

DRAFT – Recovery Outcomes Tool for Alcohol and Drugs Recovery Measurement

This Recovery Outcomes tool is a validated tool which has been developed by the Scottish Government in partnership with a broad range of stakeholders, including, Alcohol & Drug Partnerships (ADPs), drug and alcohol services, service users, people in recovery, and national drug and alcohol, healthcare and research organisations in Scotland.

Purpose: The key aim of the tool is to measure changes in a person's life as a result of an intervention when they access specialist support from services for drug and/or alcohol users in Scotland. This will help to provide a better understanding of their recovery journey, related needs and motivation for change. Secondary benefits of outcomes measurement are to inform workforce development, service improvement and future service provision for managers, ADPs, funding bodies and the Scottish Government.

Use: It is expected that the worker and service user talk about each of the outcome indicators, and agree a score based on where both agree the person is at that point in time. If there is more than one worker supporting a service user in the service, then the service should agree who is the main or key worker who should complete this tool with the service user. It is expected that this would be done as a **minimum** with the service user at initial assessment, as part of regular reviews and on discharge from the service. This should help to show a person's progress while they are engaged with the service. Other services supporting the service user may also be completing the RO tool with the same service user based on their interventions.

Setting: The Recovery Outcomes (RO) tool will be set within the Drug & Alcohol Information System (DAISy) planned for 2016 with the option for direct access to the RO tool being designed for more frequent use if desired for a particular service or ADP area. (Support can be provided for users of other related outcome tools to facilitate cross-matching of outcomes information into DAISy – please contact Scottish Government.)

Scoring: The scores should be used to measure against each of the outcomes, with 1 being poor and 10 being excellent. These scores will be mutually agreed between service users and staff, linking to recovery plans and, if helpful, other specific outcomes measures such as GIRFEC and Mental Health Scales. It may be that scores worsen at different points in the person's recovery journey, as the process is not always linear, but it is important to take a measure of an individual's progress at that specific point in their life to identify changing needs and ensure the required support.

The scoring at each outcome consistently moves through stages of no action and having a high level of need (1), to identifying needs (2), action being required (3), taking action on **mutually agreed** areas of a recovery (care) plan with or without support (4-6), experiencing improvement (7-9), to the ideal improvement goal being achieved with no further improvement needed in a particular outcome area (10).

Scoring Definitions: As part of each outcome there are a number of related areas many of which may be important for an individual service user.

The terms '**mostly or mainly**' implies for a variety or several important areas, and for most of the time.

The term '**some**', implies for half of the important areas and for half of the time, approximately.

The term '**a little**' implies for one or two to less than half of the key areas, and for less than half of the time.

Where there are **divergent scores** for different themes under one recovery outcome please use an overall or average score for example good mental health improvement (score = 9) but feeling 'low' and still to take action (score = 3), please take an overall score of 6, rounding up.

Where an individual is at **multiple stages** under one outcome take the upper score, for example if an individual is improving in an area (score = 7) and also taking action (score = 4) please focus on the improvement and take the higher score (score = 7). If deteriorating continue to take the upper score. The Children outcome may not be applicable for all service users, therefore for an individual with no issues, in for example offending, would score a '10'. There are also some cross-over issues between outcomes such as safety, where relevant please only score these issues once.

Further scoring information is available in the main body of this document.

Service User:	Date: / / (calendar)		Overall Score: /10
Organisation:	ADP area: (drop down)	Alcohol and/or Drug Service, other (drop down)	Service Type: Acute/residential/ community/recovery (drop down)
Staff Member:	Service Name:		DAT WTs Code:

Recovery Outcome 1

Substance Use - Alcohol & Drugs#: overall stage of recovery in dependent drug and alcohol use, including frequency, safer/harmful use, (il)licit use, level of self-control with substance(s), taking action and level of improvement with substance use. Substances would include for example: Alcohol, Opioid Replacement Therapies (ORT), Benzodiazepines, Analgesics***, New Psychoactive Substance (formerly called 'legal highs'), Crack/Cocaine, Cannabis, and volatile substances.	Overall Alcohol & Drugs: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	i. Alcohol: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	ii. Drugs: 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	Comment:

- 10 Main Alcohol and/or Drugs dependent use has ceased;
- 9 Improvement experienced in dependent alcohol/drug use – mostly*
- 8 Improvement experienced in dependent alcohol/drug use – some *
- 7 Improvement experienced in dependent alcohol/drug use – a little *
- 6 Taking action on treatment and care or advice – good progress, independently**
- 5 Taking action on treatment and care or advice – good progress, with support **
- 4 Taking action on treatment and care or advice – a little action **
- 3 Still to take action on treatment and care or advice
- 2 Alcohol/Drugs use assessment undertaken
- 1 Alcohol/Drugs use unsafe, outwith control, harmful.

Guidance Note:

- * Overall for poly drug and/or alcohol use, control improved, harm and frequency of use decreased
- ** Overall for poly drug and/or alcohol use, related appointments are kept for treatment, reviews, one-to-one and group work, and medication is taken as directed.
- *** Analgesics are medications such as Tramadol and Dihydrocodeine (DHC).

Please include where one drug use increases and another declines, the average between the two. For dependent alcohol use increasing and drug use decreasing, this should be a separate score.

Recovery Outcome 2	
Self-care & Nutrition: overall stage of looking after self, including diet and nutrition, personal hygiene, fitness, personal safety and being able to keep appointments.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	Comment:
<div> <div>10</div> <div>Good Self-Care and Nutrition</div> </div> <div> <div>9</div> <div>Improvement seen in self-care and nutrition – mostly *</div> </div> <div> <div>8</div> <div>Improvement seen in self-care and nutrition – some *</div> </div> <div> <div>7</div> <div>Improvement seen in self-care and nutrition - a little *</div> </div> <div> <div>6</div> <div>Taking action on support and advice – good progress, independently **</div> </div> <div> <div>5</div> <div>Taking action on support or advice – good progress, with support **</div> </div> <div> <div>4</div> <div>Taking action on support and advice – a little action **</div> </div> <div> <div>3</div> <div>Still to take action on support and advice</div> </div> <div> <div>2</div> <div>Self-care and nutrition needs assessed</div> </div> <div> <div>1</div> <div>Ongoing personal safety concerns, frequent missed appointments, insufficient food, poor diet and nutrition and poor personal hygiene</div> </div> <div> <p>Guidance Notes:</p> <p>* Improved personal hygiene, self-care/appearance, improved diet, good nutrition, improved personal safety, increased fitness</p> <p>** Keeping related appointments, starting to act on advice and information received, carrying Naloxone, smoke alarms fitted.</p> </div>	
Recovery Outcome 3	
Relationships*: overall score for relationships with child(ren), partner, family, friends, including isolation, stability, and involvement in recovery communities, wider social networks, and safety in these relationships (see self-care).	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	Comment:
<div> <div>10</div> <div>Experiencing positive & supportive relationships</div> </div> <div> <div>9</div> <div>Improvement with relationships, in a positive/supportive direction – mostly **</div> </div> <div> <div>8</div> <div>Improvement with relationships, in a positive/supportive direction - some **</div> </div> <div> <div>7</div> <div>Improvement with relationships, in a positive/supportive direction - a little**</div> </div> <div> <div>6</div> <div>Taking action on support and advice – good progress, independently ***</div> </div> <div> <div>5</div> <div>Taking action on support or advice – good progress, with support ***</div> </div> <div> <div>4</div> <div>Taking action on support and advice – a little action ***</div> </div> <div> <div>3</div> <div>Still to take action on support and advice</div> </div> <div> <div>2</div> <div>Identified relationship issues and needs</div> </div> <div> <div>1</div> <div>Isolation, harmful relationships on a regular basis</div> </div> <div> <p>Guidance Note:</p> <p>* Relationships can also, if appropriate, include with workers.</p> <p>** Good quality and sufficient relationships with family, peers and partners, feeling safe and supported</p> <p>*** Contacting and visiting new networks and mutual aid, practicing assertiveness,</p> </div>	

Recovery Outcome 4

Physical Health & Wellbeing: overall score for physical health, including Blood Borne Viruses (BBVs), wound care, sexual & reproductive health (for males and females), circulatory and respiratory health, chronic pain, recent overdose events, nerve damage, keeping medical appointments and taking medication as prescribed.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

Comment:

- 10 Good overall physical health and wellbeing**
- 9 Physical health improving – overall ***
- 8 Physical health improving – some ***
- 7 Physical health improving – a little ***
- 6 Acting on physical health treatment and advice – good progress, independently****
- 5 Acting on physical health treatment and advice - good progress, with support ****
- 4 Acting on physical health treatment and advice – a little action ****
- 3 Still to take action on support and advice**
- 2 Physical health needs identified**
- 1 Recent overdose or alcohol related hospital admission, very poor physical health.**

Guidance Notes:

* Improvement in overall physical health with wounds healing and nerve damage improving, pain reducing, HCV/HBV, cirrhosis responding to treatment

** Attending medical appointments, taking medication as directed and following prevention advice to avoid (further) harm to self/others, overdose risk management.

Recovery Outcome 5

Mental Health & Emotional Wellbeing: overall score for mental and emotional wellbeing, including coping skills, stress, anger management, establishing boundaries, sleep routines, trauma, alcohol related brain damage (ARBD), head injuries, self-worth, personal resilience, outlook/maturity, keeping appointments and taking medication as prescribed.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
Comment:	
<p>10 Good overall mental and emotional wellbeing, resilience, and taking required Medication and support as required, if applicable</p> <p>9 Improving mental health and emotional wellbeing – mostly *</p> <p>8 Improving mental health and emotional wellbeing – some improvement *</p> <p>7 Improving mental health and emotional wellbeing - a little *</p> <p>6 Acting on mental health treatment and advice – good progress, independently **</p> <p>5 Acting on mental health treatment and advice – good progress, with support **</p> <p>4 Acting on mental health treatment and advice - a little action **</p> <p>3 Still to act on treatment, care and advice</p> <p>2 Mental health and emotional wellbeing needs identified</p> <p>1 Low mood, poor mental health and emotional wellbeing.</p> <p>Guidance Notes:</p> <p>* Improved resilience, coping skills, and sleep routine, reduced/less frequent anger, stress and anxiety</p> <p>**Keeping appointments, taking required medication, attending related therapy,</p>	
Recovery Outcome 6	
Occupying Time & Fulfilling Goals: overall score for occupying time and fulfilling personal goals such as employability, training, education, employment, volunteering, personal values and beliefs, dreams and aspirations, and enjoyment.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
Comment:	
<p>10 Consistently able to fill own time, education/work/volunteering going well, fulfilling personal goals, values and beliefs</p> <p>9 Improvements in filling own time, fulfilling goals, values and beliefs – mostly *</p> <p>8 Improvement in filling own time, fulfilling goals, values and beliefs – some *</p> <p>7 Improvement in filling own time, fulfilling goals , values and beliefs – a little *</p> <p>6 Taking action/acting on advice - good progress, independently **</p> <p>5 Taking action/acting on advice - good progress, with support **</p> <p>4 Taking action/acting on advice - a little action**</p> <p>3 Still to take action on support and advice</p> <p>2 Undertaken an assessment for attaining personal goals and occupying own time</p> <p>1 Feeling unhappy with life, unfulfilled, struggling with occupying time.</p> <p>Guidance Notes:</p> <p>* Being established in various groups, developing strong relationships, feeling fulfilled, belonging, a sense of purpose and moving forward, spiritual needs being met, a concern for others, employability skills.</p> <p>** First contact, on visiting and joining peer support groups, colleges, volunteering, community groups for the first time.</p>	

Recovery Outcome 7	
Housing & Independent Living : overall score for housing and independent living, including safe, secure and appropriate accommodation, anti-social behaviour, tenancy care, rent (see also Money Matters), housing applications, necessary furnishings, living with family or in a shared living space.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	Comment:
<div><div>10 Sustained, secure, safe housing and taking good care of own home***</div><div>9 Improving tenancy care – mainly *</div><div>8 Improving tenancy care – some *</div><div>7 Improving tenancy care – a little improvement *</div><div>6 Taking action/acting on advice - good progress, independently **</div><div>5 Taking action/acting on advice – good progress, with support **</div><div>4 Taking action/acting on advice - a little action **</div><div>3 Still to take action on support and advice</div><div>2 Attended assessment for appropriate housing</div><div>1 Roofless, sleeping rough, feeling in danger due to due to housing situation, no accommodation, not taking care of own home.</div></div> <div><p>Guidance Notes:</p><p>* Improved care of accommodation, dealing with anti-social behaviour, independent living skills, safe, secure and affordable tenancy</p><p>** Attending housing appointments, completing housing applications, and dealing with housing related bills and maintenance</p><p>*** No housing issues would have a score of ‘10’.</p></div>	

Recovery Outcome 8	
Offending: overall score for offending activity, including frequency and severity of offending, engaging with rehabilitation work, through care plan (if appropriate), complying with any court/bail orders. Offending would include any of the following: involvement in drug supply/possession, shop lifting, theft/burglary, involvement in prostitution, drink driving, drug or alcohol aggravated assault, unpaid fines, etc.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
	Comment:
<p>10 Offending activity has ceased, previous offending issues addressed* (Offending under control, if appropriate through care plan implemented and complying with court orders)</p> <p>9 Reducing offending activity and severity – overall **</p> <p>8 Reducing offending activity and severity – some **</p> <p>7 Reducing offending activity and severity – a little progress**</p> <p>6 Taking action on advice – good progress, independently ***</p> <p>5 Taking action on advice – good progress, with support ***</p> <p>4 Taking action on advice – a little action ***</p> <p>3 Still to take action on support and advice</p> <p>2 Completed an assessment/through care plan to address offending activity</p> <p>1 Frequent, serious offending activity, no controlling offending activity, not complying with any court orders</p> <p>Guidance Note:</p> <p>*Individuals with no offending activity would have an outcomes score of 10.</p> <p>** reduced offending frequency and severity</p> <p>*** attending related appointments e.g. court, offending related interventions, and paying fines,</p>	

Recovery Outcome 9

Money matters: overall score for individual's financial situation being under control, including bank accounts, paying bills fully/on time, payments for rent and related utilities (e.g. electricity/gas/telephone), budgeting, welfare benefits issues (applications, appeals, sanctions, appointments), utilising money advice and advocacy, financial stress and accessing support such as food banks and Credit Unions.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

Comment:

10 Finances under control, able to manage within existing budget, paying bills on time, feeling calm about finances

9 Improved financial control and budgeting – mainly *

8 Improved financial control and budgeting – some *

7 Improved financial control and budgeting – a little *

6 Taking action on support and advice to improve financial issues – good progress, independently**

5 Taking action on support and advice to improve financial issues – good progress, with support **

4 Taking action on support and advice to improve financial issues - a little action **

3 Still to take action on support and advice

2. Undertaken financial and/or welfare benefits needs assessment

1 Finances causing extreme stress, bills unpaid, debt growing, drug related debt, no support or financial advocacy.

Guidance Note:

* Feeling supported and calmer about finance, debts reducing, illegal sources on finance reducing/ending, improved budgeting, paying bills on time

**Keeping appointments regarding money and related support, starting to address debts, setting up a working bank account.

Recovery Outcome 10	
Children*: overall score for child wellbeing and parenting, including individual's parenting skills, contact with child(ren), child practical, emotional and physical wellbeing, child's plan, child(ren)'s school attendance, complying with any children and family social work involvement and/or children's hearing system requirements.	1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 *NA <input type="checkbox"/>
	Comment:
<p>10 Good child safety and wellbeing, good parental ability/capacity, minimal/no social work involvement regarding children, contact care of child(ren) is good, complying with any social work orders</p> <p>9 Improved parenting ability and child safety and wellbeing – mostly **</p> <p>8 Improved parenting ability and child safety and wellbeing – some **</p> <p>7 Improved parenting ability and child safety and wellbeing – a little **</p> <p>6 Taking action on support and advice to improve parenting – good progress, independently***</p> <p>5 Taking action on support and advice to improve parenting – good progress, with support ***</p> <p>4 Taking action on support and advice to improve parenting - a little action ***</p> <p>3 Still to take action on support and advice</p> <p>2. Undertaken parental ability or capacity assessment, child(ren)'s needs assessed.****</p> <p>1 Concerns about child safety and wellbeing, low parental capacity/ability, not complying with any social work orders, high social work involvement, limited/no contact with child(ren).</p> <p>Guidance Note:</p> <p>* This outcome is <u>applicable</u> for those with dependent children or child contact arrangements, or living in a home with a partner or significant other whose children live or visit, where children are under the age of 16 years. This outcome may <u>not be applicable</u> if children are permanently removed, moving towards permanency, or are over 16 years. There are many different family and household arrangements, therefore please complete if you and your worker agree this is applicable.</p> <p>You may also wish to consider any Child Plans and Getting It Right For Every Child (GIRFEC) work.</p> <p>** Improved child(ren)'s wellbeing and safety, improved parenting skills and relationship with child(ren), practical and emotional needs of child(ren) being met.</p> <p>*** Keeping appointments regarding child(ren), spending time with child(ren), participating in parenting related interventions.</p> <p>**** This may be done by another agency.</p>	
Please insert Overall Score (/10) at top of Page 2	

Calculating Overall Scores for Service Users

To work out the overall score staff can either use the Scoring Tool or do this on paper, if preferred, using the methods at points 2 and 3:

1) Scoring Tool

Select the agreed score for the recovery outcomes to give an overall score. Please note, **a not applicable score would only apply for the Children Outcome.**

2) Where all recovery outcomes are applicable

Calculate the sum of the individual Recovery Outcomes scores and divide by 10. This should be a whole number so scores of 0.5 or less should be rounded down to the nearest whole number and any score above 0.5 e.g. 0.51 should be rounded up to the nearest whole number. This will give the overall score.

Examples,

- | | |
|---|-----------------------------|
| (a) A total score of 60 becomes $60/10 = 6$ | So Overall Score = 6 |
| (b) A total score of 44 becomes $44/10 = 4.4$ | So Overall Score = 4 |
| (c) A total score of 76 becomes $76/10 = 7.6$ | So Overall Score = 8 |
| (d) A total score of 55 becomes $55/10 = 5.5$ | So Overall Score = 5 |

3) Where a Recovery Outcome is Not Applicable, i.e. the Children Outcome.

Calculate the sum of the individual Recovery Outcomes scores and divide by '9' and round this number up or down to give the overall score.

Examples,

- | | |
|--|-----------------------------|
| (a) A total score of 95 with all outcomes being applicable:
$95/10 = 9.5$ | So Overall Score = 9 |
| (a) A total score of 35 where one outcome is not applicable:
$35/9 = 3.89$ | So Overall Score = 4 |
| (b) A total score of 82 where one indicator was not applicable:
$82/9 = 9.11$ | So Overall score = 9 |

Sample of Outcomes Scores and Visual Graph for Service User

Recovery Outcomes - Alcohol&Drugs	Start Score(Date)	Latest Score (Date)
Alcohol & Drugs	3	6
Self-Care and Nutrition	8	8
Relationships	2	4
Physical Health & Wellbeing	7	7
Mental Health & Emotional Wellbeing	4	6
Occupying Time & Fulfilling Goals	4	7
Housing & Independent Living	5	6
Offending	3	10
Money Matters	10	7
Children	6	6

Service User Visual Progress

