

Mental Health Outcomes Management System (mHOMS) Quarterly Outcomes Report

January 2017—March 2017

Adult/Older Adult Behavioral Health Services

Overview

County-contracted and County-operated behavioral health programs for adults and older adults collect outcome measures on a regular basis for clients who have a Behavioral Health Assessment (BHA). Specifically, outcomes assessments are entered into the Mental Health Outcomes Measurement System (mHOMS) for clients in Assertive Community Treatment (ACT), Behavioral Health Court (BHC), Case Management (CM), Outpatient (OP), Prevention (PREV) Service, and TAY Residential program (RES). Assessments are typically conducted every six months.

The following outcomes are collected in mHOMS:

- **The Illness Management and Recovery (IMR) Scale:** The IMR includes 15 clinician-rated items and addresses a different aspect of illness management and recovery. Scores can also be reported as three subscales, which combine individual items to represent illness recovery, management, and substance abuse dimensions of treatment outcomes.
- **The Recovery Markers Questionnaire (RMQ):** The RMQ is a 26-item questionnaire that assesses elements of recovery from the client's perspective. It was developed to provide the mental health field with a multifaceted measure that collects information on personal recovery.
- **The Substance Abuse Treatment Scale - Revised (SATS-R):** The SATS-R is a single item assessment of a client's motivation to change his/her substance use behavior. The assessment is an 8-point scale based on the four stages of treatment: engagement, persuasion, active treatment, and relapse prevention. Clinicians are required to complete a SATS-R when a client has an active substance related treatment plan goal in his/her client plan.
- **Milestone of Recovery Scale (MORS):** The MORS captures clinician-reported recovery using a single-item recovery indicator. Clinicians are asked to categorize clients into one of the eight stages of recovery (rated 1 through 8, respectively) based on a client's level of risk, their level of engagement within the mental health system, and the quality of their social support network.

Quarterly data is analyzed to create County-wide reports on process outcomes and outcomes objectives. Process outcomes provide information about completion rates within the given quarter for both IMR and RMQ measures. Outcomes objectives include analysis of improvements in IMR, RMQ, SATS-R and MORS scores completed during the given quarter. This report provides information from the third quarter of Fiscal Year 2016-2017, spanning January 1 through March 31, 2017.

Key Findings

- Completion rates for intake and follow-up IMR and RMQ outcomes assessments were calculated for new and existing clients to determine the proportion of assessments that were entered into mHOMS within appropriate time frames. Follow-up IMR and RMQ assessments for existing clients were not completed as consistently as intake assessments for new clients.
- New clients had lower average IMR, RMQ, SATS-R and MORS scores at intake, compared to existing clients' previous assessment. This trend is expected, as clients new to services may be in crisis or experiencing greater symptom distress than existing clients who have been receiving services for several months or years.
- New clients had significantly better Overall IMR, IMR Management, and SATS-R scores between the current assessment and previous assessment. This indicates that new clients made progress towards their recovery during the current quarter.
- The improvements in MORS ratings from the previous assessment to the current follow-up assessment were statistically significant for both new and existing clients.

- Approximately three-fourths (71.0%) of existing clients (n=31) identified as experiencing impairments to functioning due to substance use, as indicated by an IMR Substance Use subscale score of 1 or 2 on their previous assessment, showed improvements in substance use recovery within the current quarter.
- Half of new clients (57.1%) were more engaged in their substance use treatment at the follow-up assessment, as indicated by SATS-R ratings.
- SATS-R ratings remained consistent for almost half (53.8%) of existing clients between the current and previous assessment.
- Almost half of new clients (46.7%) showed improvements in MORS ratings at the follow-up assessment, which suggests that these clients made progress towards their recovery after enrollment in services.

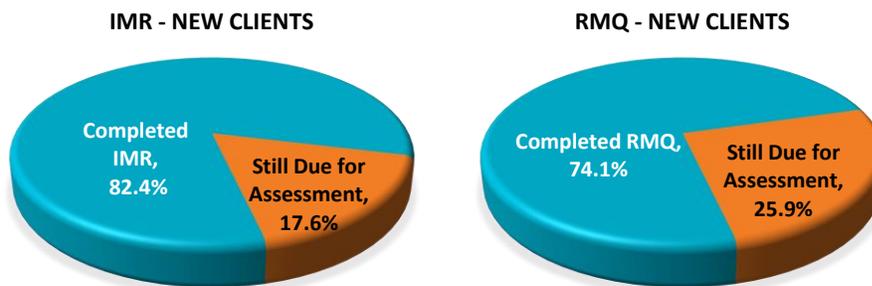
Process Outcomes

Measures being entered at appropriate timeframes

In order to better assess mental health outcomes, San Diego County Behavioral Health Services (SDCBHS) has implemented a system of measuring recovery from both clinician and client perspectives. mHOMS measures should be completed for all eligible clients at intake, with re-assessment every six months. Complete data from as many clients as possible will allow for accurate examinations of system and program-level outcomes.

Staff are expected to enter clinician and client measures into mHOMS within 30 days of intake for new clients, and can complete measures 30 days prior and 60 days after the due date for existing clients who are within a follow-up assessment period. Existing clients are **due** for an assessment if they do not have a completed outcomes assessment in mHOMS within the previous six months. Assessments are considered **completed** when successfully entered into the mHOMS system during the appropriate assessment period.

Intake Assessments completed during the Current Quarter for New Clients



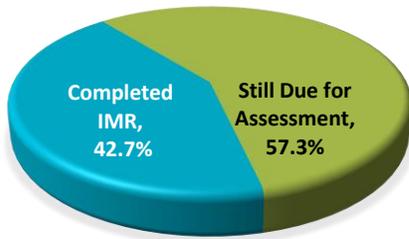
Within the current quarter:

- 290 new clients received services.
- Most new clients had an IMR (82.4%) or RMQ (74.1%) assessment entered into mHOMS at intake.
- About one sixth (16.9%) of new clients did not have an outcomes assessment (either IMR or RMQ) completed in mHOMS.

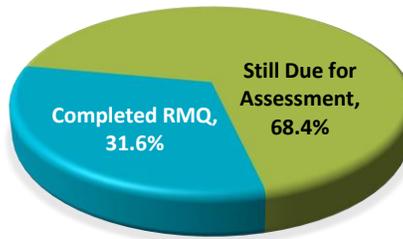
NOTE: New clients (n=290) are defined as having an open assignment and receipt of services during the current quarter at subunits (n=73) that complete outcomes assessments in mHOMS. Clients with an open assignment have not been discharged or closed in Cerner Community Behavioral Health (CCBH) during the current quarter. Assessment completion is evaluated up to 30 days after the quarter.

Follow-up Assessments completed during the Current Quarter for Existing Clients

IMR - EXISTING CLIENTS



RMQ - EXISTING CLIENTS



Within the current quarter:

- 7,318 existing clients were due for an assessment.
- IMR assessments were entered into mHOMS for 42.7% of existing clients.
- The follow-up RMQ assessment was completed for about one-third of all existing clients (31.6%).

NOTE: Existing client is defined as having an open assignment and at least one completed outcome assessment in mHOMS. Clients with an open assignment have not been discharged or closed in CCBH during the current quarter.

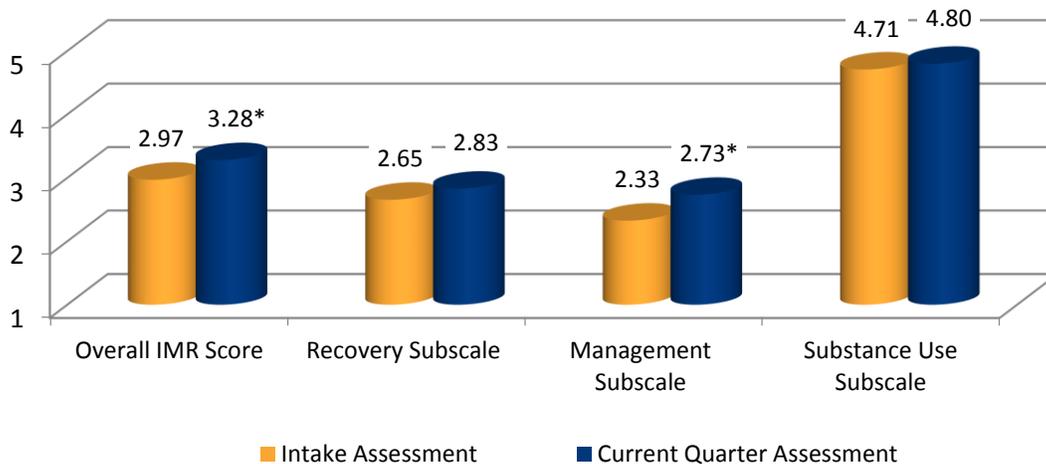
Outcomes Objectives

Illness Management and Recovery Scale

The IMR, which measures clinicians' perceptions of their clients' recovery, is typically conducted at intake with re-assessment every six months. IMR scores range from 1 to 5, with 5 representing the highest level of recovery. Scores can be reported as both an Overall Score, and by using three subscales, which combine individual items to represent illness recovery, management, and substance abuse dimensions of treatment outcomes.

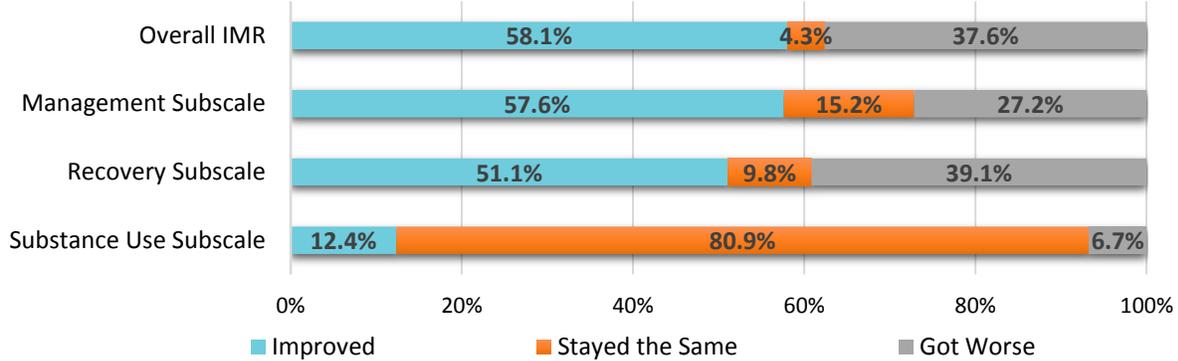
"NEW" clients (n=93) are those individuals who had a follow-up assessment within the current quarter and their previous assessment was an intake assessment.

AVERAGE IMR SCORES - NEW CLIENTS (n=93)



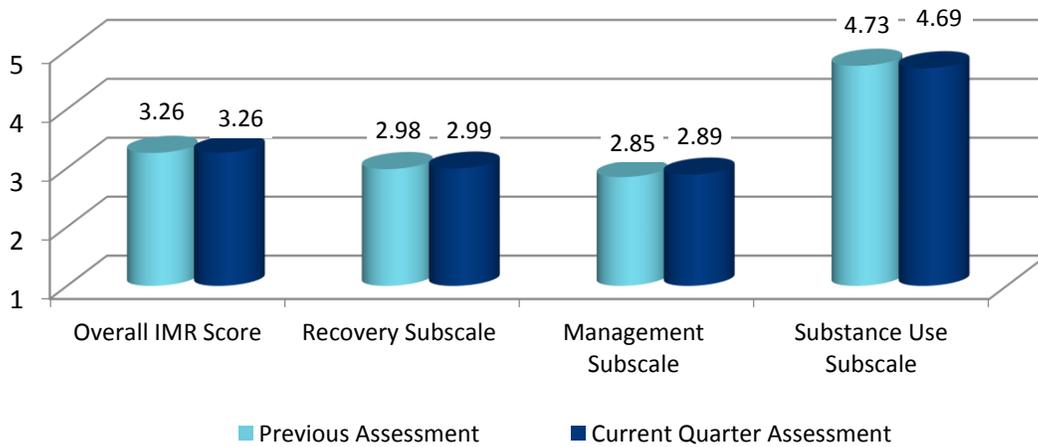
* Indicates statistical significance

IMR IMPROVEMENT - NEW CLIENTS (n=93)

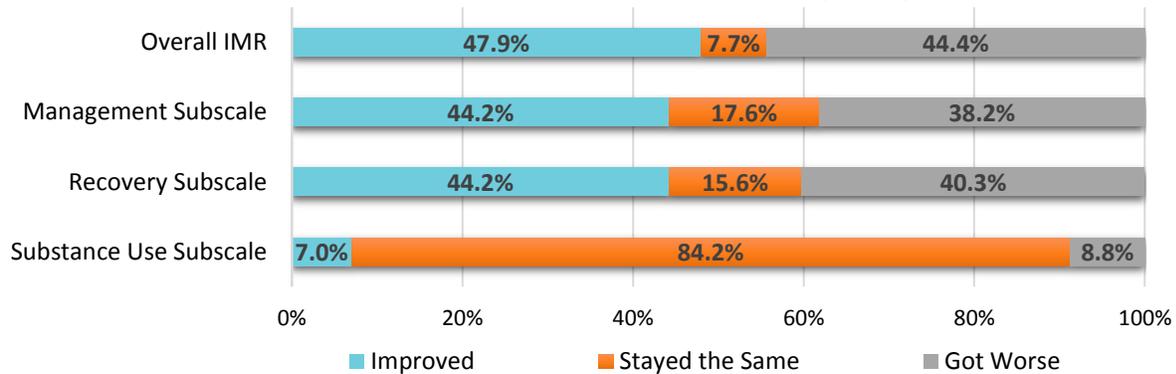


“EXISTING” clients (n=843) are those individuals who had a follow-up IMR assessment completed within the current quarter and a prior IMR assessment completed within the past four to eight months (Previous Assessment).

AVERAGE IMR SCORES - EXISTING CLIENTS (n=843)



IMR IMPROVEMENT - EXISTING CLIENTS (n=843)



IMR Results for New and Existing Clients:

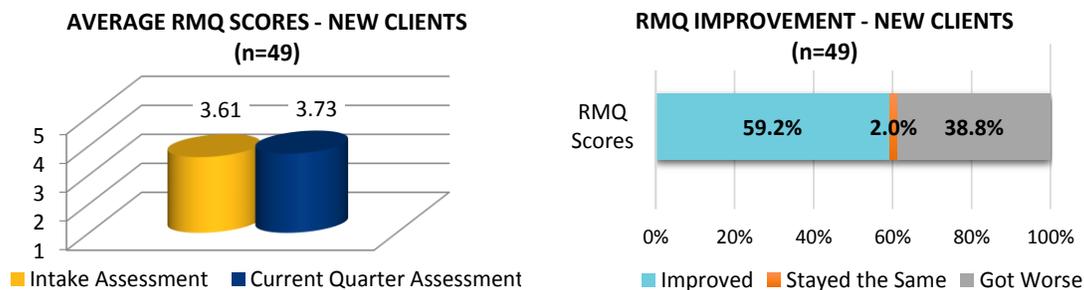
The above charts include IMR data for clients who had a follow-up assessment completed within the current quarter and an intake or previous assessment completed within the past four to eight months. The method of comparing two assessments completed at different time points (also known as paired assessments) enables reporting on changes in average scores and the percentage of clients with an improvement in scores from their previous assessment. Since trends and changes in outcomes may differ for new clients and existing clients who are already engaged in services, results for new and existing clients are reported in separate charts.

- New clients had lower Overall IMR, IMR Recovery, and IMR Management subscale scores at intake, compared to existing clients' previous assessment. This trend is expected, as clients new to services may be in crisis or experiencing greater symptom distress than existing clients who have been receiving services for several months or years.
- Most new clients (58.1%) had improvements in Overall IMR scores at the follow-up assessment, compared to intake.
- New clients had greater improvements in IMR Management subscale scores than IMR Recovery subscale scores at the follow-up assessment.
- New clients had significantly better Overall IMR scores, as well as IMR Management subscale scores between the current assessment and previous assessment.
- There was no statistically significant change in IMR scores for existing clients between the previous assessment and the current assessment.
- IMR Substance Use subscale scores did not change for the majority of new (80.9%) or existing (84.2%) clients with paired assessments; however, average Substance Use subscale scores were relatively high, indicating that few clients were impacted by alcohol or drug use.
- Between 44.2% and 47.9% of existing clients with paired assessments had improved Overall IMR, Recovery, and/or Management subscale scores at the follow-up assessment, compared to their previous assessment.
- About three-fourths (71.0%) of existing clients (n=32) identified as experiencing impairments to functioning due to substance use, as indicated by an IMR Substance Use subscale score of 1 or 2 on their previous assessment, showed improvements in substance use recovery within the current quarter. Some clients identified as experiencing substance use concerns (29.0%) maintained their previous level of impairment.

Recovery Markers Questionnaire (RMQ)

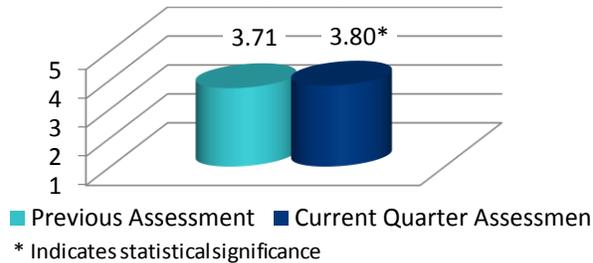
The RMQ is a self-report measure of the client's own state, and his or her preferences, needs and desires, and perceptions of their recovery. The RMQ includes 26 Likert Scale items, with a 5-point agreement response scale ranging from "strongly agree" to "strongly disagree," regarding the recovery process and intermediate outcomes. The total mean score can also be calculated to measure performance.

"NEW" clients (n=49) are those individuals who had a follow-up RMQ assessment within the current quarter, and their previous assessment was an intake assessment.

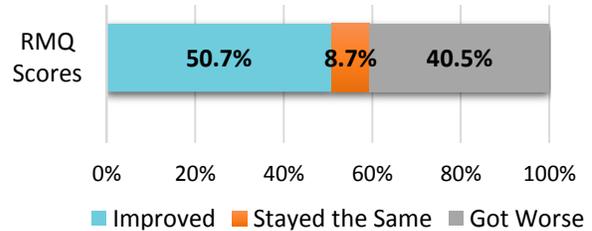


“EXISTING” clients (n=413) include individuals served who had a follow-up RMQ assessment completed within the current quarter, and a prior assessment completed within the past four to eight months (Previous Assessment).

AVERAGE RMQ SCORES - EXISTING CLIENTS
 (n=413)



RMQ IMPROVEMENT - EXISTING CLIENTS
 (n=413)



RMQ Results for New and Existing Clients:

The above charts include RMQ data for clients who had a follow-up assessment completed within the current quarter and an intake or previous assessment completed within the past four to eight months. The method of comparing two assessments completed at different time points (also known as paired assessments) enables reporting on changes in average scores and the percentage of clients with an improvement in scores from their previous assessment. Since trends and changes in outcomes may differ for new clients and existing clients who are already engaged in services, results for new and existing clients are reported in separate charts.

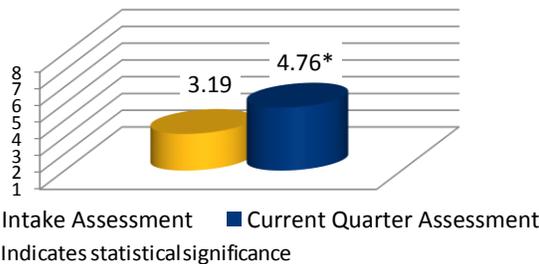
- New clients had lower RMQ scores at intake compared to existing clients’ previous assessment. This trend is expected, as existing clients who have been receiving services for several months or years would have more opportunities to make progress towards their recovery than clients new to services.
- The majority (59.2%) of new clients had improvements in RMQ scores at the follow-up assessment, compared to intake.
- There was no statistically significant change in RMQ scores for new clients between the previous assessment and the current assessment.
- About half of existing clients reported that their recovery improved (50.7%) at the follow-up assessment, compared to intake.
- Existing clients had significantly better RMQ scores between the current assessment and intake assessment.

Substance Abuse Treatment Scale - Revised (SATS-R)

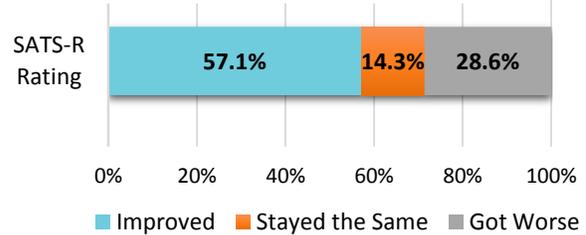
The SATS-R is used by clinicians to assess a person’s motivation to change their substance use behavior. It should not be used for diagnosis purposes. A clinician is required to complete a SATS-R when a client has an active substance-related treatment plan goal in his/her client plan. The SATS-R should be completed at initial development of the substance use goal; clients should be re-assessed every six months as long as the client continues to have a substance related goal in his/her client plan. SATS-R ratings range from 1 to 8; lower scores indicate that the client is less involved or engaged in substance use treatment.

“NEW” clients (n=21) are those individuals who had a substance-related goal in his/her client plan at intake and a follow-up SATS-R assessment within the current quarter.

AVERAGE SATS-R LEVEL - NEW CLIENTS (n=21)

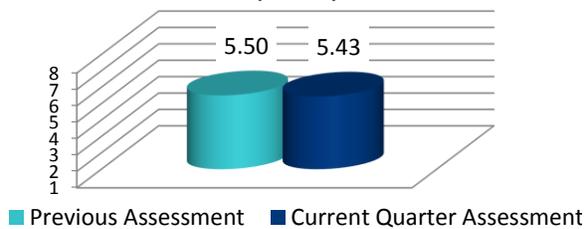


SATS-R IMPROVEMENT - NEW CLIENTS (n=21)

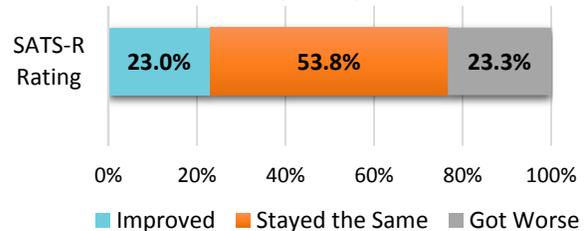


“EXISTING” clients (n=318) include individuals served who had a substance use goal, had a follow-up SATS-R assessment completed within the current quarter, and a prior SATS-R assessment completed within the past four to eight months (Previous Assessment).

AVERAGE SATS-R LEVEL - EXISTING CLIENTS (n=318)



SATS-R IMPROVEMENT - EXISTING CLIENTS (n=318)



SATS-R Results for New and Existing Clients:

The above charts include SATS-R data for clients who had a follow-up assessment completed within the current quarter and an intake or previous assessment completed within the past four to eight months. The method of comparing two assessments completed at different time points (also known as paired assessments) enables reporting on changes in average scores and the percentage of clients with an improvement in scores from their previous assessment. Since trends and changes in outcomes may differ for new clients and existing clients who are already engaged in services, results for new and existing clients are reported in separate charts.

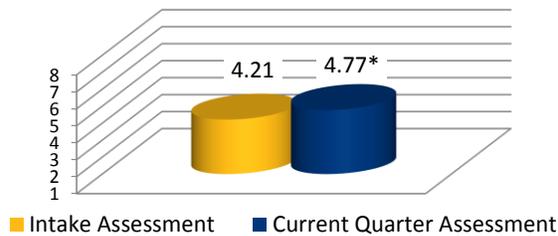
- New clients had lower SATS-R ratings at intake compared to existing clients’ previous assessment. This trend is expected, as existing clients who have been receiving services for several months or years would have more opportunities for engagement in substance use treatment than new clients.
- Most of new clients (57.1%) were more engaged in their substance use treatment at the follow-up assessment compared to intake.
- New clients had significantly better SATS-R scores between the current assessment and intake assessment.
- SATS-R ratings remained consistent for more than half (53.8%) of existing clients between the current and previous assessment.
- There was no statistically significant change in SATS-R scores for existing clients between the previous assessment and the current assessment.

Milestones of Recovery Scale (MORS)

The Milestones of Recovery Scale (MORS) is an assessment of the clinicians’ perceptions of their clients’ current milestone of recovery, and is typically conducted at intake with re-assessment every six months. MORS ratings range from 1 to 8, with higher scores indicating greater progress towards recovery.

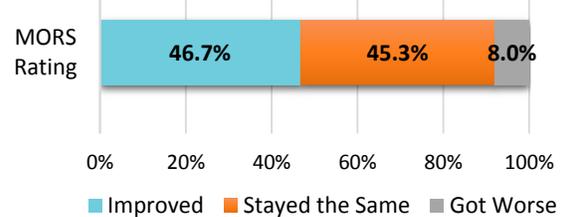
“NEW” clients (n=75) are those individuals who had a follow-up MORS assessment within the current quarter, and the previous assessment was an intake assessment.

AVERAGE MORS RATINGS - NEW CLIENTS
(n=75)



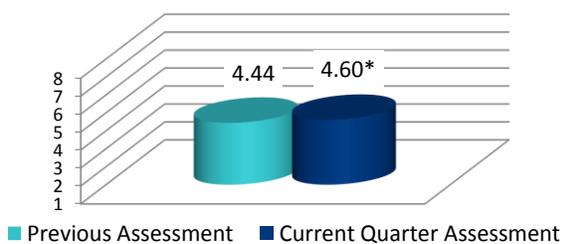
* Indicates statistical significance

MORS IMPROVEMENT - NEW CLIENTS
(n=75)



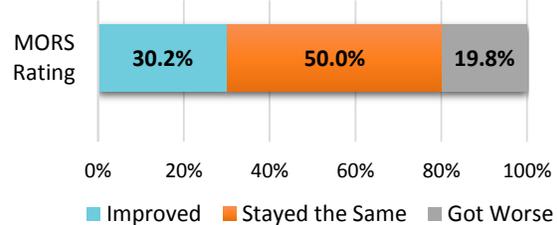
“EXISTING” clients (n=480) includes individuals served who had a follow-up MORS assessment completed within the current quarter and a prior MORS assessment completed within the past four to eight months (Previous Assessment).

AVERAGE MORS RATINGS - EXISTING CLIENTS
(n=480)



* Indicates statistical significance

MORS IMPROVEMENT - EXISTING CLIENTS
(n=480)



MORS Results for New and Existing Clients:

The above charts include MORS data for clients who had a follow-up assessment completed within the current quarter and an intake or previous assessment completed within the past four to eight months. The method of comparing two assessments completed at different time points (also known as paired assessments) enables reporting on changes in average scores and the percentage of clients with an improvement in scores from their previous assessment. Since trends and changes in outcomes may differ for new clients and existing clients who are already engaged in services, results for new and existing clients are reported in separate charts.

- New clients had lower MORS ratings at intake compared to existing clients’ previous assessment. This trend is expected, as existing clients who have been receiving services for several months or years would have more opportunities to make progress towards their recovery than clients new to services.
- Almost half of new clients (46.7%) showed improvements in MORS ratings at the follow-up assessment.
- MORS ratings remained consistent for half (50.0%) of existing clients between the current and previous assessment.
- The changes in MORS ratings from the previous assessment to the current follow-up assessment were statistically significant for both new and existing clients.