



A RECOVERY-ORIENTED SYSTEM OF CARE: MEASURING OUR PROGRESS

Connecticut, through DMHAS, is a leader in developing a recovery-oriented system of behavioral healthcare. How do we know whether we are succeeding?

Success means (a) our services are the types known to aid recovery and (b) services are provided in a recovery-fostering manner. If we are succeeding, the people we serve will be advancing on their individual paths of recovery. So we need to assess not only the nature of our service systems, but also the recovery accomplishments of the people we serve.

Current state-of-the-art makes use of two types of indicators to measure individuals' progress in recovery, namely, *objective measures* and *subjective measures*.

Most frequently examined **objective measures** include:

- Employment
- Independent living situation
- Social connectedness
- Substance use
- Contact with the criminal justice system
- General level of functioning or degree of disability.



Subjective measures deal with individuals' perceptions of themselves and their own recovery. Among the domains commonly assessed are:

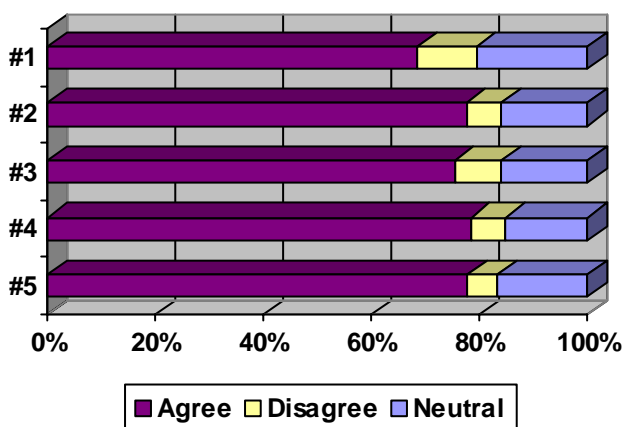
- Self-esteem
- Hope
- Seeing oneself as a worthwhile member of the community
- Perspective on one's illness.

At DMHAS, subjective measures are part of the consumer survey. The survey is based on the nationally recognized *Mental Health Statistics Improvement Program* instrument. Starting with the fiscal year 2005 survey, five questions spotlight subjective aspects of recovery. The graph shows preliminary results.

SUBJECTIVE RECOVERY ITEMS

How much do you agree with the following?

1. I am involved in my community (i.e., church, volunteering, sports, support groups, work).
2. I am able to pursue my interests.
3. Even if my disease/disorder makes things more difficult, I can have the life I want.
4. I feel like I am in control of my treatment
5. I give back to my family and/or community.



Next Steps: Assessment of recovery will be aided by the work of the federal Substance Abuse and Mental Health Services Administration (SAMHSA) in developing National Outcomes Measures. Connecticut stands ready to contribute to this initiative.

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