



Recovery Assessment Scale

FY'18 Summary Report

Consumer Outcome Measure

Introduction

The Recovery Assessment Scale (RAS) is a 20-item measure developed as an outcome measure for program evaluations. Based on a process model of recovery, the RAS attempts to assess aspects of recovery with a special focus on hope and self-determination.

The tool is a voluntary self-reflective assessment used to measure their perceptions of individual recovery. It is distributed by providers to adult consumers with a diagnosis of mental illness at start of service and at least annually thereafter. Clinical staff are encouraged to use the RAS to set consumer goals and celebrate successes. A copy of the RAS form can be found in the appendix on page 8.

Implementation of the RAS assessment is part of a regional performance improvement project. CMH results represented on this report include assessments completed at Hope Network New Passages, Saginaw County Community Mental Health, Saginaw Psychological Services, Inc., and Training and Treatment Innovations, Inc. along with comparative results from MSHN's implementation.

Scoring Methodology

All items on the RAS assessment are rated on a 5-point Likert scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Not Sure, 4 = Agree, and 5 = Strongly Agree. Staff indicated if the assessment was completed by a new consumer with their first contact ("initial") or with an existing consumer ("ongoing"). They also noted if a consumer refused to complete it. Responses are scored as a comprehensive total and as three separate domains: Clinical Recovery, Personal Recovery, and Social Recovery.

Response Rates

The table below details FY'16 to FY'18 response rates for each provider. Response rates are broken down by initial assessments, ongoing assessments and totals.

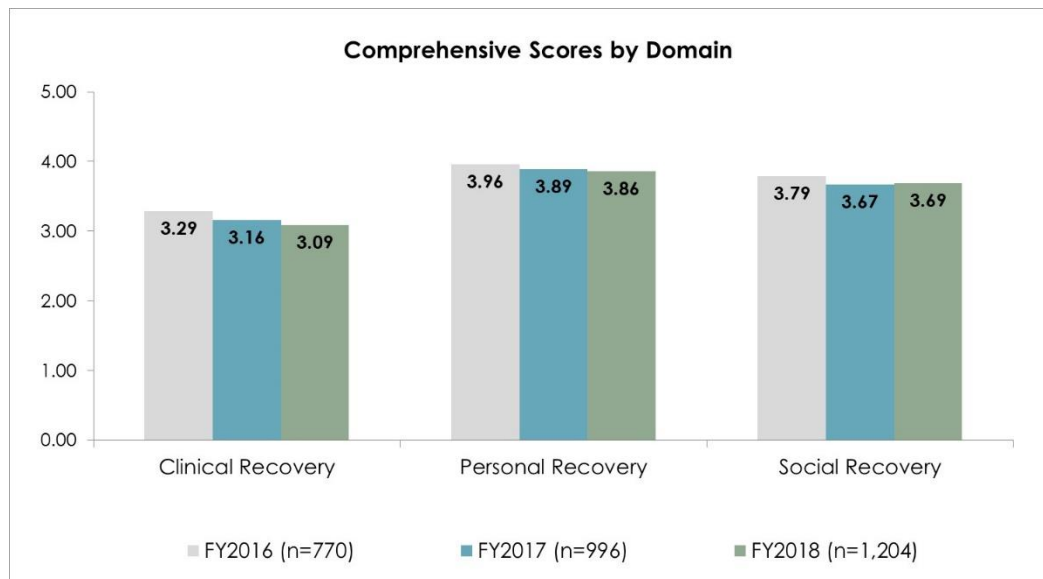
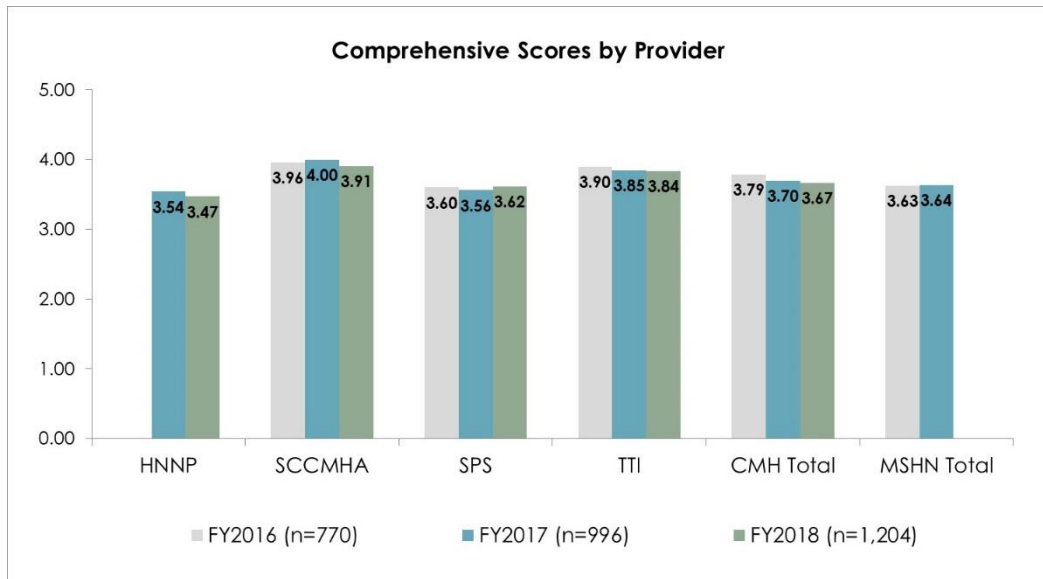
Response Rates	FY'16			FY'17			FY'18		
	Intital	Ongoing	Total	Intital	Ongoing	Total	Intital	Ongoing	Total
Hope Network New Passages	*	*	*	185	78	263	341	65	406
Saginaw County Community Mental Health Authority	45	108	153	38	80	118	31	103	134
Saginaw Psychological Services, Inc.	136	163	299	128	171	299	179	57	236
Training & Treatment Innovations, Inc.	153	165	318	118	198	316	161	267	428
CMH Total	334	436	770	469	527	996	712	492	1,204

*new in FY'17

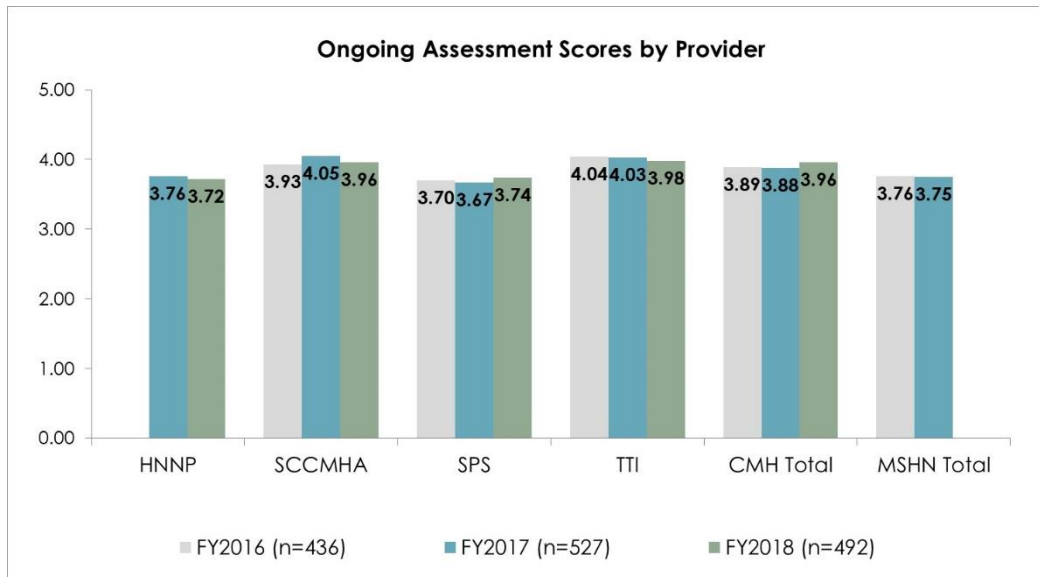
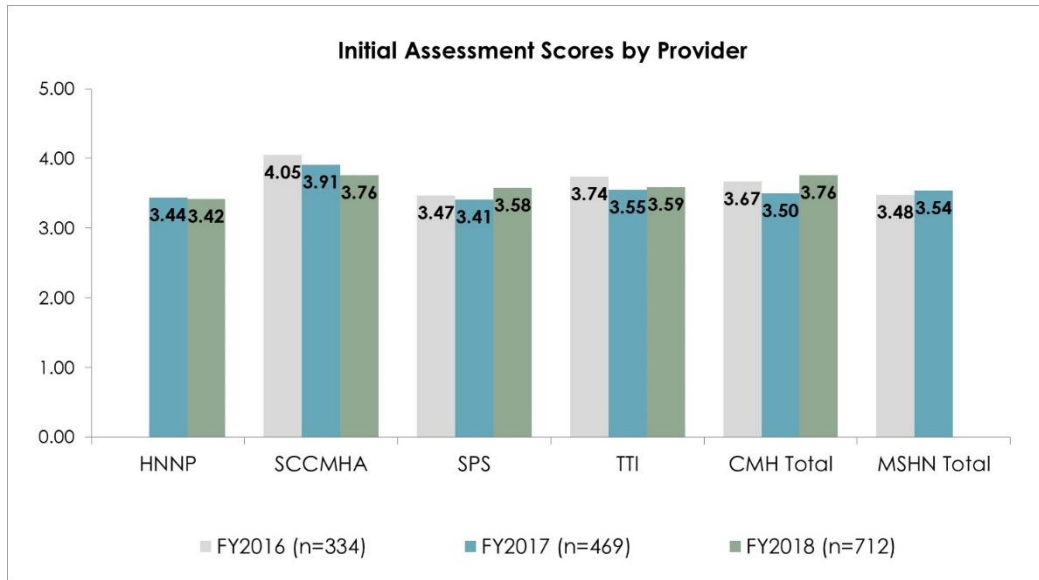
NOTE: Forty to fifty consumers refused to complete the RAS each year.

Comprehensive Scores

The first chart below provides comprehensive scores by provider as well as totals for the CMH and MSHN PIHP. The second chart shows comprehensive CMH scores by RAS domain. NOTE: MSHN did not participate in the RAS in FY'18; therefore, no scores are depicted for MSHN for that year.



The first chart below provides comprehensive scores of those RAS completed by a new consumer with their initial assessment; while the second chart provides comprehensive scores of those RAS completed by an existing consumer with an ongoing assessment.

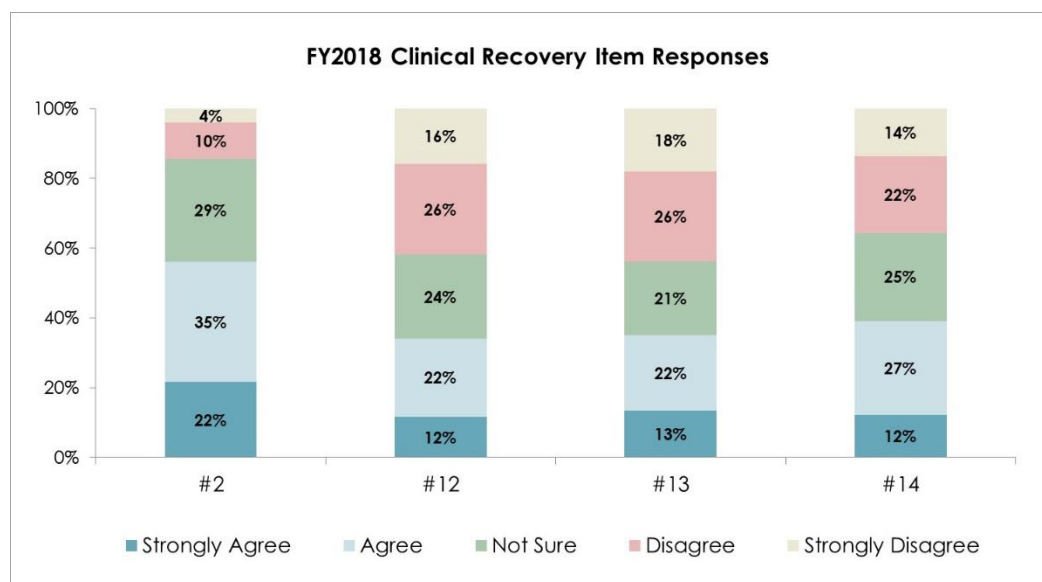
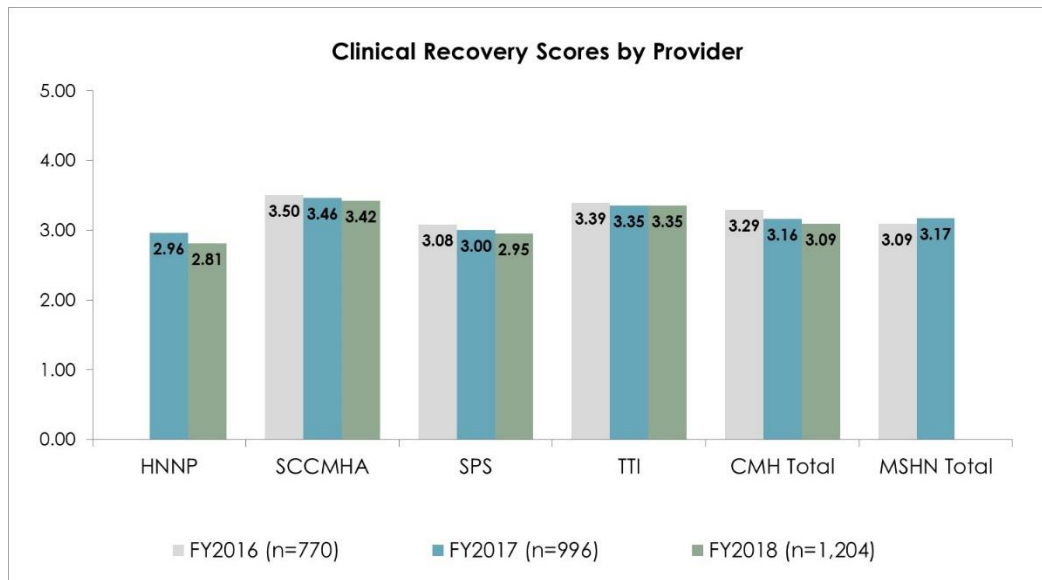


Scores by Domain

Clinical Recovery

The first chart below provides comprehensive scores of the Clinical Recovery domain. The second chart depicts how the individuals responded to the four items within the domain which answer how the consumer feels about their symptoms and mental illness. The questions in this domain are:

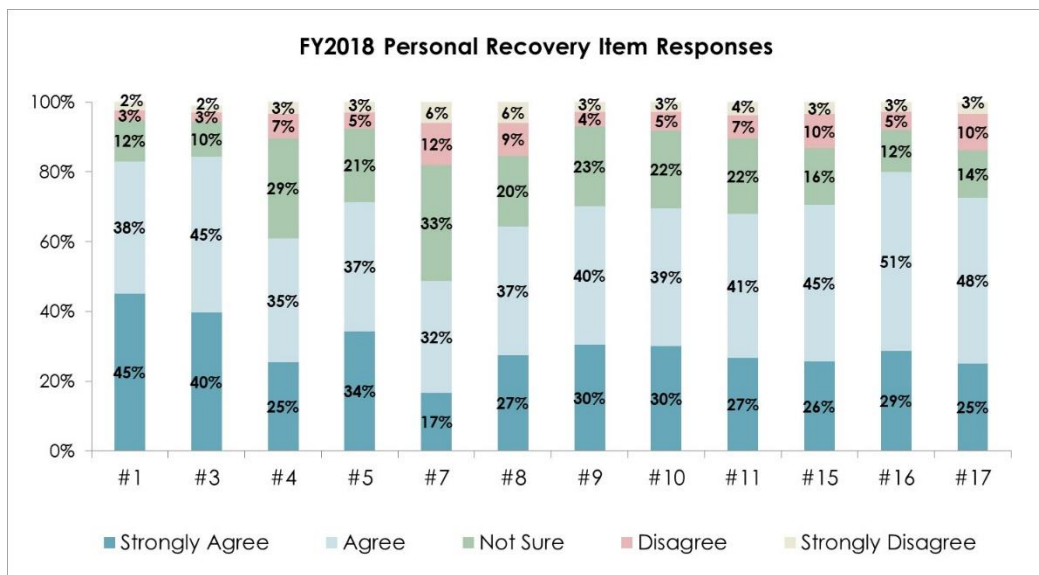
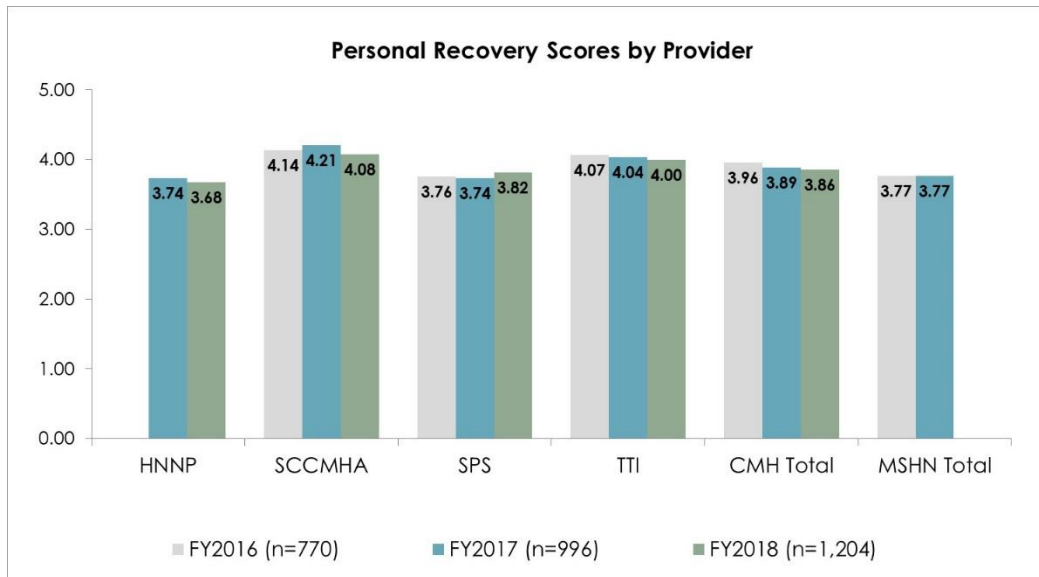
2. I have my own plan for how to stay or become well.
12. Coping with my mental illness is no longer the main focus of my life.
13. My symptoms interfere less and less with my life.
14. My symptoms seem to be a problem for shorter periods of time each time they occur.



Personal Recovery

The first chart below provides comprehensive scores of the Personal Recovery domain. The second chart depicts how the individuals responded to the twelve items within the domain which measure how the consumer takes into account their preferences and choices during the recovery process. The questions are:

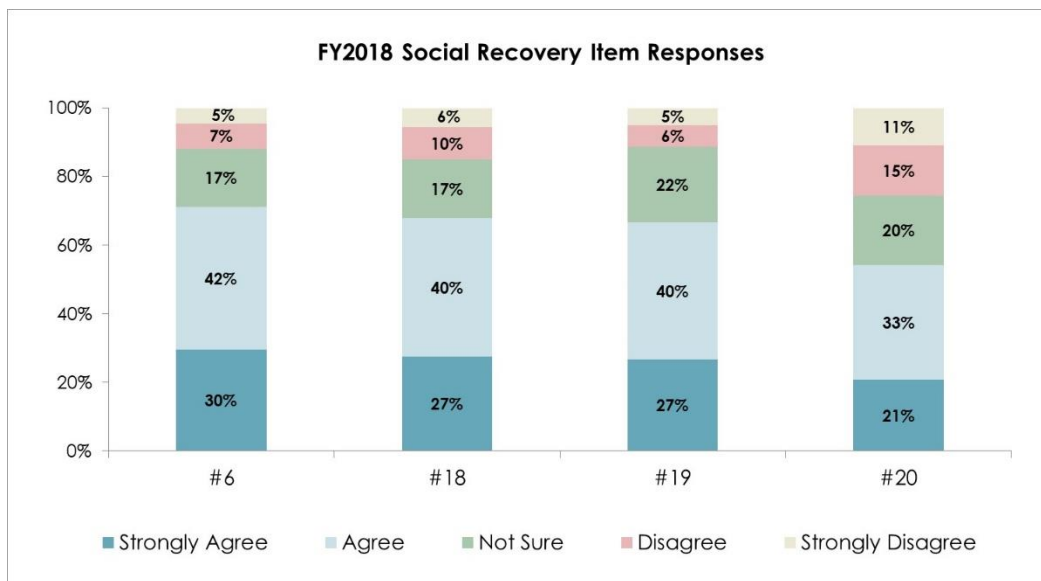
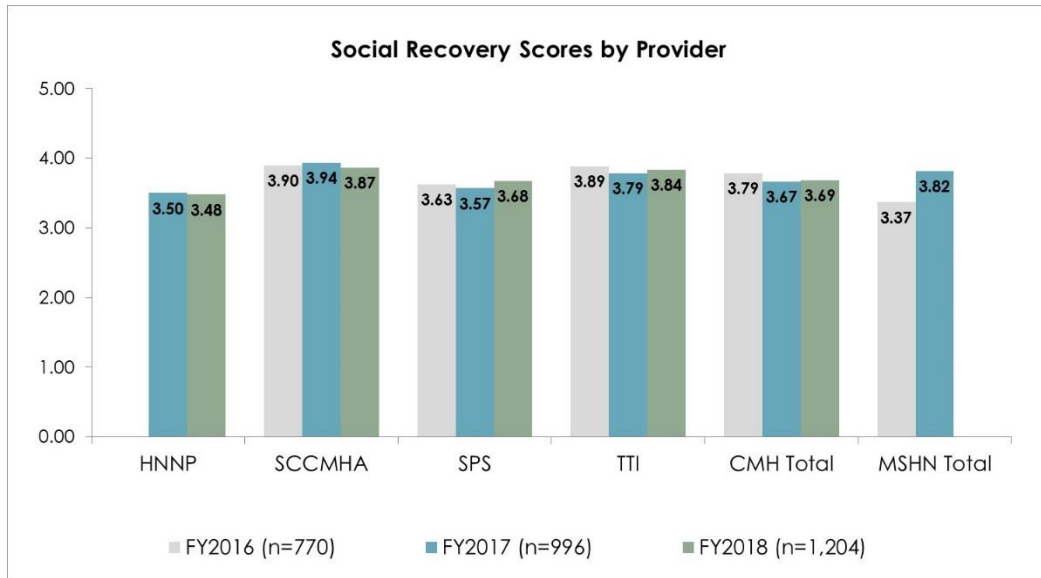
1. I have a desire to succeed.
3. I have goals in life that I want to reach.
4. I believe I can meet my current personal goals.
5. I have a purpose in life.
7. I can handle what happens in my life.
8. I like myself.
9. If people really knew me, they would like me.
10. Something good will eventually happen.
11. I'm hopeful about my future.
15. I know when to ask for help.
16. I am willing to ask for help.
17. I ask for help, when I need it.



Social Recovery

The first chart below provides comprehensive scores of the Social Recovery domain. The second chart depicts how the consumer feels about their support system in the recovery process. The questions in this domain are:

- 6. Even when I don't care about myself, other people do.
- 18. I have people I can count on.
- 19. Even when I don't believe in myself, other people do.
- 20. It is important to have a variety of friends.



Quality Improvement Opportunities

Results exhibit a higher score for those RAS completed by existing consumers versus those completed by new consumers at initial contact. This is a positive result which supports that CMH providers embrace a culture and provides services and supports that are founded in recovery. Comprehensive scores by provider and by domain remained fairly consistent from year to year.

These results will be reviewed by the Adult Case Management Supervisors to determine if there are any trends evident from FY'16 to FY'18 and if any improvement efforts can be made. Each provider will also review their scores with their staff for analysis and improvement efforts.

Completed by: Julie McCulloch

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Recovery Assessment Scale (RAS) SHORT FORM



Consumer Name		Consumer I.D.		Date		
Team Name		Staff Name				
Type of Assessment <input type="checkbox"/> Initial (first contact w/ new consumer) <input type="checkbox"/> Ongoing (existing consumer) <input type="checkbox"/> Refused (consumer refused to complete)						
Instructions: Below is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and indicate the response that best describes the extent to which you agree or disagree with the statement. Please indicate whether you strongly disagree (1), disagree (2), not sure (3), agree (4), or strongly agree (5) with these statements.						
		Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
1.	I have a desire to succeed.	1	2	3	4	5
2.	I have my own plan for how to stay or become well.	1	2	3	4	5
3.	I have goals in life that I want to reach.	1	2	3	4	5
4.	I believe I can meet my current personal goals.	1	2	3	4	5
5.	I have a purpose in life.	1	2	3	4	5
6.	Even when I don't care about myself, other people do.	1	2	3	4	5
7.	I can handle what happens in my life.	1	2	3	4	5
8.	I like myself.	1	2	3	4	5
9.	If people really knew me, they would like me.	1	2	3	4	5
10.	Something good will eventually happen.	1	2	3	4	5
11.	I'm hopeful about my future.	1	2	3	4	5
12.	Coping with my mental illness is no longer the main focus of my life.	1	2	3	4	5
13.	My symptoms interfere less and less with my life.	1	2	3	4	5
14.	My symptoms seem to be a problem for shorter periods of time each time they occur.	1	2	3	4	5
15.	I know when to ask for help.	1	2	3	4	5
16.	I am willing to ask for help.	1	2	3	4	5
17.	I ask for help, when I need it.	1	2	3	4	5
18.	I have people I can count on.	1	2	3	4	5
19.	Even when I don't believe in myself, other people do.	1	2	3	4	5
20.	It is important to have a variety of friends.	1	2	3	4	5