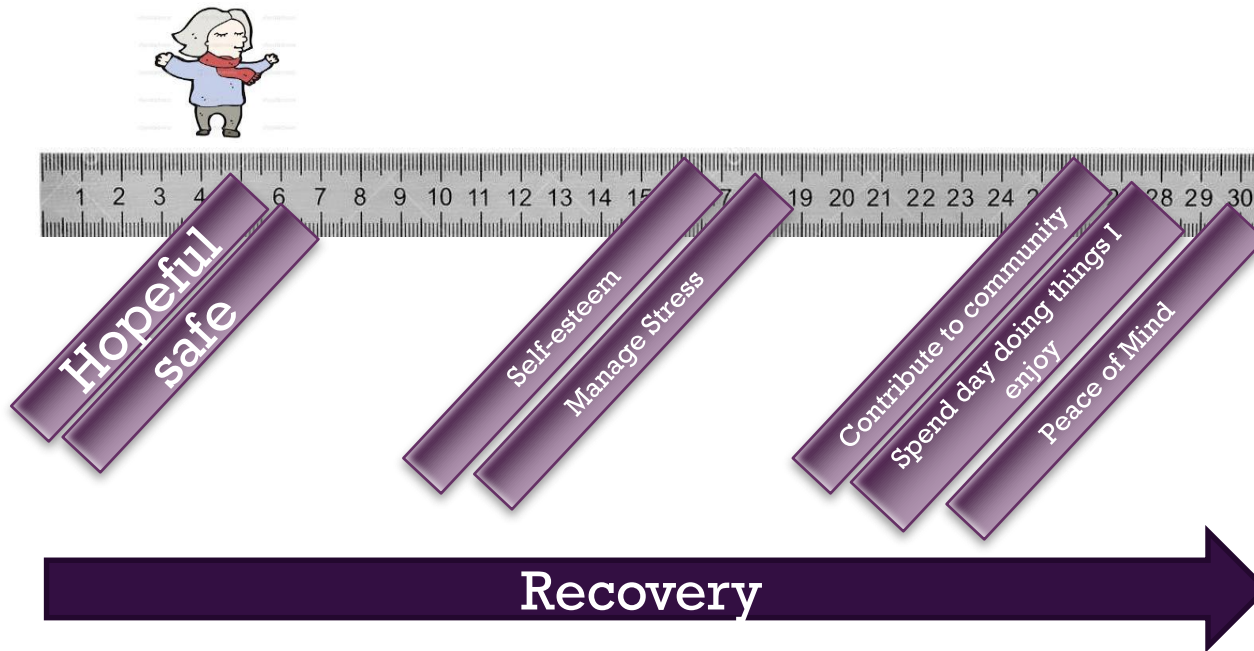- Readability

Ruler for informing care?

Recovery

Ruler for informing care?

Ruler for informing care?

Ruler for informing care?

Hopeful
safe

Self-esteem
Manage Stress

Contribute to community
Spend day doing things I enjoy
Peace of Mind

Recovery

Ruler for informing service?

employment   Citizenship

Community   Education

40%   40%   20%

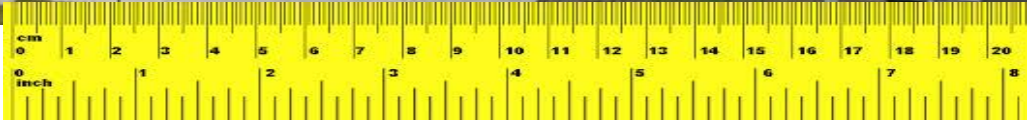**Recovery**

Ruler for informing service?
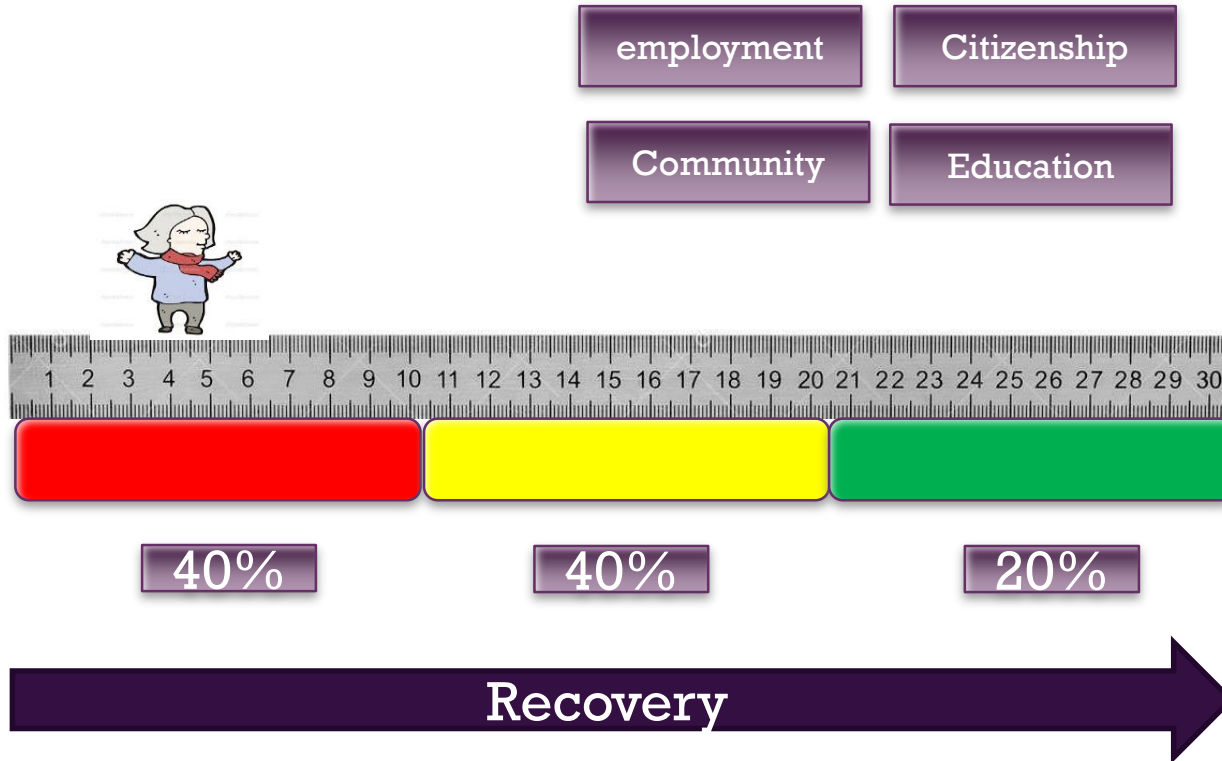
Ruler for informing service?
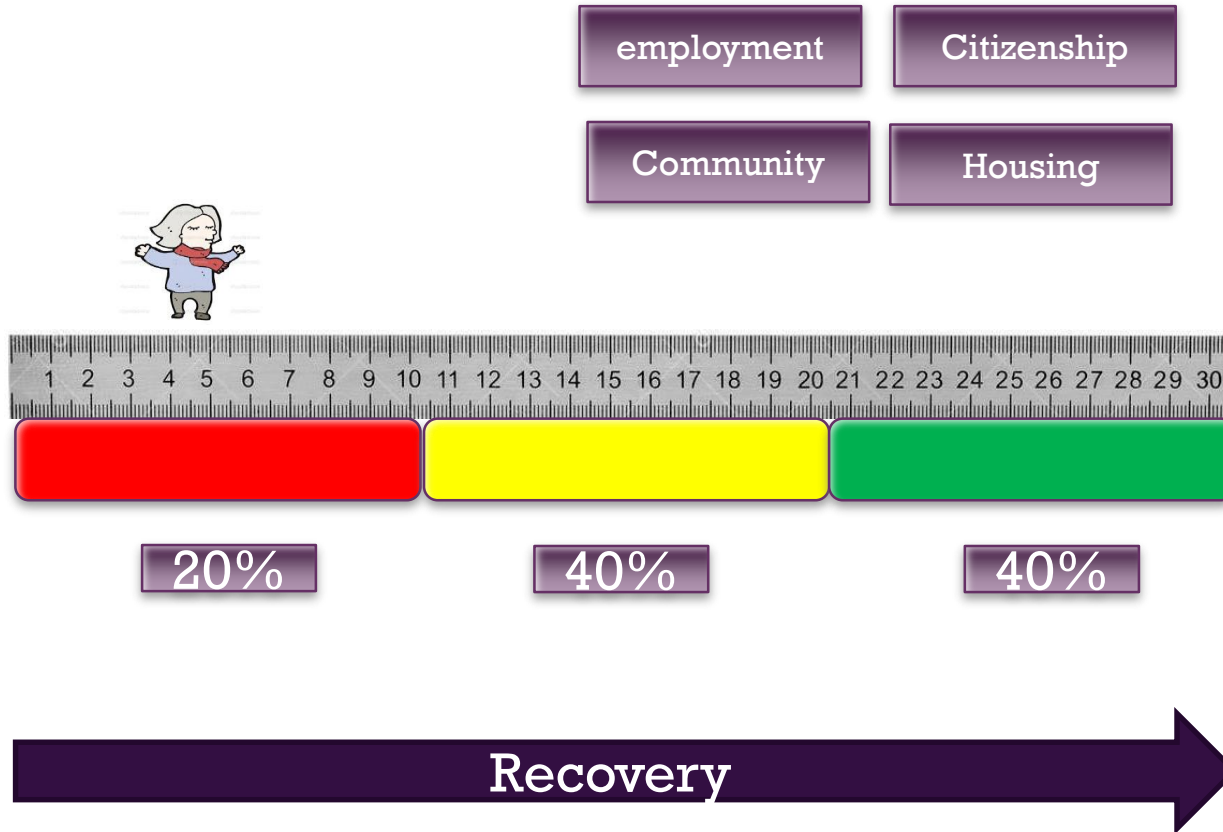
Recovery

"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

How did we do?

Please fill out the survey that opens **after** you leave the webinar

Thank you!

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