The background of the slide features a repeating pattern of bamboo stalks and leaves in a light green color. The stalks are vertical and segmented, while the leaves are elongated and pointed, arranged in clusters along the stalks.

Recovery Self-Assessment
Preliminary Data

County of San Diego

Philip A. Hanger, Ph.D.

Recovery Self-Assessment Tool*

- Assess the degree to which recovery-supporting practices are evident
- 36 Items
- Based on 9 Principles of Recovery
- Divided into 5 Subscales
- Data by gender, ethnicity, diagnosis, program/service type

*O'Connell, M. Tondora, J., Croog, G., Evans, A., Davidson, L. (2005) From Rhetoric to Routine: Assessing Perceptions of Recovery-Oriented Practices In a State Mental Health and Addiction System. *Psychiatric Rehabilitation Journal*, 24(4), 378-386.

The Instrument

- Self-Report
- Persons in Recovery (n = 1710)
- Likert-type scale (Agree to Disagree)
- Item Examples:
 - “Staff at this agency encourage me to take risks and try new things.”
 - “The development of my leisure interests and hobbies is a primary focus of my services.”
 - “I have access to all my treatment records.”
 - “Staff focus on helping me to build connections in my neighborhood and community.”

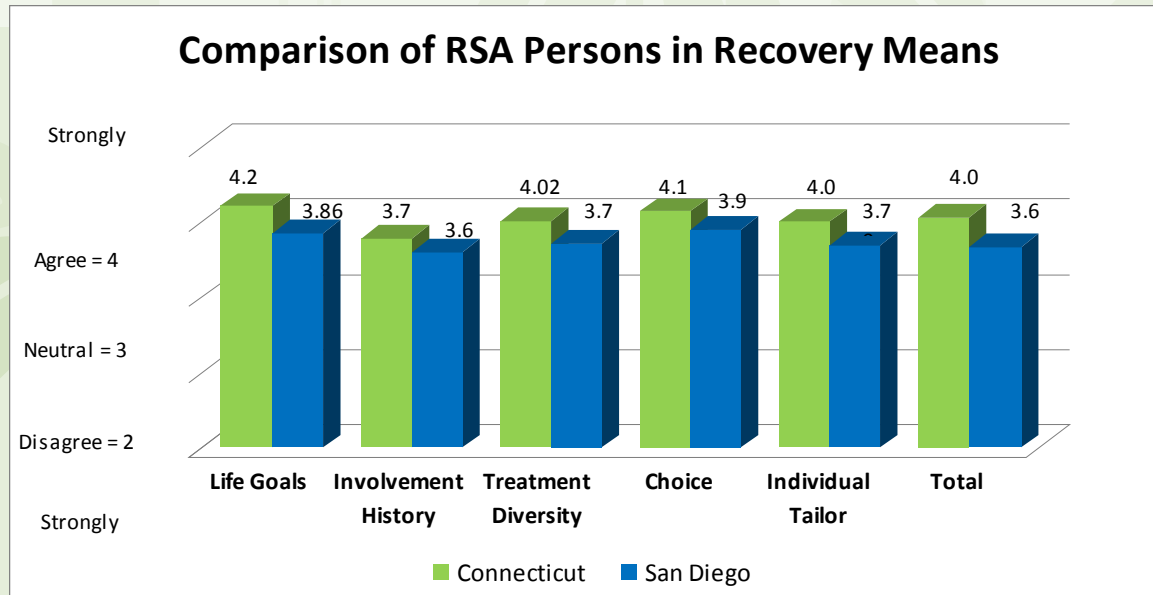
Recovery Model Principles

1. Renewal of Hope & Commitment
2. Redefining Self
3. Incorporating Illness
4. Being Involved in Meaningful Activities
5. Overcoming Stigma
6. Assuming Control
7. Becoming Empowered & Exercising Citizenship
8. Managing Symptoms
9. Being Supported By Others

The Subscales

1. Life Goals
2. Involvement
3. Diversity of Treatment Options
4. Choice
5. Individually Tailored Services

The Findings



- San Diego received overall lower “agreement” ratings than published data (Connecticut)
- San Diego highest rating on Life Goals and Choice
- Lowest ratings on Involvement

The Findings, Continued

- Males provide higher agreement ratings across all subscales
- African-American provide higher ratings in all subscales, except Treatment Diversity
- Highest ratings within Hispanic, Life Goals and Choice
- Highest rating within Native American, Treatment Diversity
- Highest rating within Asian, Choice
- Bipolar and “Other Psychosis” provide higher rating across all subscales
- Case Management programs (FSPs) higher than Outpatient programs on all subscales

Utility

- A baseline for comparison in San Diego
 - ✓ A measure of the recovery orientation of our system of care
- Useful to create “Recovery Profiles”
 - ✓ Relative Strengths
 - ✓ Areas of Improvement
 - ✓ Comparison of agencies/programs
- Not intended to evaluate individual consumer outcomes

Next Steps

- Administration to other stakeholders
 - ✓ Family Advocates
 - ✓ Providers
 - ✓ Agency Administrators
- Target improvements in Recovery Strategies
- Reassess for change in System