

IMR Outcomes Report

Systemwide — Fiscal Year 2012-13



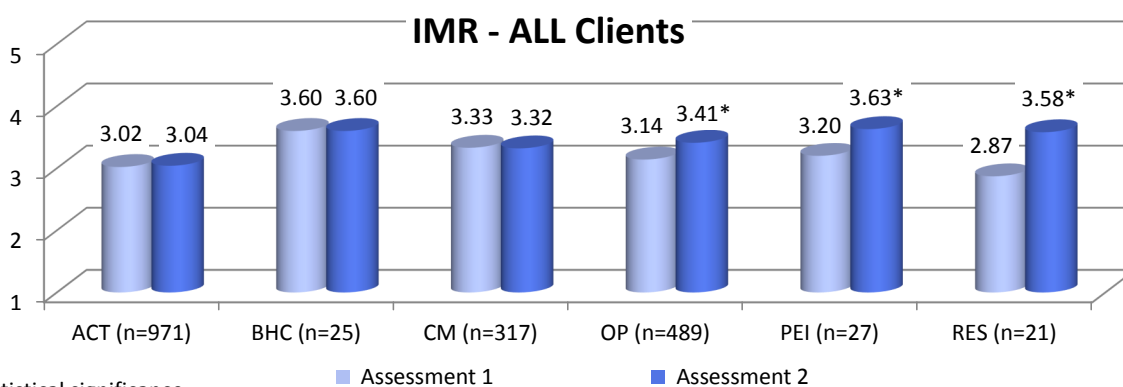
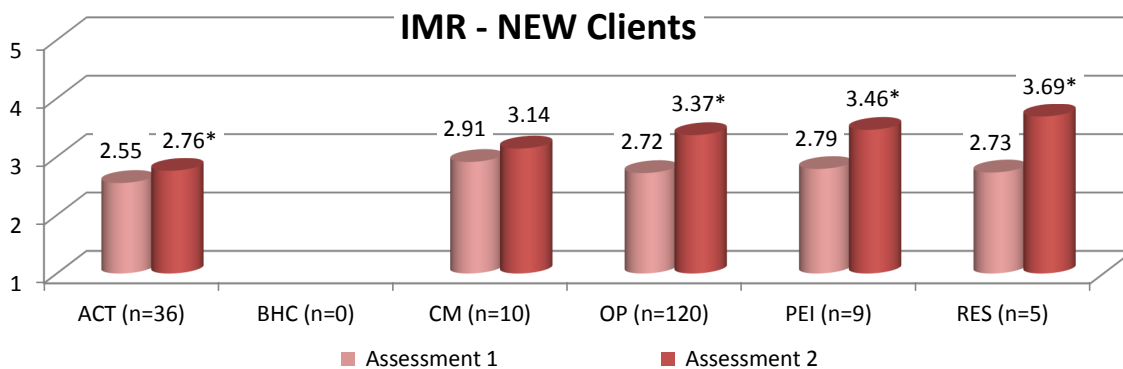
Recovery is a primary goal of San Diego County Behavioral Health Services (SDCBHS). In order to better assess mental health outcomes, SDCBHS has implemented a system of measuring recovery from both clinician and client perspectives. Program staff and clients throughout San Diego County have been using the measures since implementation rollout in July 2009. Staff report that the measures improve therapeutic dialogue with the people they serve while being easy to use and more clinically relevant than previous outcomes measures. People receiving services appreciate the recovery-based focus of the instruments and knowing that their voice is heard in evaluating their progress.

Clinician Measure of Recovery

This report presents outcomes of the Illness Management and Recovery Scale (IMR), which measures clinicians' perceptions of their clients' recovery. Each of the 15 individual items comprising the IMR addresses a different aspect of illness management and recovery. Scores can also be reported using 3 subscales, which combine individual items to represent illness recovery, management, and substance abuse dimensions of treatment outcomes. Included in this report are clients who had a follow-up assessment within Fiscal Year FY 2012-13.

IMR scores range from 1 to 5, with 5 representing the highest level of recovery. "NEW" clients are those individuals who started receiving services in 2012 or later, who had two IMR assessments during FY 2012-13 (assessments 1 and 2), and whose first service date was within 30 days of their first assessment. "ALL" clients includes every individual served who had two assessments during FY 2012-13 (assessments 1 and 2), regardless of how long they have been receiving services. The charts below present differences in progress towards recovery by location of service: Assertive Community Treatment (ACT), Behavioral Health Court (BHC), Case Management (CM), Outpatient (OP), Prevention/Prevention and Early Intervention (PEI) Service, and Residential (RES). Statistically significant increases in scores are indicated below with an asterisk.

The scores of all NEW clients increased; matching assessments were not yet available for BHC clients in FY 2012-13. For ALL clients, statistically significant changes were seen for clients in OP, PEI, and RES categories.



* Indicates statistical significance.

IMR Scores by IMR Item — Means for Assessments 1 and 2

Each of the 15 individual items comprising the IMR addresses a different aspect of illness management and recovery. IMR scores range from 1 to 5, with 5 representing the highest level of recovery. NEW clients in the table below are those individuals who started receiving services in 2012 or later, who had two IMR assessments during FY 2012-13 (assessments 1 and 2), and whose first service date was within 30 days of their first assessment. ALL clients includes every individual served who had two assessments during FY 2012-13 (assessments 1 and 2), regardless of how long they have been receiving services. Both ALL and NEW clients' IMR scores increased on all items and subscales, with the exception of item 13 for ALL clients: Using Medication Effectively, which remained relatively high but unchanged.

ITEM	ILLNESS MANAGEMENT & RECOVERY SCALE (IMR)	NEW CLIENTS				ALL CLIENTS			
		N	ASSESSMENT #		CHANGE	N	ASSESSMENT #		CHANGE
			1	2			1	2	
1	Progress towards personal goals	179	2.21	2.91	▲	1,833	2.87	2.95	▲
2	Knowledge	180	2.29	2.96	▲	1,847	2.85	2.96	▲
3	Involvement of family and friends in my treatment	178	2.80	3.05	▲	1,840	2.84	2.86	▲
4	Contact with people outside of my family	179	2.58	2.91	▲	1,842	3.05	3.17	▲
5	Time in structured roles	178	2.09	2.60	▲	1,828	1.89	2.00	▲
6	Freedom from symptom distress	176	1.80	2.46	▲	1,833	2.35	2.49	▲
7	Ability to function	180	1.78	2.50	▲	1,842	2.29	2.46	▲
8	Relapse prevention planning	177	1.95	3.19	▲	1,811	3.28	3.41	▲
9	Freedom from relapse of symptoms	179	2.20	3.14	▲	1,816	3.03	3.26	▲
10	Avoidance of psychiatric hospitalization	173	4.17	4.45	▲	1,789	4.12	4.24	▲
11	Coping	176	2.20	2.75	▲	1,818	2.80	2.88	▲
12	Involvement with self-help activities	174	2.28	2.87	▲	1,811	2.83	2.88	▲
13	Using medication effectively	118	3.91	4.14	▲	1,639	4.10	4.10	-
14	Alcohol use does not impair functioning	176	4.41	4.53	▲	1,791	4.28	4.33	▲
15	Drug use does not impair functioning	176	4.35	4.48	▲	1,790	4.27	4.29	▲
	OVERALL MEAN IMR SCORE	180	2.70	3.25	▲	1,850	3.11	3.21	▲
SUBSCALES	Recovery subscale <i>(the average of items 1, 2, 4, 8, and 12)</i>	180	2.26	2.97	▲	1,850	2.98	3.07	▲
	Management subscale <i>(the average of items 6, 7, 9, and 11)</i>	180	2.00	2.71	▲	1,848	2.61	2.77	▲
	Substance subscale <i>(the minimum of items 14 and 15)</i>	176	4.16	4.34	▲	1,801	4.02	4.07	▲

Arrows indicate the direction of change between assessments. Dark/colored arrows indicate statistically significant change. Light/gray arrows indicate change that is not statistically significant.

IMR Scores by Program Sub-Unit — Means for Assessments 1 and 2

The mean IMR scores presented in the table below for assessments 1 and 2 represent the average of all item scores for each program sub-unit. For some programs, there was an insufficient number of valid assessment pairs for NEW clients (indicated below with “NA”). Increased scores were seen for clients in most programs, and several programs showed statistically significant increases in their clients’ scores.

UNIT	SUB-UNIT	PROGRAM NAME	NEW CLIENTS				ALL CLIENTS			
			N	ASSESSMENT #		CHANGE	N	ASSESSMENT #		CHANGE
				1	2			1	2	
1110	1111	CO SOUTHEAST CLINIC (A)	NA	NA	NA	-	2	2.67	3.17	▲
1120	1121	CO NORTH CENTRAL CLINIC (A)	NA	NA	NA	-	4	3.90	3.29	▼
1130	1131	CO EAST COUNTY CLINIC (A)	1	2.79	3.13	▲	4	3.23	3.32	▲
1310	1312	CO EAST TRADITIONAL CM	1	2.20	1.53	▼	45	3.13	3.07	▼
1320	1321	CO MORENA TRADITIONAL CM	4	2.91	3.17	▲	179	3.28	3.29	-*
3000	3002	UPAC MIDTOWN CENTER MHSA	NA	NA	NA	-	9	3.21	3.20	-*
3020	3021	UCSD GIFFORD	5	2.69	3.39	▲	36	3.21	3.30	▲
	3023	UCSD CO-OCCURRING	1	2.43	3.29	▲	16	2.82	3.50	▲
3030	3032	NHA PROJECT ENABLE MHSA	2	2.82	3.00	▲	8	2.92	3.09	▲
3040	3042	CRF HEARTLAND CENTER TAY MHSA	3	2.58	3.53	▲	10	2.75	3.40	▲
	3043	CRF HEARTLAND CENTER (A/OA) MHSA	12	2.61	3.32	▲	39	2.98	3.31	▲
	3047	CRF HEARTLAND CENTER LIHP	2	2.30	2.93	▲	9	2.99	3.31	▲
3060	3062	MHS VISTA CLINIC TAY MHSA	NA	NA	NA	-	2	3.77	2.69	▼
	3066	MHS VISTA CLINIC ADULT MHSA	NA	NA	NA	-	23	3.42	3.43	-*
	3067	MHS VISTA CLINIC YTP FSP MHSA	2	3.20	3.67	▲	10	3.67	3.55	▼
3070	3073	MHS NORTH INLAND ADULT MHSA	1	2.40	3.33	▲	3	3.40	3.53	▲
3080	3083	MHS NORTH COASTAL ADULT MHSA	1	3.14	3.36	▲	1	3.14	3.36	▲
3090	3091	CRF DOUGLAS YOUNG CLINIC MHSA	1	2.62	2.57	▼	10	3.41	3.36	▼
	3097	CRF DOUGLAS YOUNG CLINIC LIHP	NA	NA	NA	-	1	4.11	3.67	▼
3100	3101	CRF SOUTH BAY GUIDANCE CENTER A/OA MHSA	1	1.60	2.47	▲	10	3.01	3.20	▲
	3104	CRF SOUTH BAY GUIDANCE CENTER TAY MHSA	NA	NA	NA	-	1	1.93	2.14	▲
	3108	CRF SOUTH BAY GUIDANCE CENTER LIHP	NA	NA	NA	-	3	3.47	3.25	▼

Arrows indicate the direction of change between assessments. Dark/colored arrows indicate statistically significant change. Light/gray arrows indicate change that is not statistically significant.

* Discrepancies in differences in Change column are due to rounding to the nearest .01.

IMR Scores by Program Sub-Unit —
Means for Assessments 1 and 2, *continued*

UNIT	SUB-UNIT	PROGRAM NAME	NEW CLIENTS				ALL CLIENTS			
			N	ASSESSMENT #		CHANGE	N	ASSESSMENT #		CHANGE
				1	2			1	2	
3110	3111	CRF A. CROWELL CENTER MHSA	NA	NA	NA	-	19	3.32	3.21	▼
	3114	CRF A. CROWEL CENTER TAY MHSA	3	2.59	3.96	▲	6	2.64	3.73	▲
	3118	CRF A. CROWELL CENTER PATH	1	2.13	2.13	-	1	2.13	2.13	-
3120	3125	CRF A. CROWELL CENTER LIHP	NA	NA	NA	-	18	3.09	3.13	▲
3150	3152	FHC LOGAN HEIGHTS MHSA	29	3.02	3.40	▲	54	3.15	3.44	▲
	3155	FHC LOGAN HEIGHTS LIHP	NA	NA	NA	-	3	3.53	3.78	▲
3160	3161	SURVIVORS OF TORTURE (A) MHSA	12	2.46	3.28	▲	33	2.94	3.42	▲
3170	3171	SD DEAF MENTAL HEALTH (A) MHSA	3	2.80	3.46	▲	9	3.53	3.91	▲
3180	3181	CRF MS WELLNESS & REC MHSA	NA	NA	NA	-	1	2.07	2.53	▲
	3182	CRF MARIA SARDIÑAS WELLNESS & REC TAY MHSA	NA	NA	NA	-	1	3.93	3.67	▼
	3183	CRF SARDIÑAS WELLNESS & REC FSP CM MHSA	NA	NA	NA	-	1	3.00	3.20	▲
3200	3201	EXODUS RECOVERY WALKIN MHSA	2	2.87	2.75	▼	2	2.87	2.75	▼
3210	3213	EXODUS REC ESC ENHANCED MHSA	NA	NA	NA	-	1	3.13	3.43	▲
3220	3221	EXODUS CENTRL CONNECTIONS MHSA	NA	NA	NA	-	25	3.60	3.60	-
3230	3231	CHALDEAN/MID-EASTERN ADULT MHSA	35	2.74	3.46	▲	129	3.18	3.55	▲
3240	3241	CRF DOWNTOWN IMPACT FSP MHSA	7	2.85	2.75	▼	233	3.25	3.20	▼
	3244	CRF DOWNTOWN IMPACT VIHP MHSA	4	2.68	2.75	▲	24	2.95	3.12	▲
3250	3251	DEAF COMMUNITY SERVICES OP (A) MHSA	4	2.32	3.47	▲	19	3.04	3.52	▲
3310	3312	TELECARE GATEWAY TO RECOVERY FSP MHSA	1	2.60	3.27	▲	157	2.83	2.81	▼
	3315	TELECARE PROJECT 25 FSP MHSA	NA	NA	NA	-	12	2.21	2.26	▲
	3316	TELECARE GATEWAY EBSP ACT FSP	1	2.53	2.87	▲	5	2.74	2.88	▲
3330	3331	TELECARE LTC ACT FSP OP MHSA	NA	NA	NA	-	120	2.67	2.71	▲
3350	3353	MHS NO COUNTY SB CM MHSA	3	2.96	3.30	▲	67	3.43	3.48	▲
3360	3361	MHS NORTH STAR ACT FSP MHSA	NA	NA	NA	-	3	4.07	3.69	▼
3390	3391	PCS CATALYST FSP MHSA	16	2.40	2.54	▲	158	3.03	3.04	▲
3400	3401	CRF IMPACT FSP MHSA	4	2.10	3.18	▲	200	3.10	3.22	▲
3410	3411	MHS CENTER STAR ACT FSP MHSA	NA	NA	NA	-	31	3.19	3.07	▼
	3413	MHS CENTER STAR FSP VIHP MHSA	NA	NA	NA	-	8	3.04	3.26	▲
3480	3481	CRF ACT OLDER ADULT FSP MHSA	3	3.02	3.18	▲	20	3.25	3.40	▲
3490	3491	PCS KICKSTART (C/A) PEI MHSA	9	2.79	3.46	▲	27	3.20	3.63	▲
3940	3941	ALPINE STARTING POINT TAY MHSA	3	2.44	3.58	▲	8	2.73	3.58	▲
3960	3961	CRF CASA PACIFICA TRANS RES	2	3.17	3.87	▲	13	2.96	3.59	▲
	3963	CRF CASA PACIFICA OP	NA	NA	NA	-	15	3.86	3.67	▼
4100	4101	EXODUS WELLNESS & REC MHSA	1	2.80	3.87	▲	2	3.03	3.83	▲