Recovery Self-Assessment
Preliminary Data
County of San Diego

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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

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