Measurement of Recovery for Persons with Severe Mental Illness

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Purpose

• Discuss research measuring recovery in persons with serious mental illness
• Compare and contrast quantitative and qualitative methods
• Issues with recruitment and retention of subjects.
Is Recovery Measureable?

- Model case
- Borderline case
- Contrary case
Components

• Hope
• Self esteem
• Self confidence, competence
• Insight
• Moving forward with life.
• Interdependence
Important Factors

- Family, friends—Social Support
- Medication
- Housing
- Meaningful activity: Work?
- Physical health
- Stress reduction
Assessment of Instruments

- Measures domains related to personal recovery
- Brief & easy to use
- Takes a consumer perspective
- Yields quantitative data
- Scientifically scrutinized, valid, reliability, sensitive
- Fits cultural context, readability
- Acceptable to consumers
Selected Quantitative Instruments for Measurement of Recovery

- Agreement with Recovery Scale
- Crisis Hostel Healing Scale
- Mental Health Recovery Measure (MHRM)
- Personal Vision of Recovery Questionnaire (PRVQ)
- Recovery Assessment Scale (RAS)
- Recovery Attitudes Questionnaire (RAQ-7), (RAQ-16)
- Stages of Recovery
Selected Qualitative Measures

- Rochester Recovery Interview
- Recovery Interview
Recovery-Related Measures

- Community Living Skills Scale
- Hearth Hope Index
- Mental Health Confidence Scale
- Making Decisions Empowerment
- Personal Empowerment Scale
- Well-Being Scale
- UCLA Loneliness Scale
Challenges of Recruitment

- Confidentiality laws
- May need to get guardian permission also
- Incentives needed
- Usable, acceptable tool
- Readability - Questions easily misinterpreted
Challenges of Retention

- Making Contact
- "No Show" appointments
- Difficulty with symptoms
- Frequent relapse, serious illness
- Lack of trust
- Unstable housing, move frequently
- May stir up old memories they wish to forget
Documenting Mental Health Success Stories

- Finding Paths to Recovery
- Linda Jensen & Theresa Wadkins, PhD, U of Nebraska at Kearney
- Several grad students:
- Funding from Univ of NE Public Policy Center
Participants

- Thirty individuals with severe mental illness
- Who considered themselves successful in their path toward recovery
- Customers of informal mental health services
- Members of advocacy organizations
Design

Semi-structured interviews - audio recorded

- Physical and mental health
- Services they have or are currently using,
- Medication management
- Work history
- Transportation, housing,
- Family and friends, social activities
- Quality of life.
Steps on Paths to Recovery

• 1. Finding acceptance and understanding of my mental illness;
• 2. Redefining my identity and finding ways of coping;
• 3. Finding a way to advocate to decrease stigma
• 4. Helping others along their paths,
Acceptance & understanding of MI

• They were not alone in their struggles
• Learned to make choices
• Educated selves about illness & medications,
• Overcame the stigma
Redefining identity

- Seeing themselves as a “person” with mental illness
- Helping others see them as a person, not as a diagnosis
- Working toward preventing relapse.
- Ways of coping (WRAP plans)
Finding ways to decrease Stigma

- Advocacy gave a purpose for new identity, companionship.
- An opportunity for growth and development of their abilities.
Helping others along their paths

- Support groups:
- Peer support specialists
- Training or college classes to enhance abilities, standardize requirements
Recovery is a Process

- Recovery is not linear
- Recovery is individualized
- Recovery takes time
- Both Formal and Informal services are needed for recovery.
Selected References

- Ralph, Kidder, & Philllips. (2000). Can we measure recovery? CMHS:Evaluation Center @HSRI