Mental Health Commission of Canada
Commission de la santé mentale du Canada

Une nouvelle façon de mesurer le rétablissement : Mesure de résultats de rétablissement personnel

#MHCChopelives

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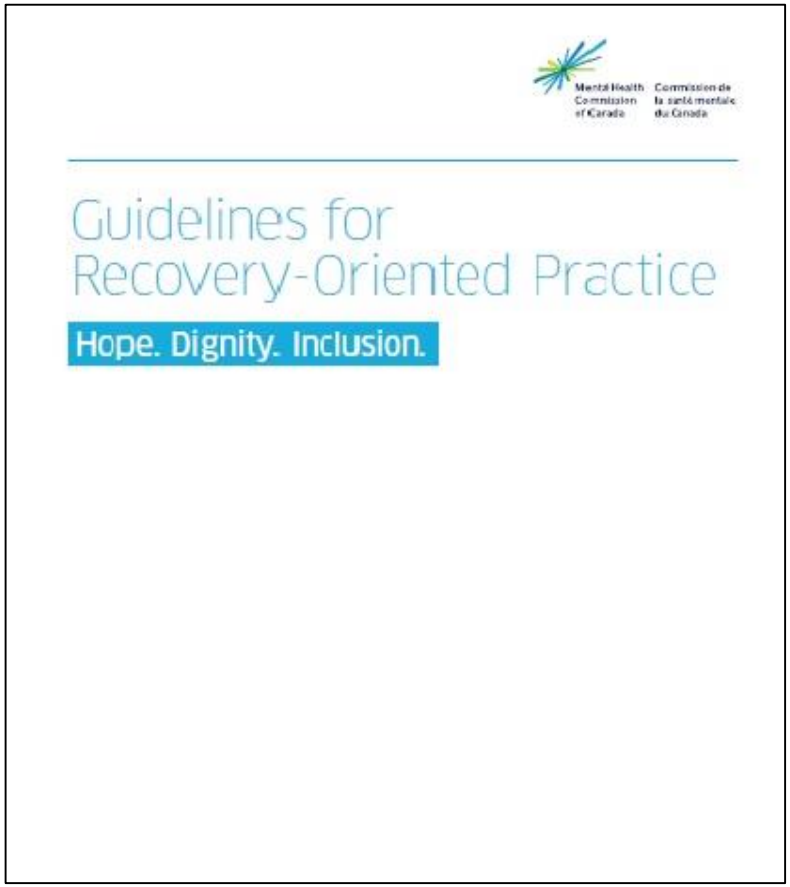
@theMHCC /1MHCC

Guide de référence pour des pratiques axées sur le rétablissement



Le *Guide de référence* a été publié en juin 2015 afin de fournir un document complet pour comprendre la pratique axée sur le rétablissement et promouvoir une application cohérente des principes axés sur le rétablissement dans l'ensemble du Canada.

http://www.mentalhealthcommission.ca/Francais/initiatives/11869/guide-de-reference-pour-des-pratiques-axees-sur-le-retablissement

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Six dimensions de la pratique axée sur le rétablissement

1. Promouvoir une culture et un langage empreints d'espoir et d'optimisme
2. Le rétablissement, par et pour la personne
3. Le rétablissement se produit dans le contexte de la vie
4. Répondre aux besoins diversifiés de toute personne vivant au Canada
5. Travailler avec les Premières Nations, les Inuits et les Métis
6. Le rétablissement passe par la transformation des services et des systèmes

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Présentatrices

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département des sciences professionnelles et de l'ergothérapie, faculté de médecine, UBC

Mimi Rennie,

gestionnaire du programme des services par les pairs de la division Vancouver-Fraser de l'Association canadienne pour la santé mentale

Mesurer le rétablissement

Présentation de la mesure des résultats du rétablissement sur le plan personnel (MRRP)

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Mimi Rennie, gestionnaire du programme des services par les pairs[5]

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[5]Association canadienne pour la santé mentale (ACSM), Vancouver-Fraser, C.B.

Objectifs

1. Discuter des difficultés antérieures pour mesurer le rétablissement dans un contexte canadien.
2. Résumer l'élaboration et la mise à l'essai de la MRRP.
3. Expliquer comment fonctionne la MRRP.
4. Discuter de la façon dont elle a été utilisée jusqu'à maintenant.
5. Discuter des pistes d'avenir!!!

Conflits d'intérêts

- Nous n'avons aucun conflit à déclarer.

Remerciements

- Instituts de recherche en santé du Canada
- Centre de toxicomanie et de santé mentale
- Université de la Colombie-Britannique
- Université de Toronto/Université McGill/Université Queen's/Université du Manitoba
- Granville Youth Health Centre/St. Paul's Hospital/Vancouver Coastal Health
- YMCA
- CAMH Vancouver-Burnaby
- CAMH-Toronto
- Island Health
- Terry Krupa, Bonnie Kirsh, Kwame McKenzie, Stefan Cano, Jack Stenner, William Fisher, Zachary Durisko, Sean Kidd, Catherine Backman, William Honer, Bill MacEwan, Steve Mathias, Donald Patrick, Todd Edwards, Susan Bartlett, Michael Anhorn, Regina Casey, Mimi Rennie, Anthony Bailey, Howard Choodos, Stephen Epp, Jeff Massey, William Fisher, Josh McGrane, Matthew Chow, Sarah Irving, Eric Latimer, Bonita Varga, Tom Ehmann, Freddy Hehewerth

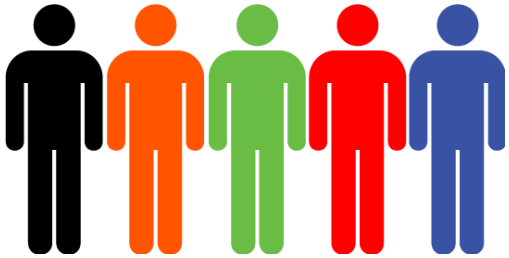
CHÉOS
Centre for Health Evaluation & Outcome Sciences

Contexte : La maladie mentale au Canada

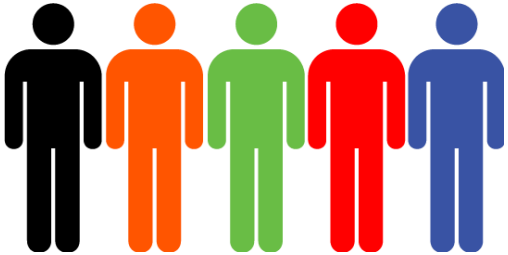
- Touche environ 6,7 millions de Canadiens[1]
- Entraîne une diminution de la productivité dans le milieu de travail et engendre des coûts directs pour le système de soins de santé de plus de 50 milliards de dollars[1,2].

- **Vivre avec une maladie mentale grave peut réduire l'espérance de vie de près de 25 ans.**[3]
  - Taux élevés de maladies chroniques comme le diabète, l'obésité, les maladies cardiaque et les maladies respiratoires.
  - Vulnérabilité à l'itinérance, au chômage et à la consommation d'alcool.

Contexte : Désinstitutionnalisation



Transformation de la santé mentale

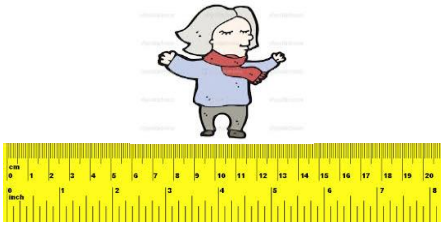


RÉTABLISSEMENT

Le problème du rétablissement

- Résultat le plus ciblé en santé mentale
  - Traitement individuel
  - En groupe
  - Réforme du système

- Écart important dans la clarté conceptuelle du rétablissement et *manque de mesures valides qui peuvent saisir le résultat*.



La MRRP

L'étude de la MRRP

- **Objectif global :**
  - Évaluer les besoins en matière de rétablissement sur le plan personnel des Canadiens qui souffrent d'une maladie mentale grave et qui reçoivent des services de consultations externes communautaires en santé mentale.
- **Objectifs précis**
  - (i) Décrire le profil de rétablissement sur le plan personnel d'un échantillon de patients externes canadiens.
  - (ii) Évaluer la mesure selon laquelle toute l'étendue du rétablissement est couverte par les échelles d'évaluation existantes.
  - (iii) Élaborer une mesure adaptée à l'objectif visé pour couvrir toute l'étendue du rétablissement et orienter les soins.

Comment peut-on mesurer le rétablissement?

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Contents lists availa

Clinical Psych

ELSEVIER

Instruments for measuring mental health re

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Measures of Personal Recovery: A Systematic Review

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HIGHLIGHTS

- This review identifies instruments of mental health recov
- We discuss their: Psychometric properties, Ease of administration, Service-user involvement.
- Recommendations for the assessment of mental health recovery are provided.

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ABSTRACT

Persons in recovery, providers, and policymakers alike are advocating for recovery-oriented mental health care, with the promotion of recovery becoming a prominent feature of mental health policy in the United States and internationally. One step toward creating a recovery-oriented system of care is to use recovery-oriented outcome measures. Numerous instruments have been developed to assess progress towards mental health recovery. This review identifies instruments of mental health recovery and evaluates the appropriateness of their use including their psychometric properties, ease of administration, and service-user involvement in their development. A literature search using the Medline and Psych-INFO databases was conducted, identifying 21 instruments for potential inclusion in this review, of which thirteen met inclusion criteria. Results suggest only three instruments (25%) have had their

Table 1: Summary of analyzed scales

Scale	Abbr	Description
The Questionnaire about the Process of Recovery	QPR	The QPR is a 25-item self-report questionnaire. The QPR possesses internal consistency, construct validity and reliability. [24]
The Recovery Assessment Scale	RAS	The RAS is a self-report instrument with 41 items scored on a 5-point Likert scale. Item statements were developed from analysis of consumer testimonies relating to recovery. Respondents report the degree to which they agree (e.g., 1 strongly disagree, 5 strongly agree) with each statement. Satisfactory test–retest reliability (α=.88) and internal consistency (Cronbach's α= .93) have been reported.[21] The original 41 RAS items are listed in Appendix B.
The Illness Management and Recovery Scale	IMR	The IMR is a 15-item self-report measure of self-management and pursuit of recovery goals. The IMR has adequate internal reliability (α=.72) and good test-re-test reliability (α=.81).[23]

CHÉOS
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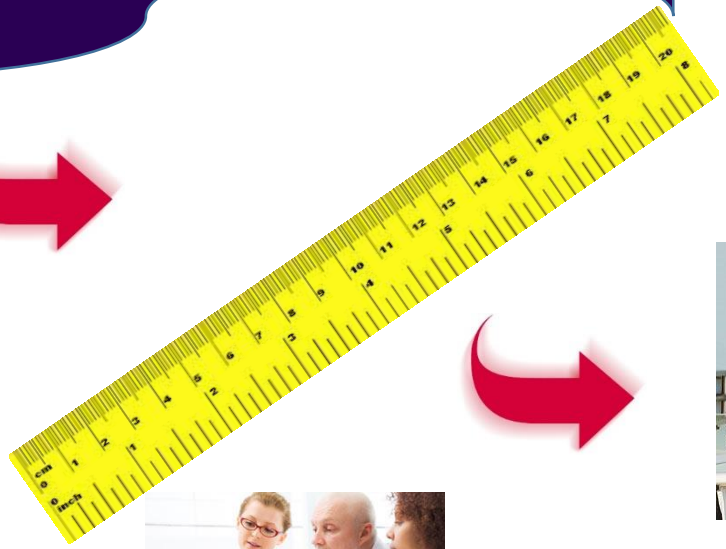
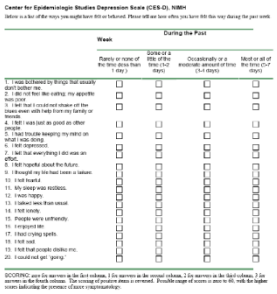
Échelles du rétablissement

Échelle d'évaluation du rétablissement (EER), Questionnaire sur le processus de rétablissement (QPR), Échelle de rétablissement par la gestion de la maladie (ERGM)

Indice Herth Hope (HH), échelle de la dépression CES-D, échelle de la maîtrise



Échelles du rétablissement

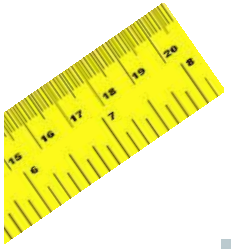


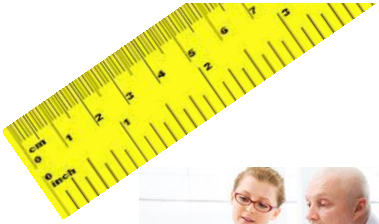
Center for Epidemiologic Studies Depression Scale (CES-D), NIMH

Below is a list of the ways you might have felt or behaved. Please tell us how often you have felt this way during the past week.

	During the Past Week			
	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me.	☐	☐	☐	☐
2. I did not feel like eating; my appetite was poor.	☐	☐	☐	☐
3. I felt that I could not shake off the blues even with help from my family or friends.	☐	☐	☐	☐
4. I felt I was just as good as other people.	☐	☐	☐	☐
5. I had trouble keeping my mind on what I was doing.	☐	☐	☐	☐
6. I felt depressed.	☐	☐	☐	☐
7. I felt that everything I did was an effort.	☐	☐	☐	☐
8. I felt hopeful about the future.	☐	☐	☐	☐
9. I thought my life had been a failure.	☐	☐	☐	☐
10. I felt fearful.	☐	☐	☐	☐
11. My sleep was restless.	☐	☐	☐	☐
12. I was happy.	☐	☐	☐	☐
13. I talked less than usual.	☐	☐	☐	☐
14. I felt lonely.	☐	☐	☐	☐
15. People were unfriendly.	☐	☐	☐	☐
16. I enjoyed life.	☐	☐	☐	☐
17. I had crying spells.	☐	☐	☐	☐
18. I felt sad.	☐	☐	☐	☐
19. I felt that people dislike me.	☐	☐	☐	☐
20. I could not get "going."	☐	☐	☐	☐

SCORING: zero for answers in the first column, 1 for answers in the second column, 2 for answers in the third column, 3 for answers in the fourth column. The scoring of positive items is reversed. Possible range of scores is zero to 60, with the higher scores indicating the presence of more symptomatology.





Profil – Étape 1 (n = 982) :

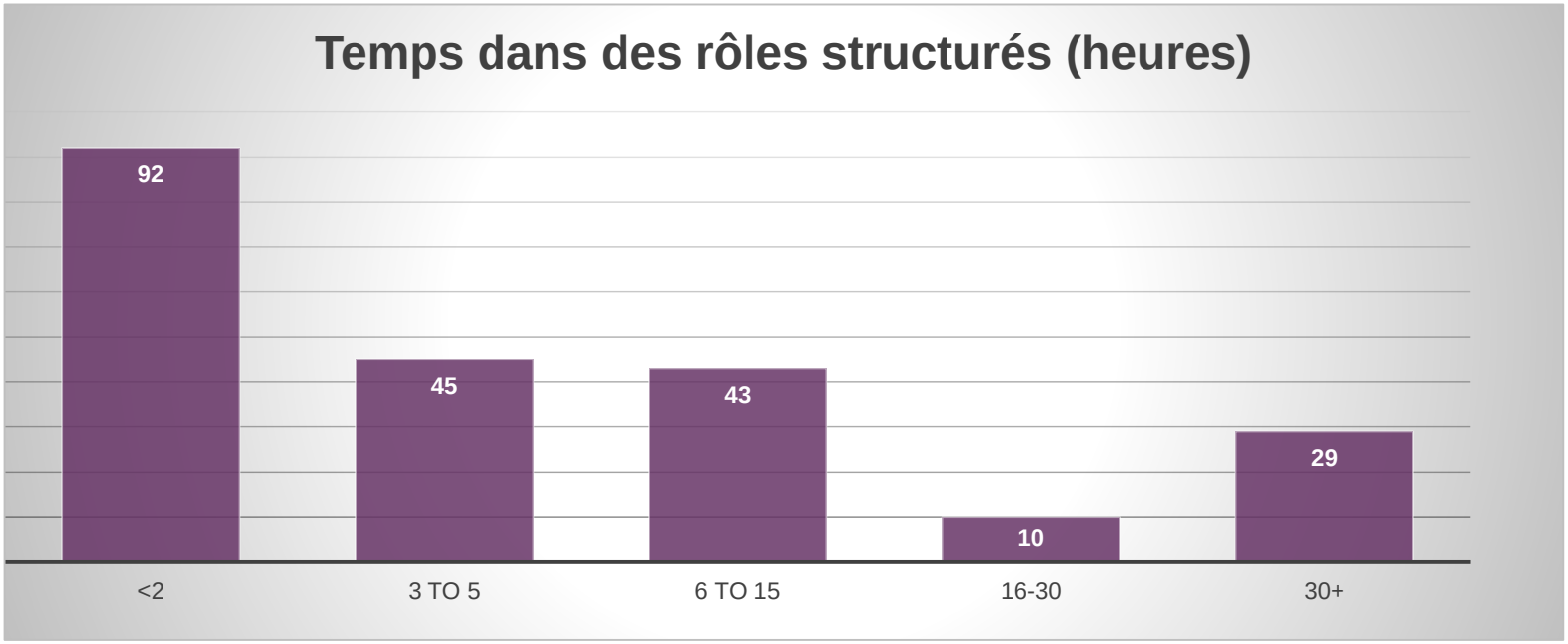
Niveaux élevés

- Espoir
- Motivation
- Sentiment d'habilitation personnelle
- Accent sur les buts

Niveaux faibles

- Connexion
- Contribution à la collectivité
- Sentiment d'appartenance à la société
- Participation à l'emploi (9 %)
- Qualité de vie

Temps dans des rôles structurés : Toronto (n = 224)



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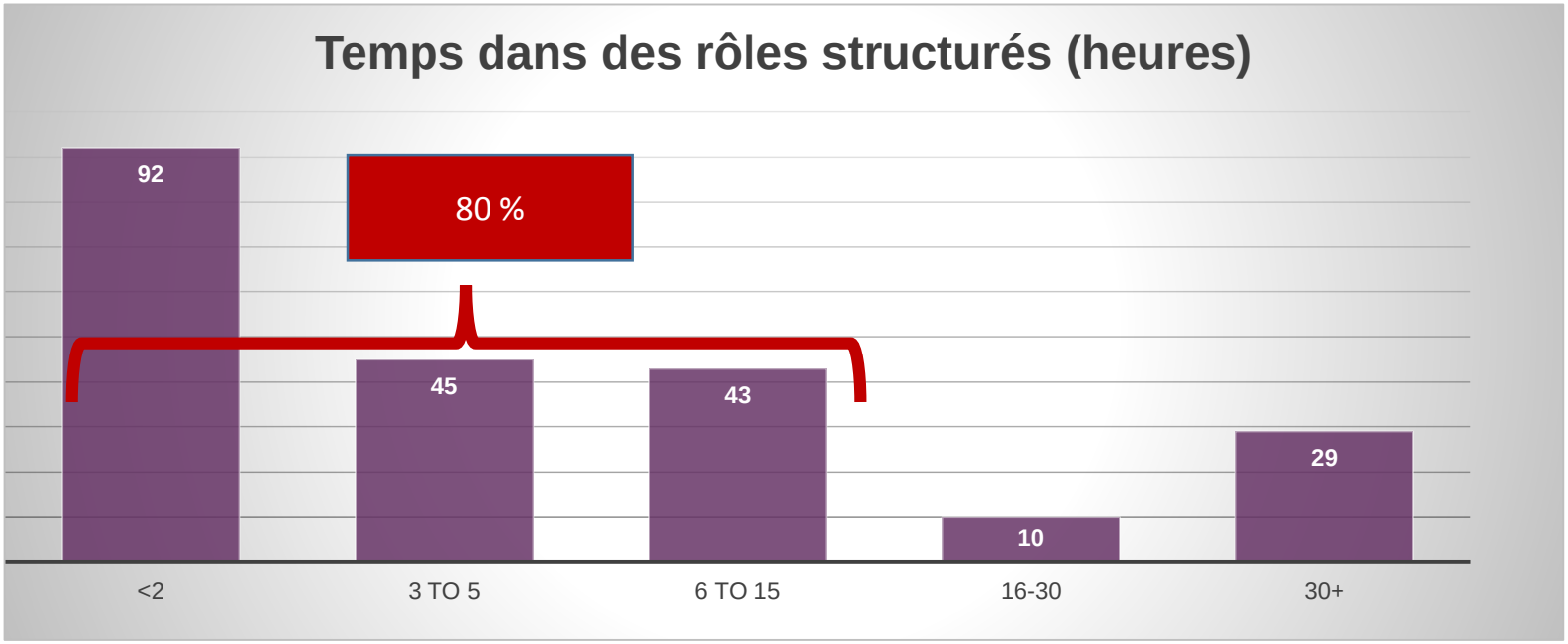
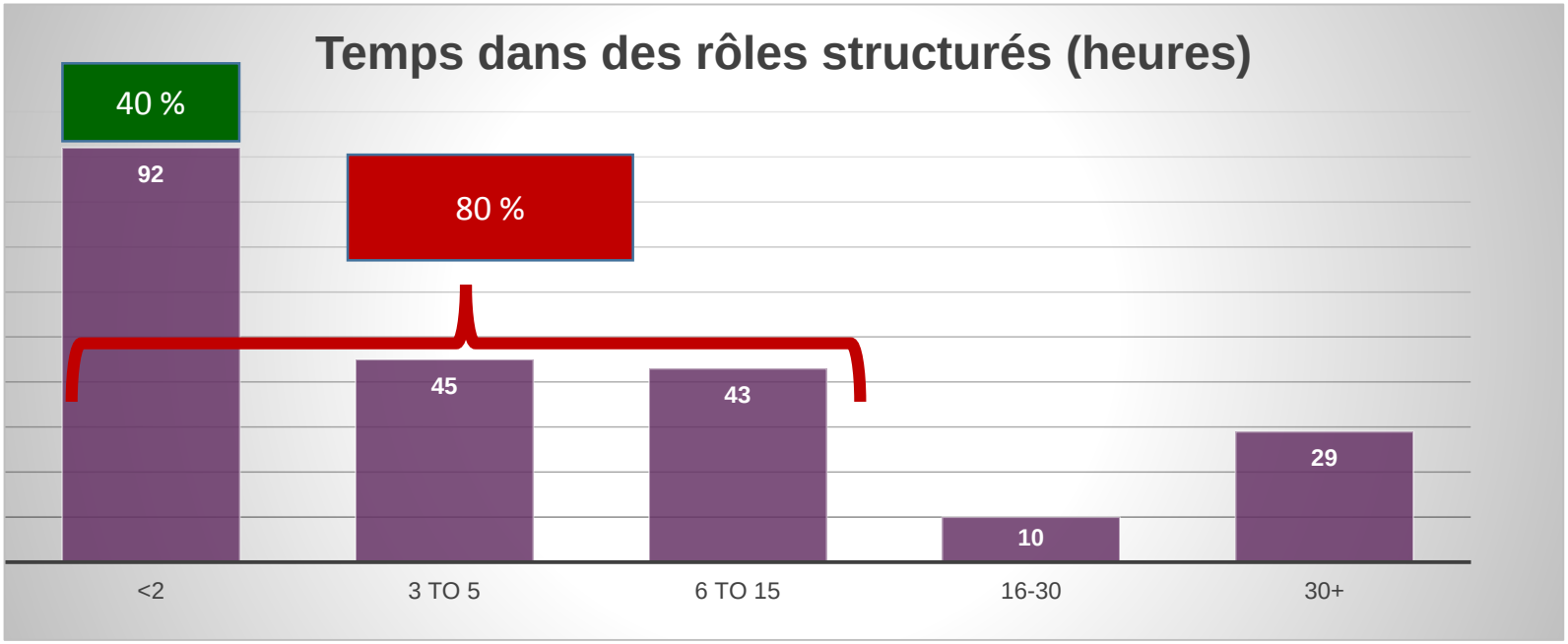
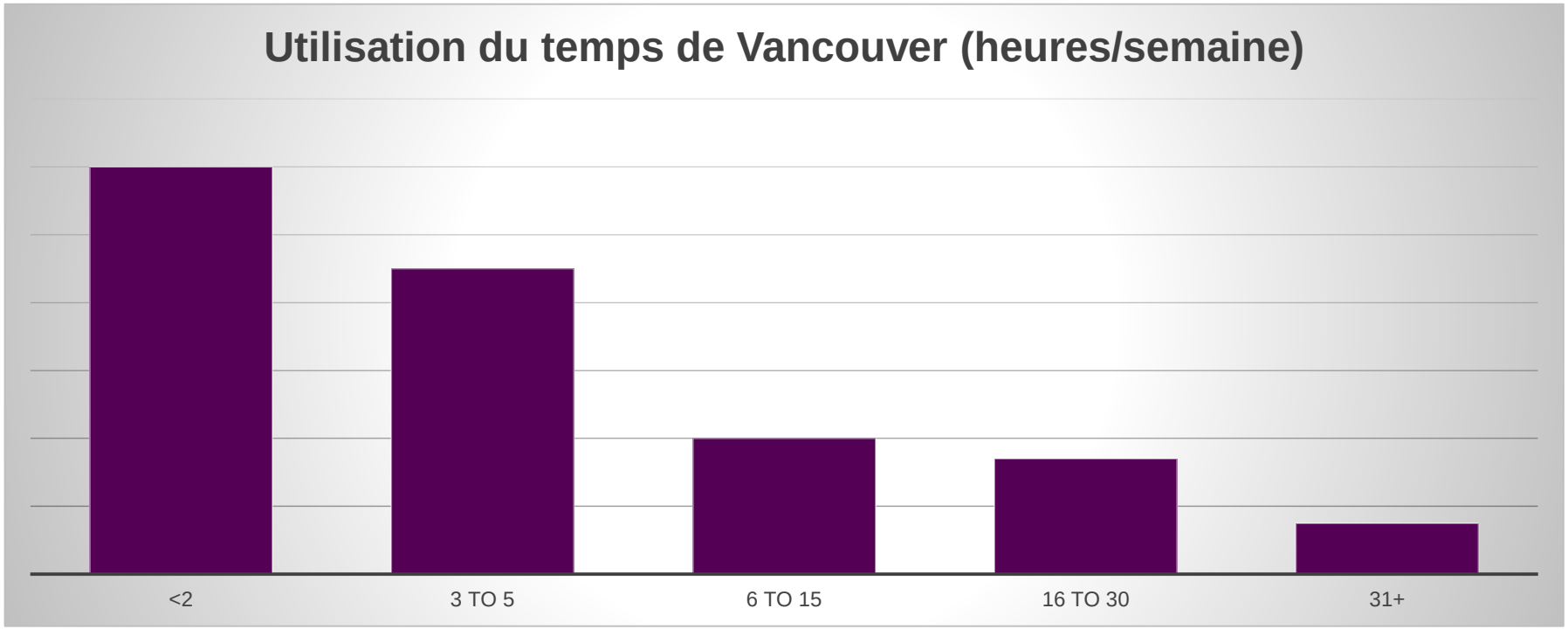


Temps dans des rôles structurés : Toronto (n = 224)



Premier regard sur Vancouver (n = 658)



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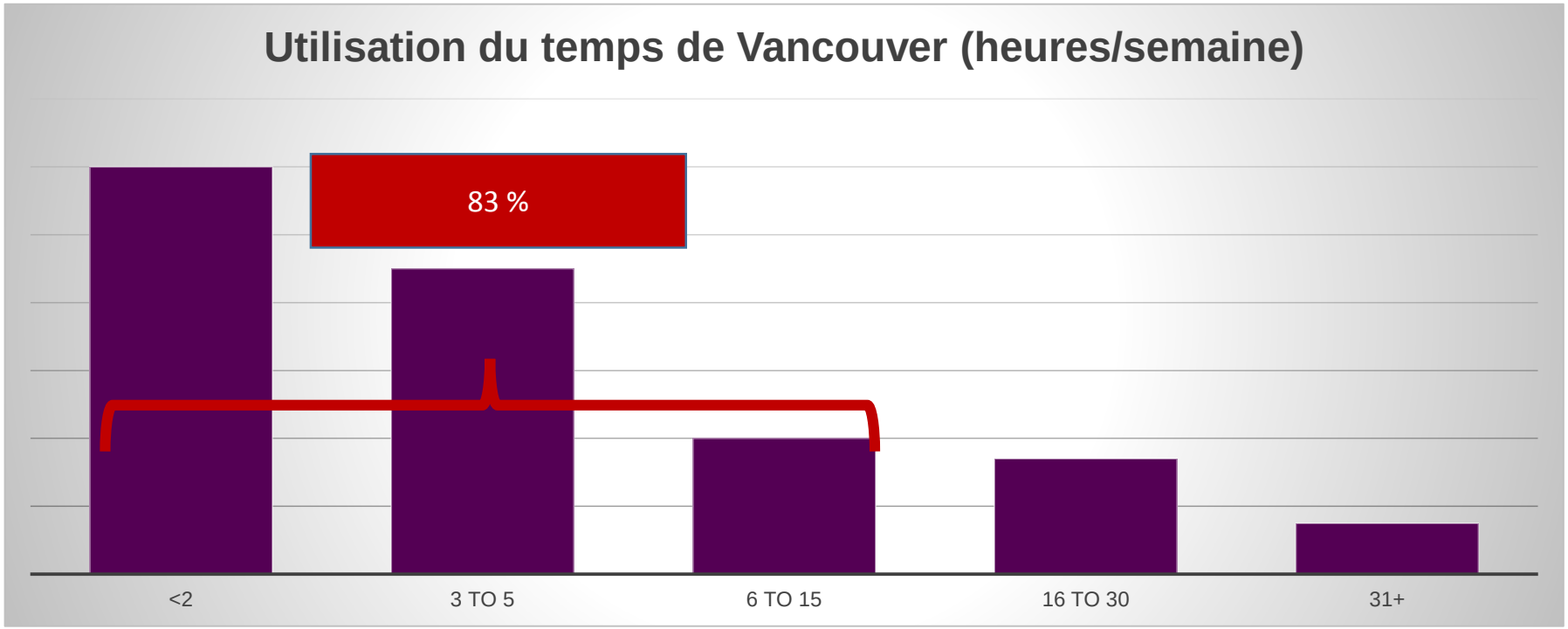

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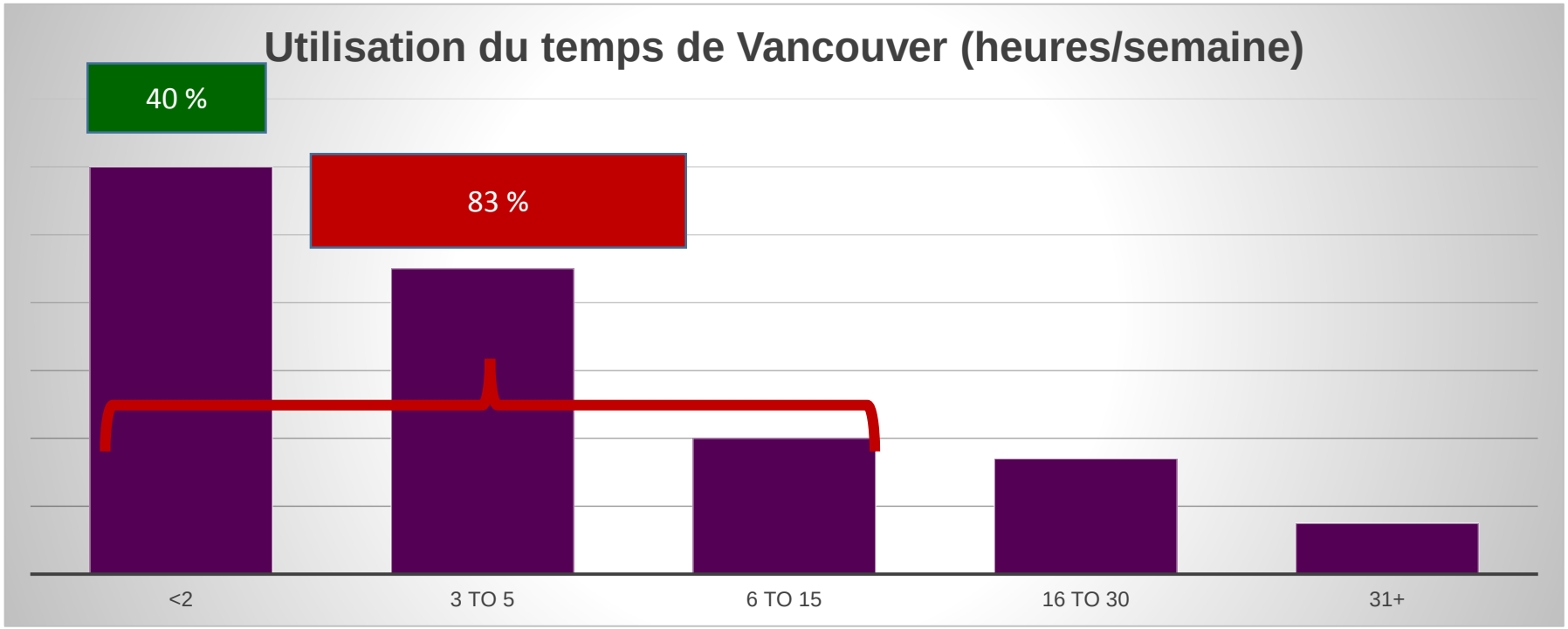

REVOIR La maladie mentale au Canada

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  - Vulnérabilité à l'itinérance, au chômage et à la consommation d'alcool.

Qu'est-ce que la mesure????

Source : Google Images

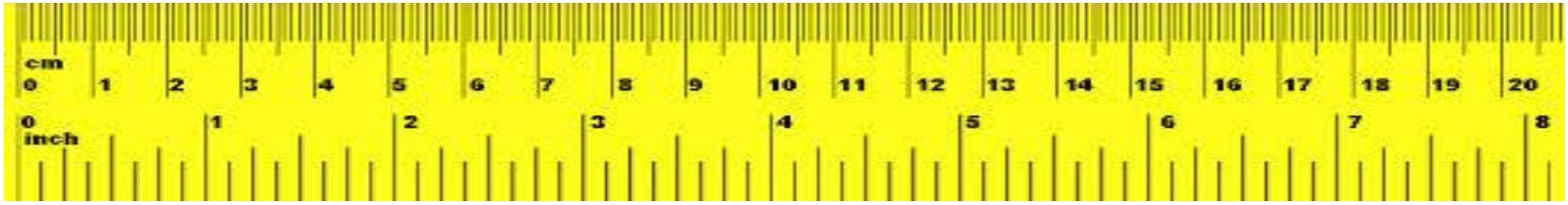
Échelles d'évaluation et mesure

- Les échelles d'évaluation devraient être élaborées à partir de définitions conceptuelles claires pour s'assurer qu'une théorie conceptuelle substantive détermine leur contenu.

Une théorie conceptuelle...

... est **<u>l'histoire que nous racontons sur ce que cela veut dire</u>** de descendre et de monter sur l'échelle pour une variable d'intérêt (p. ex. température, aptitude à la lecture, mémoire à court terme). Par exemple, pourquoi ces éléments sont-ils dans cet ordre sur la carte des éléments? Cette histoire évolue alors que les connaissances augmentent au sujet du concept (p. 308).

Stenner, A., Burdick, H., Sandford, E., et Burdick, D. How accurate are Lexile text measures? J Applied Measurement, 2006; 7: 307-322.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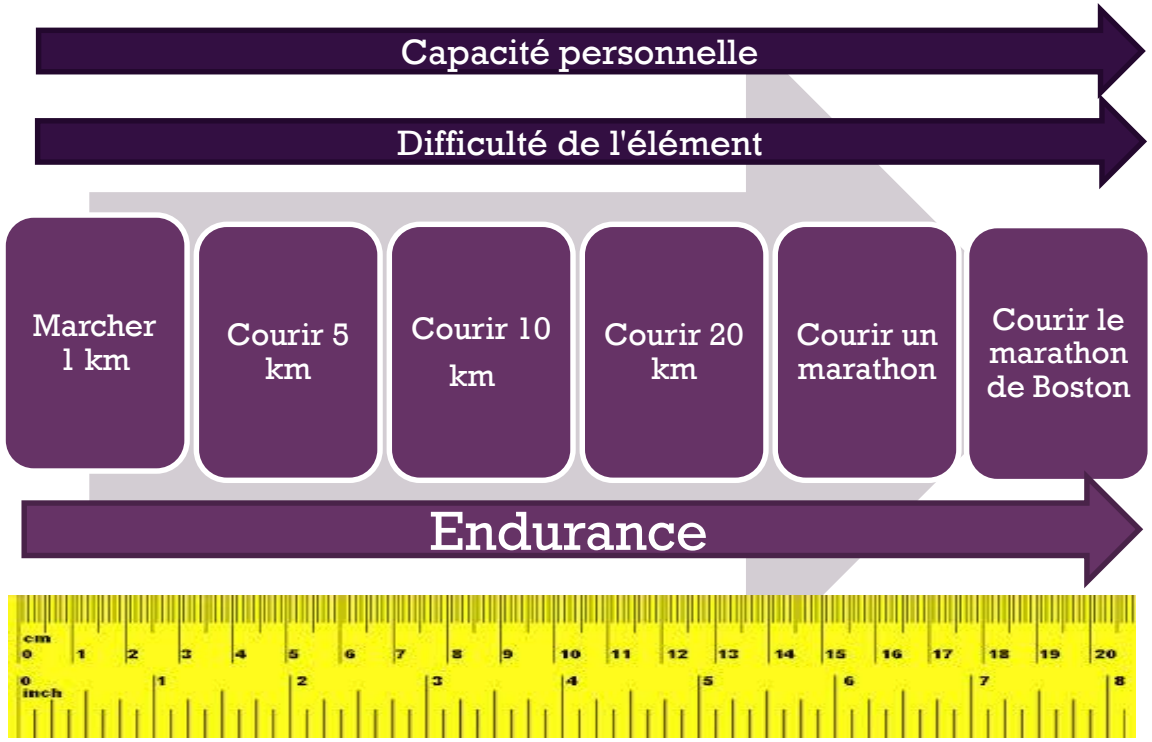
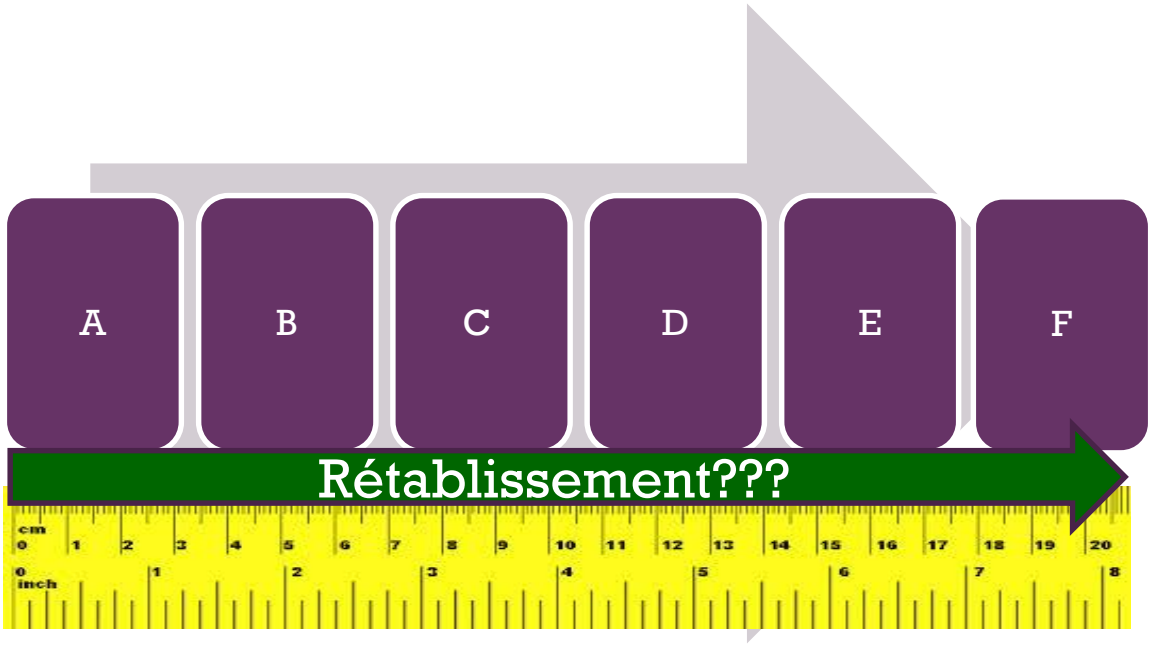
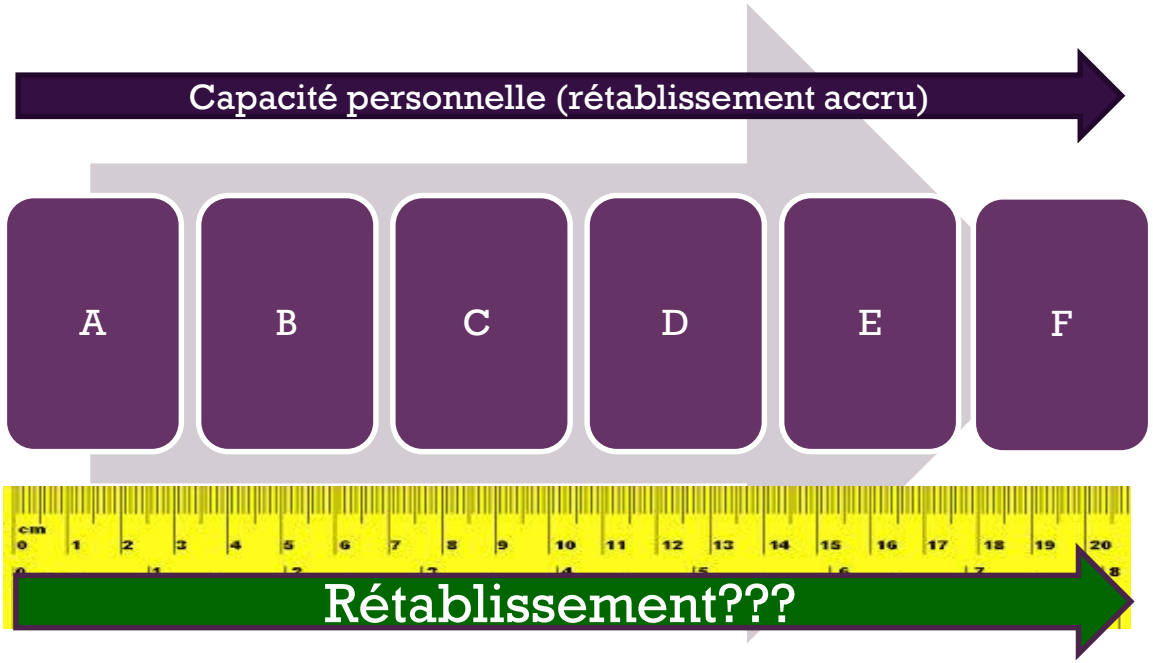
Ordre naturel des éléments



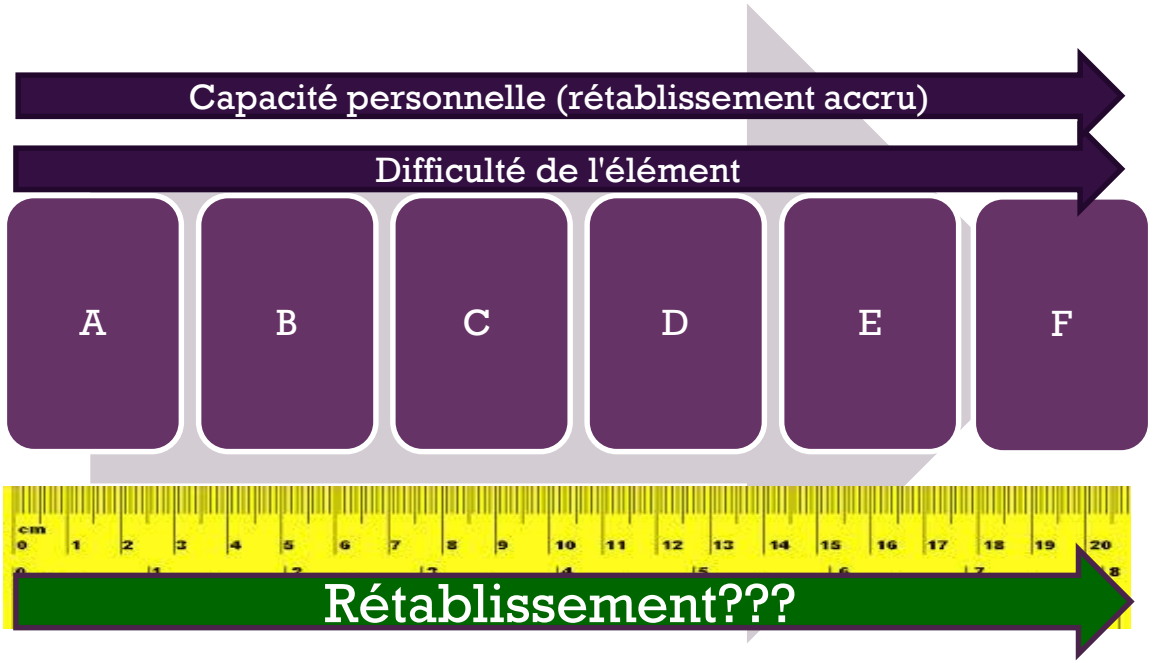
Rétablissement



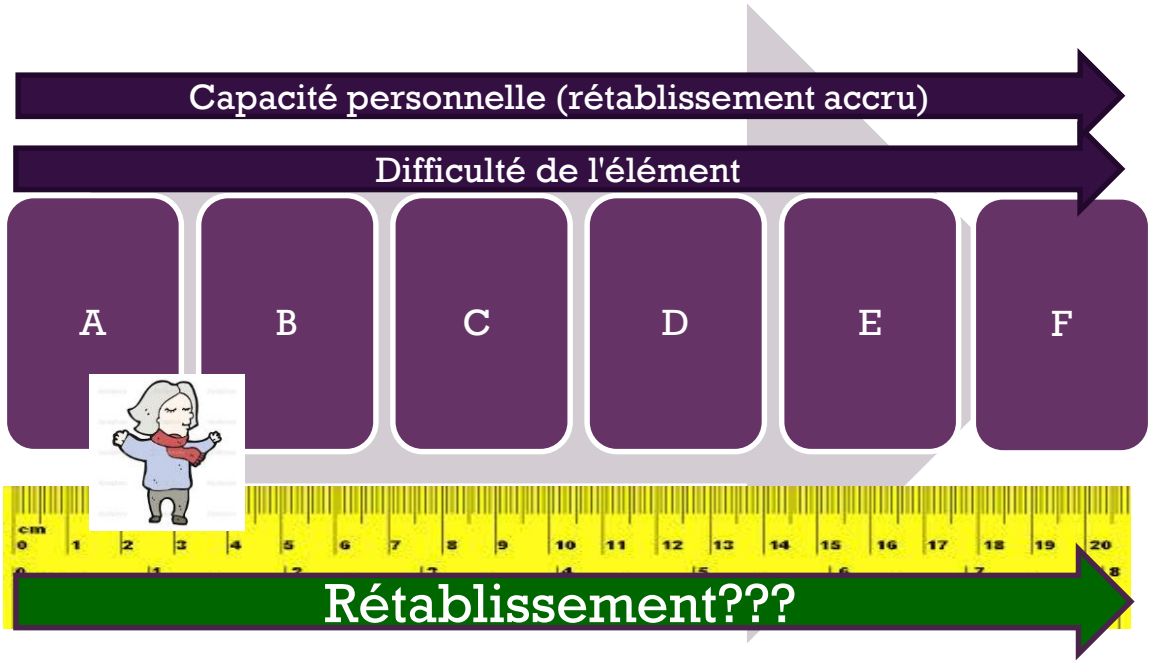
Rétablissement



Rétablissement

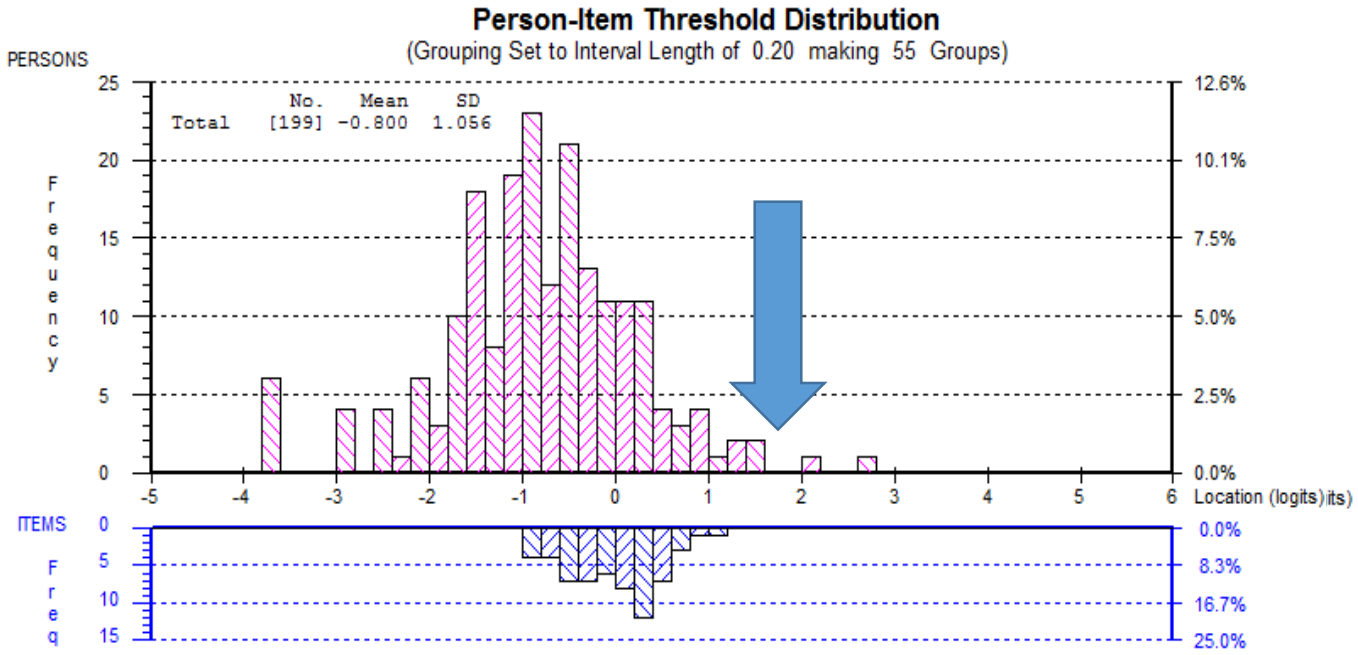


Rétablissement

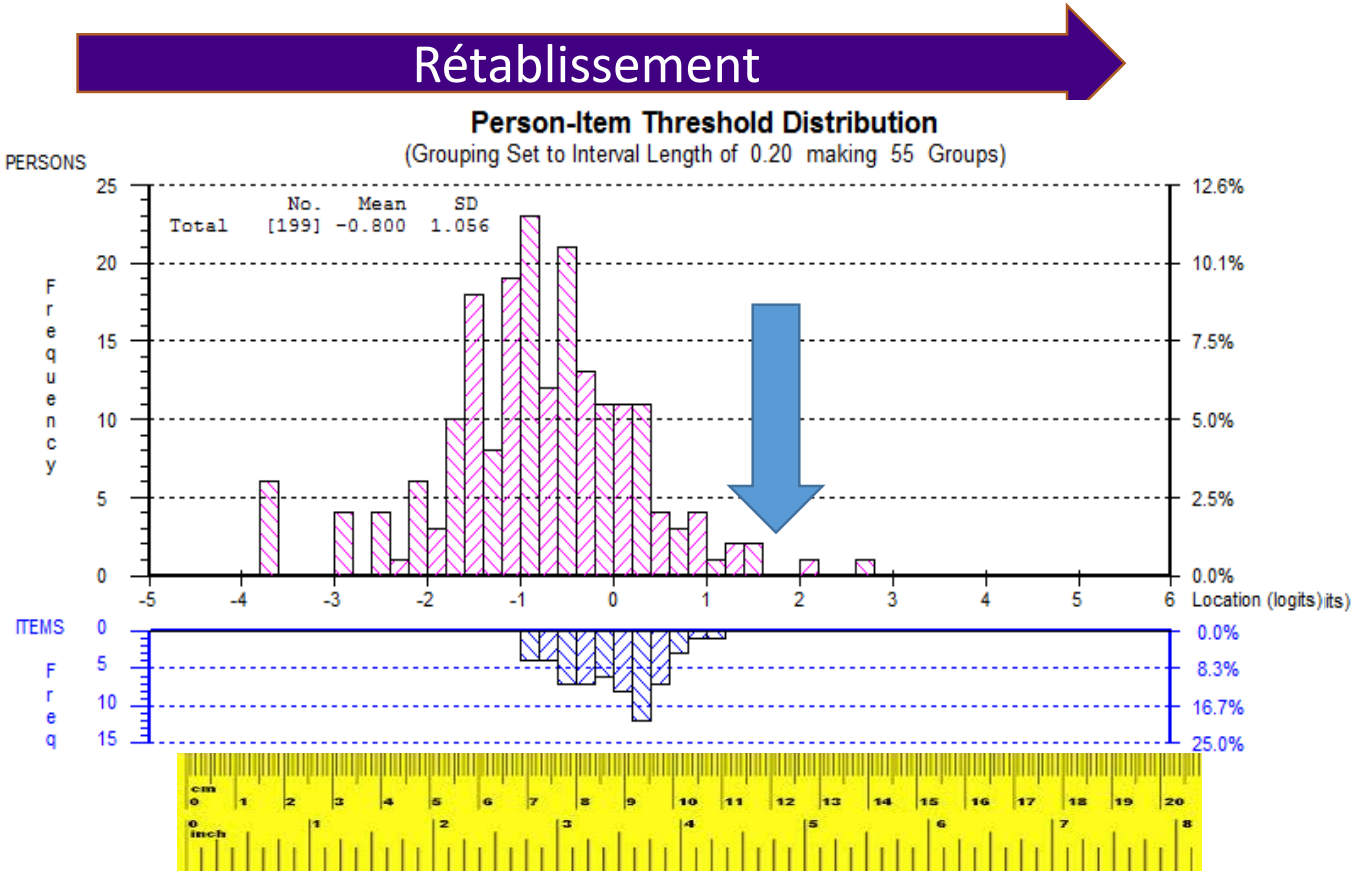


Échelle d'évaluation du rétablissement

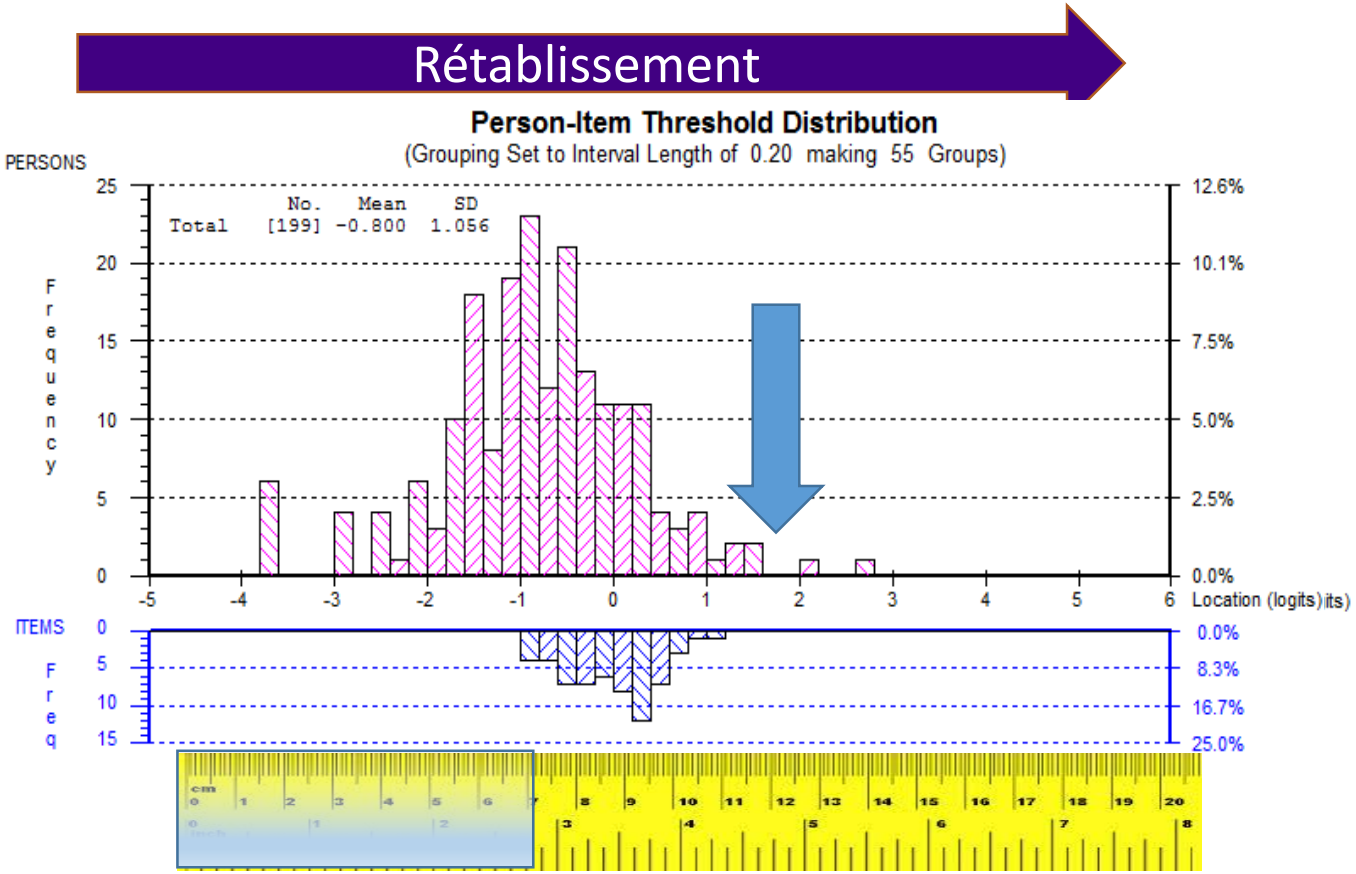
Rétablissement



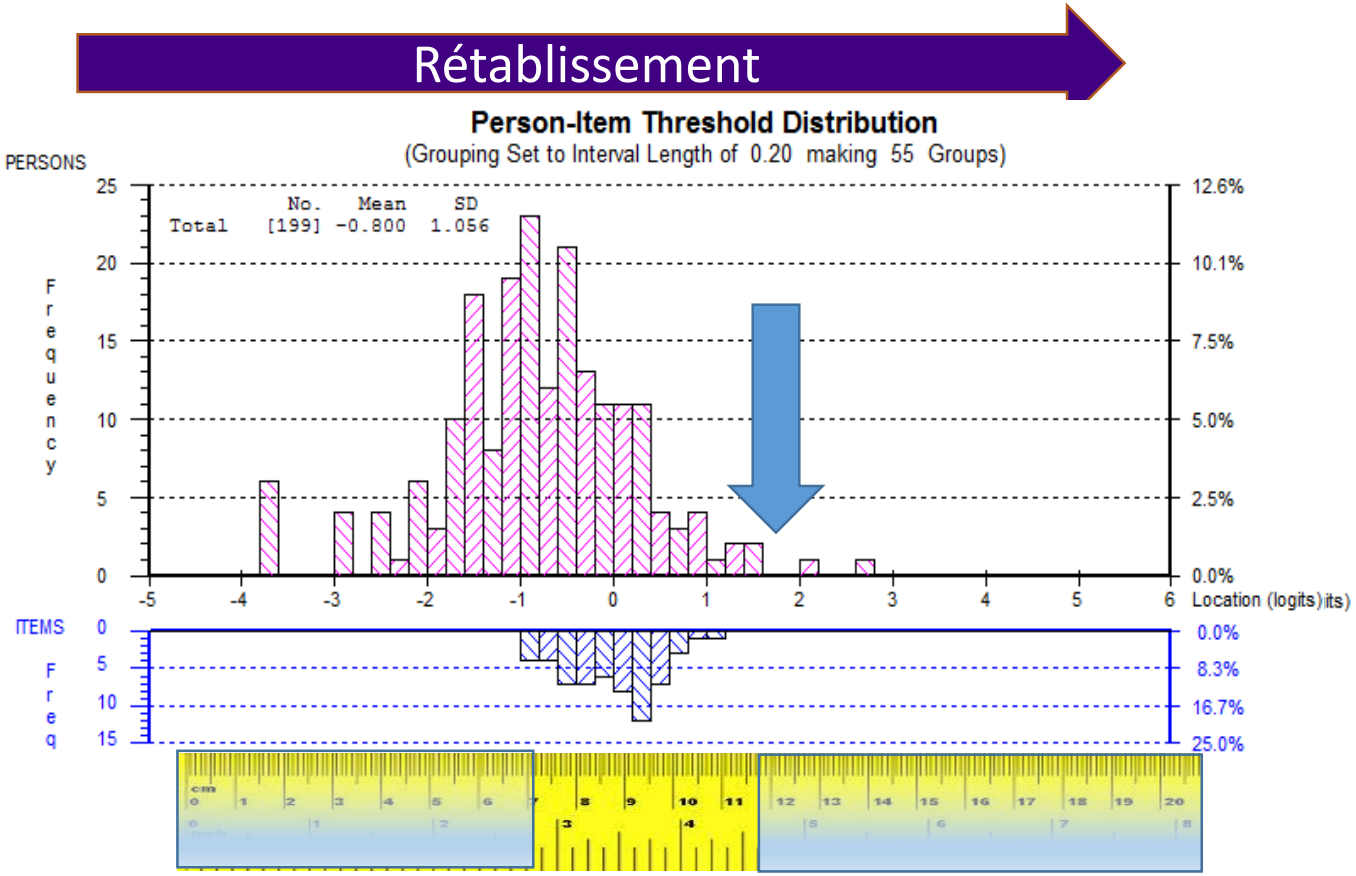
Échelle d'évaluation du rétablissement



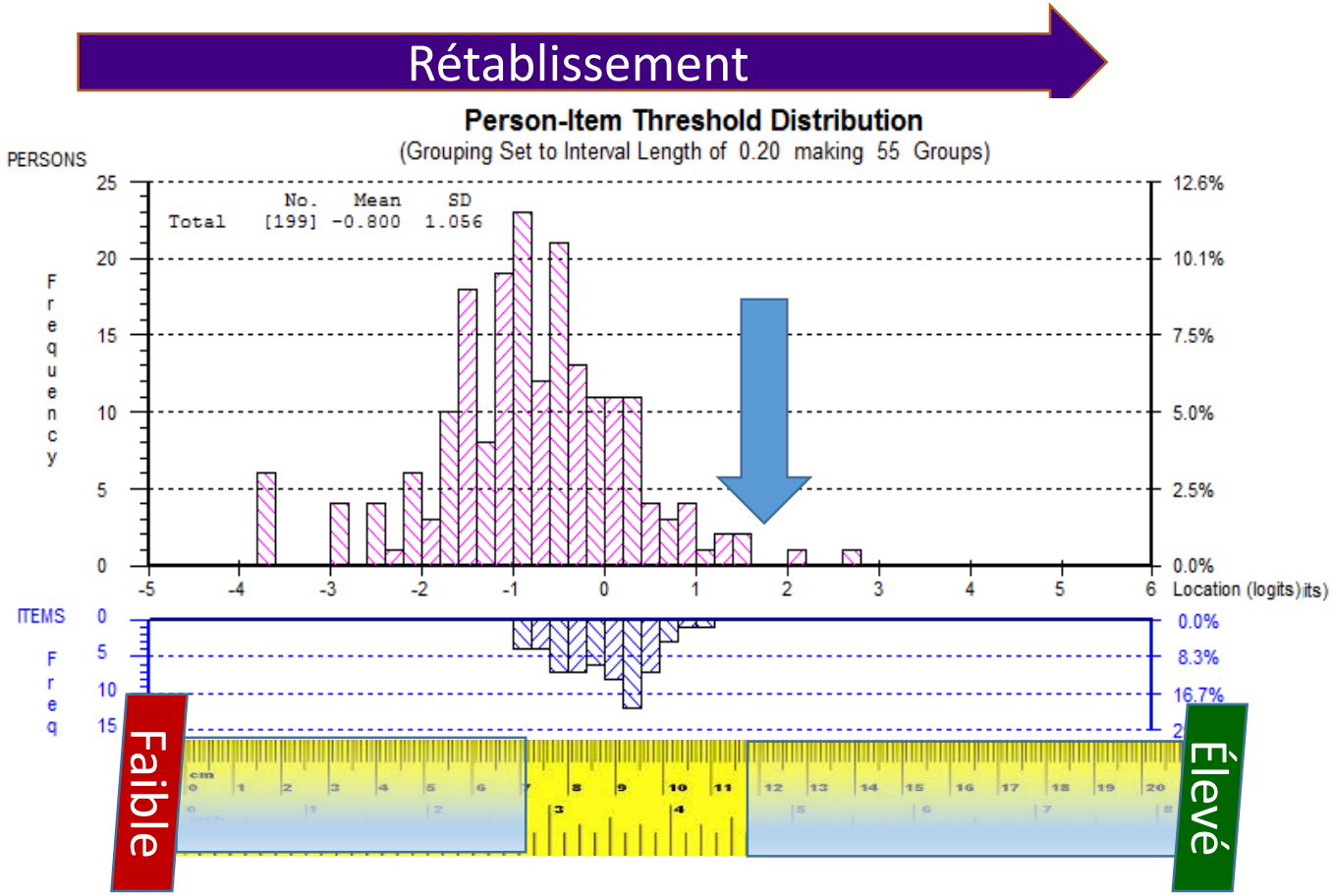
Échelle d'évaluation du rétablissement

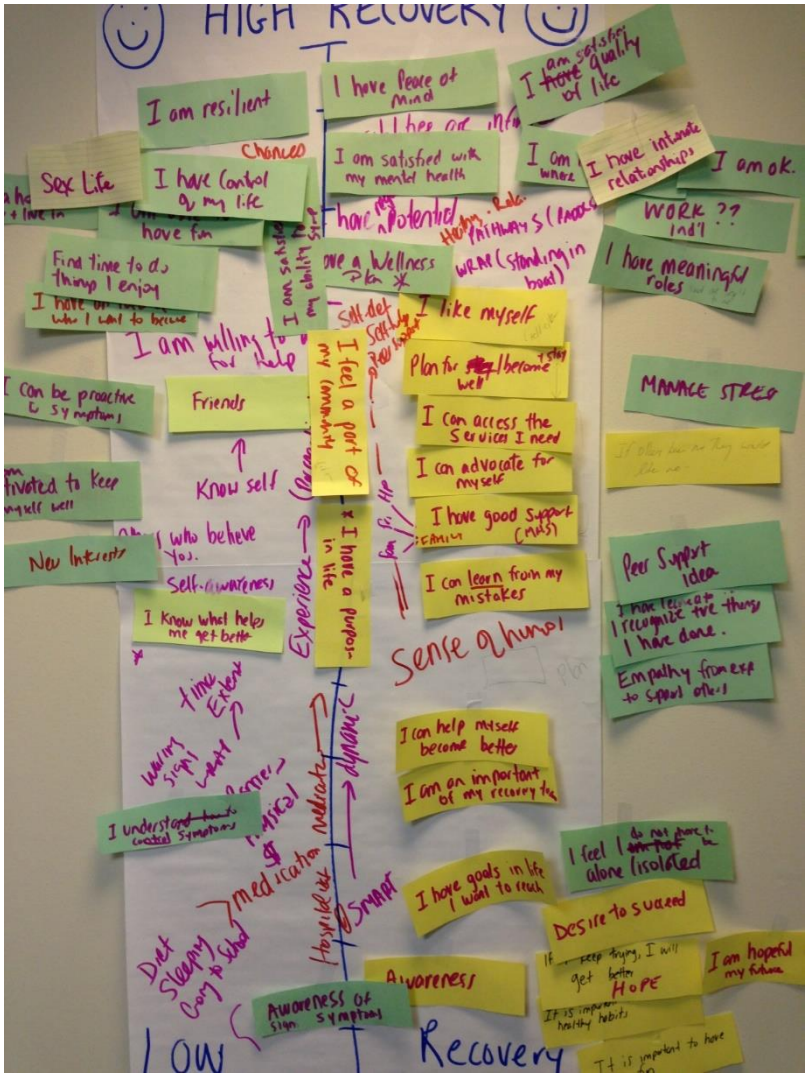


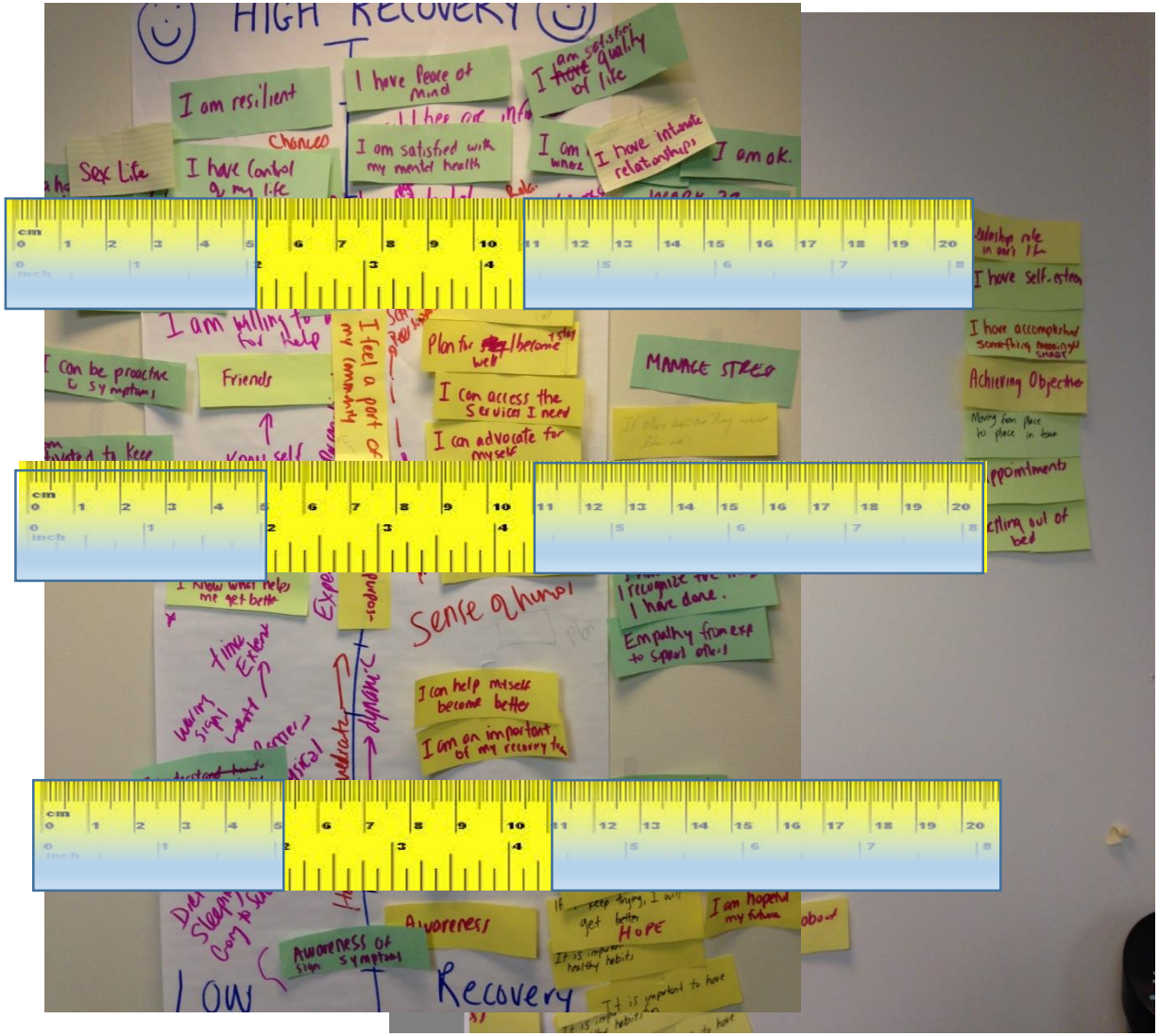
Échelle d'évaluation du rétablissement



Échelle d'évaluation du rétablissement

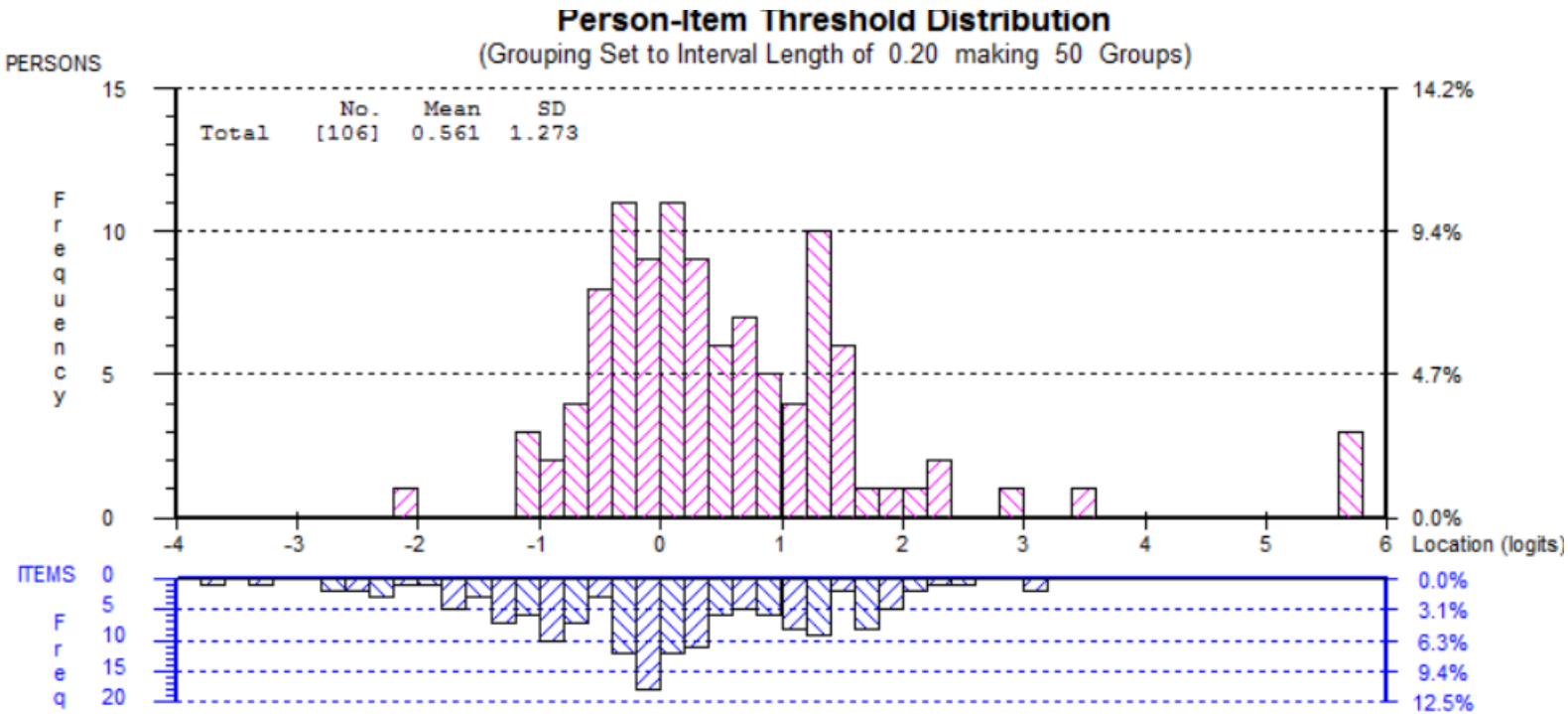


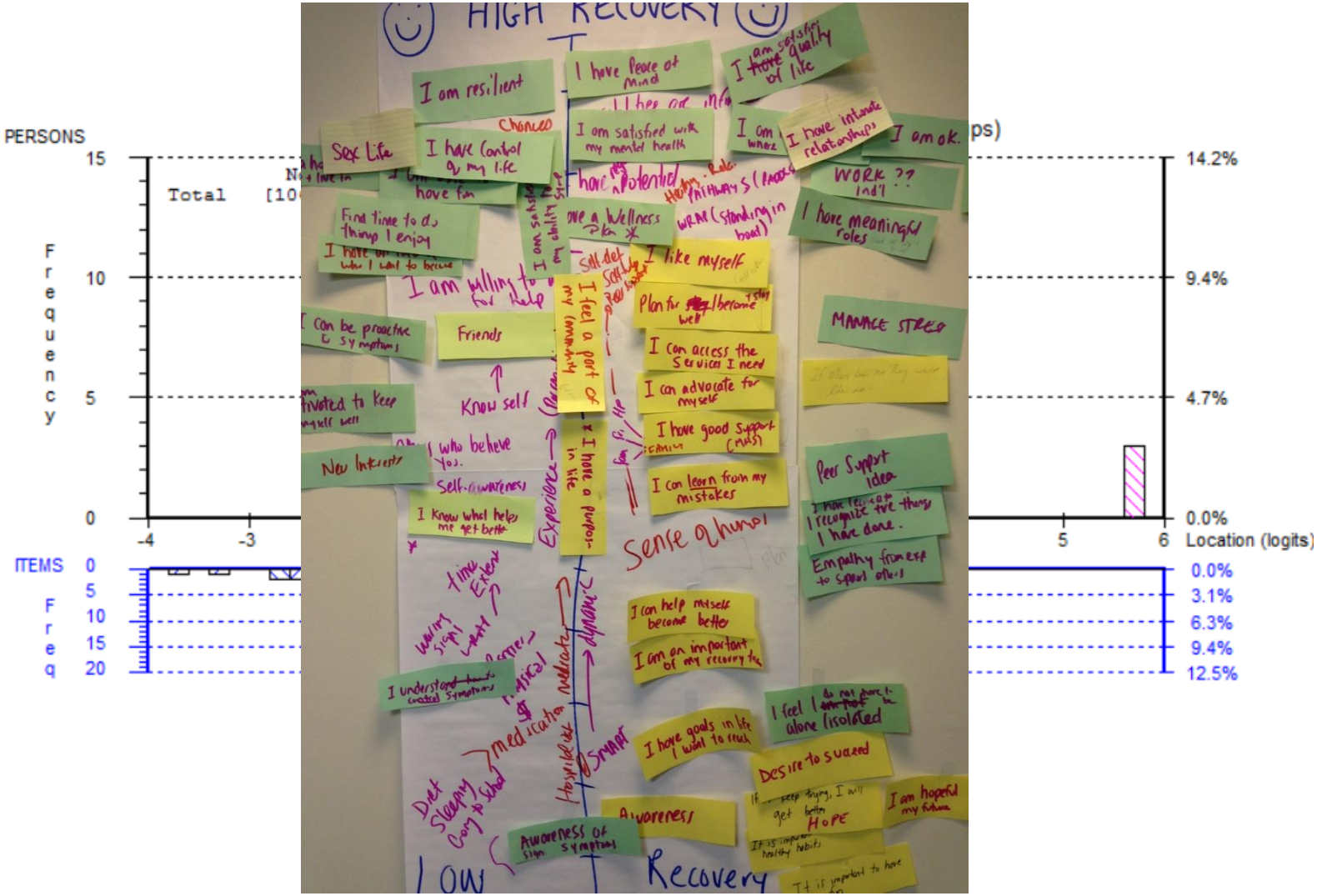

HIGH RECOVERY
I am resilient
I have peace of mind
I have quality of life
I have control of my life
I am satisfied with my mental health
I have intimate relationships
I am ok.
Sex Life
I have potential
WORK ??
I have meaningful roles
Find time to do things I enjoy
I like myself
I am willing to ask for help
Friends
Plan for become well
MANAGE STRESS
I can be proactive
I can access the services I need
I can advocate for myself
I have good support
Know self
New Interests
I feel a part of my community
I have a purpose in life
I can learn from my mistakes
Peer Support idea
I know what helps me get better
Sense of humor
I can help myself become better
I am an important of my recovery team
I understand ~~health~~ control symptoms
I have goals in life I want to reach
I feel I ~~am not~~ do not want to be alone (isolated)
Desire to succeed
Medication
Sleep
Diet
Sleepy
Awareness
Awareness of sign symptoms
HOPE
I am hopeful my future
Low
Recovery

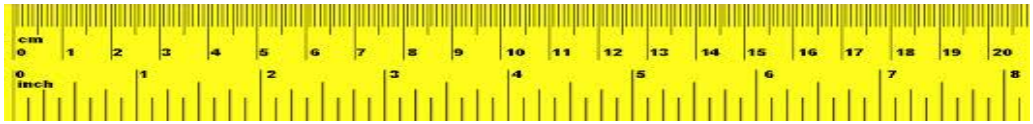

I am resilient
I have peace of mind
I have quality of life
I am satisfied with my mental health
I have intimate relationships
I am ok.
Sex Life
I have control of my life
I can be proactive
Friends
I can access the services I need
I can advocate for myself
MANAGE STRESS
Achieving Objective
Sense of humor
I can help myself become better
I am an important of my recovery
Empathy from self to spiritual others
Awareness
Awareness of sign symptoms
HOPE
Recovery

Phase 2 : Ensemble initial d'éléments de la MRRP

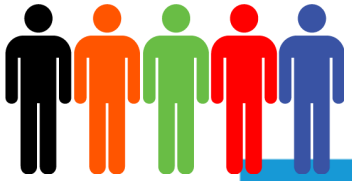
- Élaboration de 40 éléments (2 groupes de discussion, n = 19)
- Hypothèse a priori concernant l'ordre des éléments
- Mise à l'essai sur le nouvel échantillon (n = 106, logement communautaire)

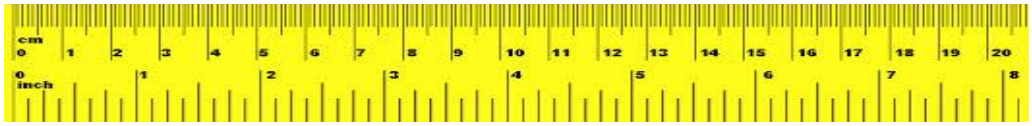

Person-Item Threshold Distribution
(Grouping Set to Interval Length of 0.20 making 50 Groups)
PERSONS
No. Mean SD
Total [106] 0.561 1.273
Frequency
15
10
5
0
14.2%
9.4%
4.7%
0.0%
-4 -3 -2 -1 0 1 2 3 4 5 6
Location (logits)
ITEMS
Freq
0
5
10
15
20
0.0%
3.1%
6.3%
9.4%
12.5%


PERSONS
Total
Frequency
15
10
5
0
-4
-3
5
6
Location (logits)
14.2%
9.4%
4.7%
0.0%
ITEMS
Freq
0
5
10
15
20
0.0%
3.1%
6.3%
9.4%
12.5%
HIGH RECOVERY
I am resilient
I have peace of mind
I have quality of life
I am satisfied with my mental health
I have control of my life
Sex Life
I have fun
I have intimate relationships
I am ok.
WORK ??
I have meaningful roles
I like myself
I can be proactive
Friends
Know self
I am willing to ask for help
I feel a part of my community
Plan for a well life
I can access the services I need
I can advocate for myself
I have good support
MANAGE STRESS
New Interests
I know what helps me get better
I can learn from my mistakes
Peer Support idea
I have recognize the things I have done.
Empathy from me to support others
Sense of humor
I can help myself become better
I am an important of my recovery team
I have goals in life I want to reach
I feel alone (isolated)
Desire to succeed
I am hopeful my future
HOPE
Awareness
Awareness of sign symptoms
Diet
Sleep
Carry to school
medication
Hospital
Smart
Low
Recovery



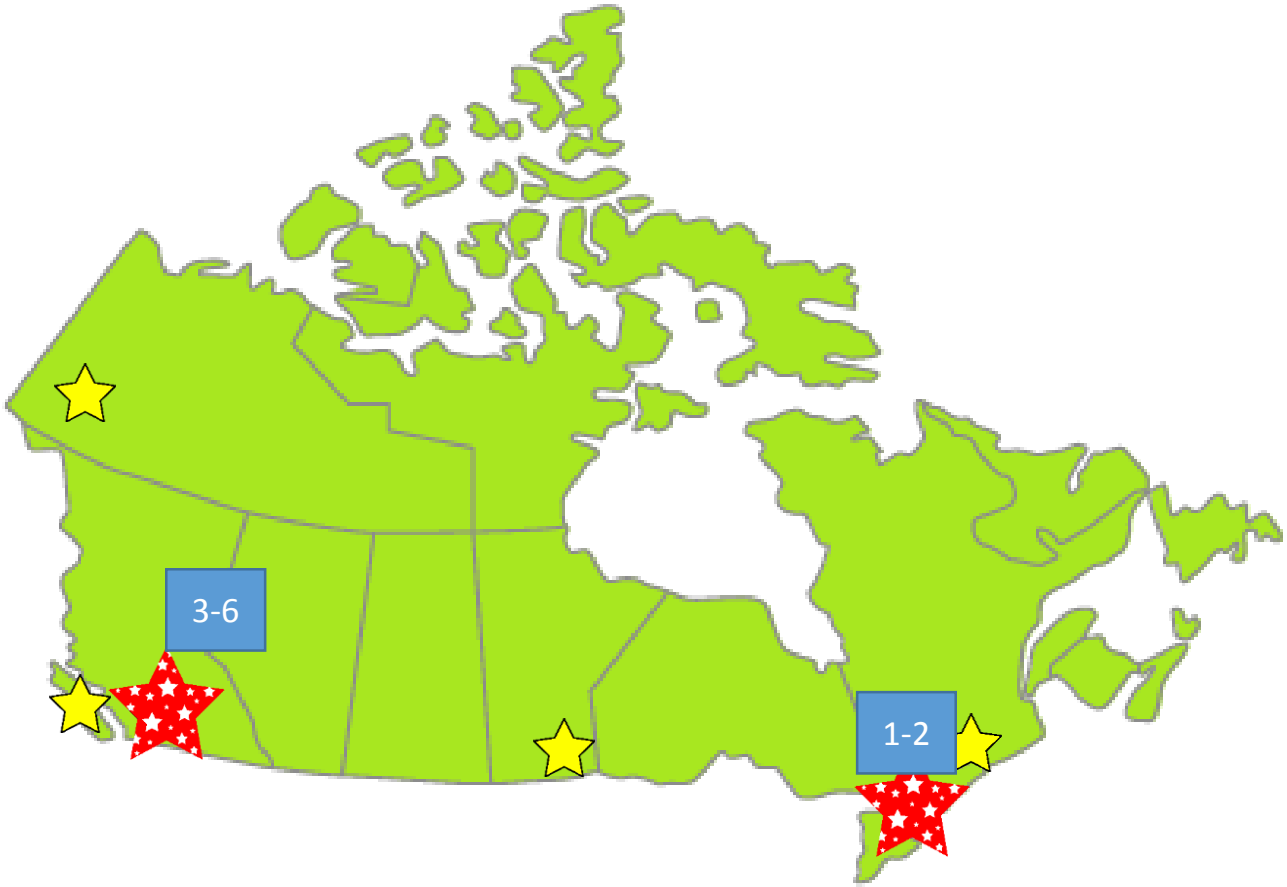
Trop long





Échelle de mesure

0	1	2	3	4
None of the	Tout à fait en	En désaccord	Neutre	D'accord	Tout à fait d'accord	the time


3-6
1-2

Rétablissement

QUESTIO

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

Rétablissement

QUESTIO

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **que**
There are 30 questions. The score for each qu

Based on your experiences in the **last week**, p
you have felt this way by selecting the option y

0	1
None of the Time	25% of the time

QUESTIONS	
1.	I am motivated to keep myself well
2.	I can access the health and social servi
3.	I am hopeful about my future
4.	I feel safe
5.	I sleep well
6.	I like myself
7.	I have enough money to meet my basi
8.	I am happy
9.	I am driven by meaningful goals
10.	I can identify the early warning signs o
11.	I am confident
12.	I know what helps me stay well
13.	I have energy
14.	I have a purpose in life
15.	I accomplish the goals I set out for mysel

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS		RESPONSE				
16.	I have new interests	0	1	2	3	4
17.	I have fun	0	1	2	3	4
18.	I have an idea of who I want to become	0	1	2	3	4
19.	I have good self-esteem	0	1	2	3	4
20.	I am supported by my friends and family	0	1	2	3	4
21.	I can manage stress	0	1	2	3	4
22.	I can be an advocate for myself	0	1	2	3	4
23.	I feel a part of my community	0	1	2	3	4
24.	I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25.	I am respected by others	0	1	2	3	4
26.	I contribute to my community	0	1	2	3	4
27.	I spend my day doing the things that I enjoy	0	1	2	3	4
28.	I have control over my life	0	1	2	3	4
29.	I am satisfied with my intimate relationships	0	1	2	3	4
30.	I have peace of mind	0	1	2	3	4
TOTAL SCORE	**____ /120**				**ADJUSTED SCORE = TOTAL SCORE / 4**	

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

QUESTIO

Personal Recovery Outcor

Please take the time to fill in the following **questionnaire.**
There are 30 questions. The score for each question is as follows

Based on your experiences in the **last week**, please indicate how
you have felt this way by selecting the option you most agree wi

0	1	2
None of the Time	25% of the time	50% of the ti

QUESTIONS					
1. I am motivated to keep myself well					
2. I can access the health and social services that I need					
3. I am hopeful about my future					
4. I feel safe					
5. I sleep well					
6. I like myself					
7. I have enough money to meet my basic needs					
8. I am happy					
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
20. I am supported by my friends and family	0	1	2	3	4
21. I can manage stress	0	1	2	3	4
22. I can be an advocate for myself	0	1	2	3	4
23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120				**ADJUSTED SCORE = TOTAL SCORE / 4**	

QUESTIO

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	
2. I can access the health and social services that I need	0	1	2	3	
3. I am hopeful about my future	0	1	2	3	
4. I feel safe	0	1	2	3	
5. I sleep well	0	1	2	3	
6. I like myself	0	1	2	3	
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
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21. I can manage stress	0	1	2	3	4
22. I can be an advocate for myself	0	1	2	3	4
23. I feel a part of my community	0	1	2	3	4
24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120			**ADJUSTED SCORE = TOTAL SCORE / 4**		

NOTE 11/30

QUESTIO

Personal Recovery Outcome Measure (PI

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	
None of the Time	25% of the time	50% of the time	75% of the time	All of

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	
2. I can access the health and social services that I need	0	1	2	3	
3. I am hopeful about my future	0	1	2	3	
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
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17. I have fun	0	1	2	3	4
18. I have an idea of who I want to become	0	1	2	3	4
19. I have good self-esteem	0	1	2	3	4
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26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120			ADJUSTED SCORE = TOTAL SCORE / 4		

NOTE 11/30

QUESTIO

Personal Recovery Outcome Measure (PI

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	
None of the Time	25% of the time	50% of the time	75% of the time	All of

QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	
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3. I am hopeful about my future	0	1	2	3	
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

QUESTIONS	RESPONSE				
16. I have new interests	0	1	2	3	4
17. I have fun	0	1	2	3	4
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24. I like the place that I live in (house, apartment, etc...)	0	1	2	3	4
25. I am respected by others	0	1	2	3	4
26. I contribute to my community	0	1	2	3	4
27. I spend my day doing the things that I enjoy	0	1	2	3	4
28. I have control over my life	0	1	2	3	4
29. I am satisfied with my intimate relationships	0	1	2	3	4
30. I have peace of mind	0	1	2	3	4
TOTAL SCORE ____ /120			ADJUSTED SCORE = TOTAL SCORE / 4		

NOTE 11/30

Personal Recovery Outcome Measure (PROM)

Please take the time to fill in the following **questionnaire**.
There are 30 questions. The score for each question is as follows:

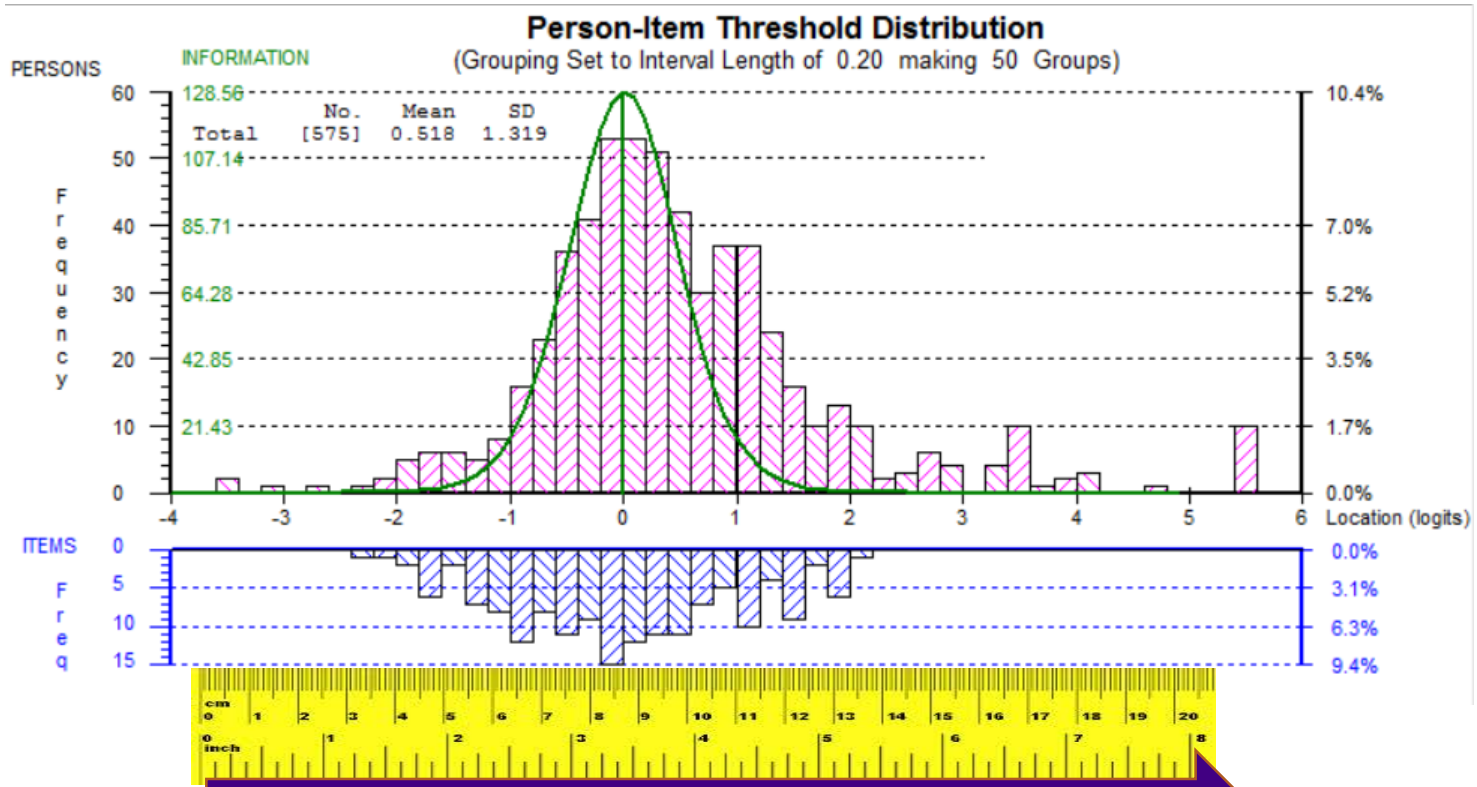
Based on your experiences in the **last week**, please indicate how often you have felt this way by selecting the option you most agree with.

0	1	2	3	4
None of the Time	25% of the time	50% of the time	75% of the time	All of the time

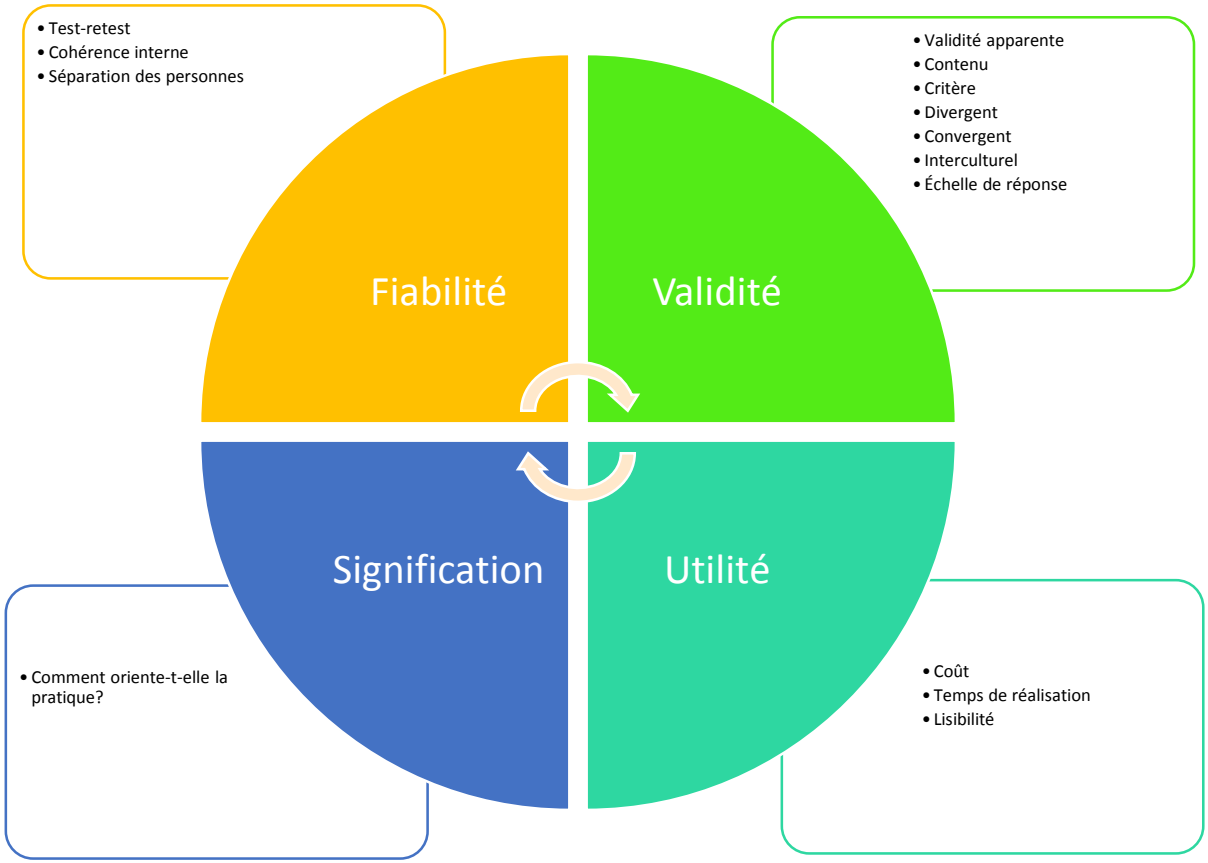
QUESTIONS	RESPONSE				
1. I am motivated to keep myself well	0	1	2	3	4
2. I can access the health and social services that I need	0	1	2	3	4
3. I am hopeful about my future	0	1	2	3	4
4. I feel safe	0	1	2	3	4
5. I sleep well	0	1	2	3	4
6. I like myself	0	1	2	3	4
7. I have enough money to meet my basic needs	0	1	2	3	4
8. I am happy	0	1	2	3	4
9. I am driven by meaningful goals	0	1	2	3	4
10. I can identify the early warning signs of becoming unwell	0	1	2	3	4
11. I am confident	0	1	2	3	4
12. I know what helps me stay well	0	1	2	3	4
13. I have energy	0	1	2	3	4
14. I have a purpose in life	0	1	2	3	4
15. I accomplish the goals I set out for myself	0	1	2	3	4

???????

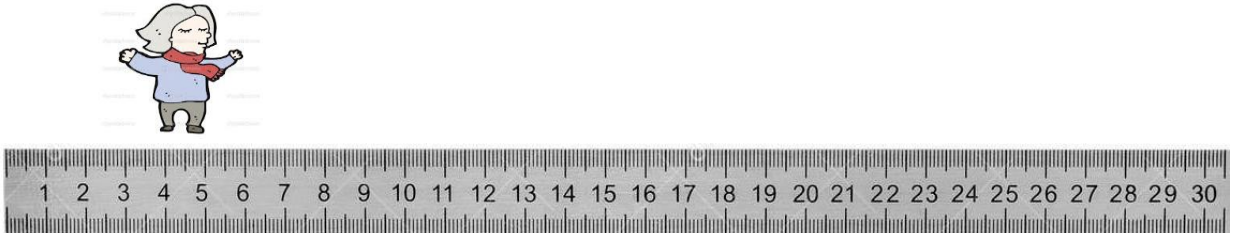
???????



Rétablissement


• Test-retest
• Cohérence interne
• Séparation des personnes
Fiabilité
Validité
• Validité apparente
• Contenu
• Critère
• Divergent
• Convergent
• Interculturel
• Échelle de réponse
Signification
Utilité
• Comment oriente-t-elle la pratique?
• Coût
• Temps de réalisation
• Lisibilité

Règle pour orienter les soins?



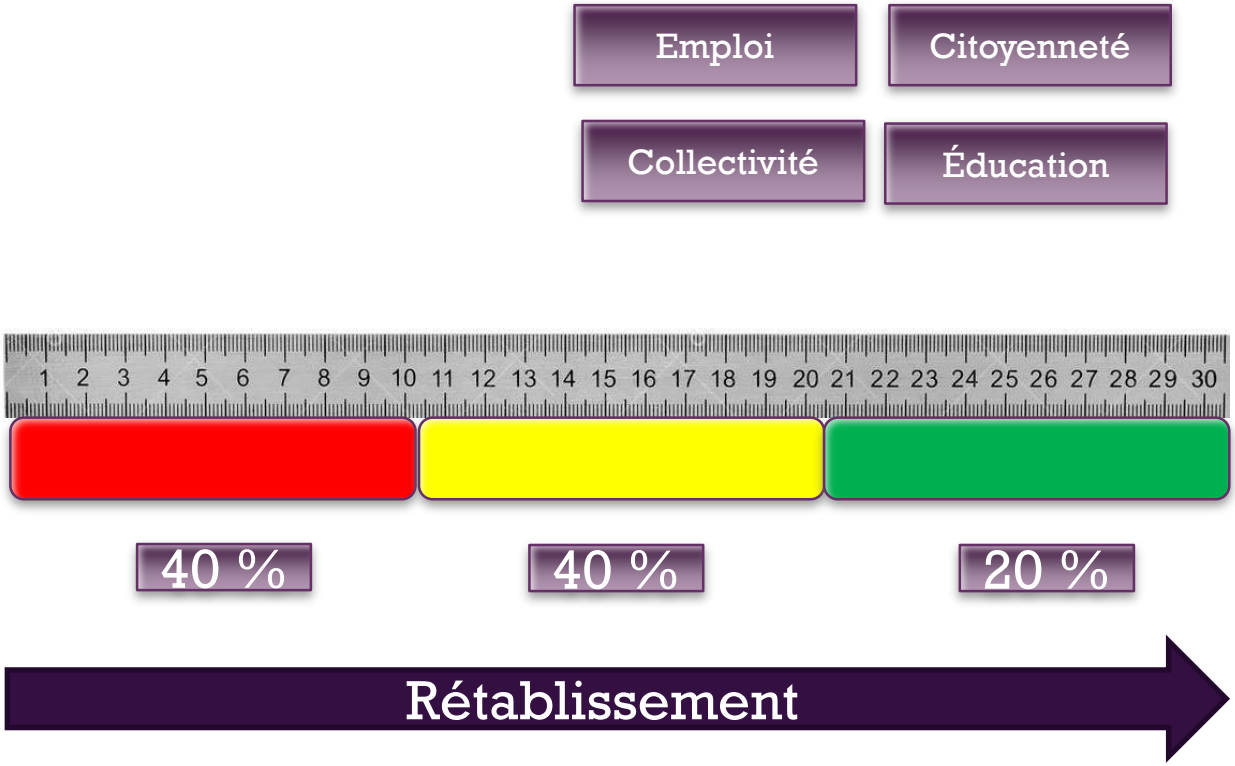
Rétablissement

Règle pour orienter les soins?

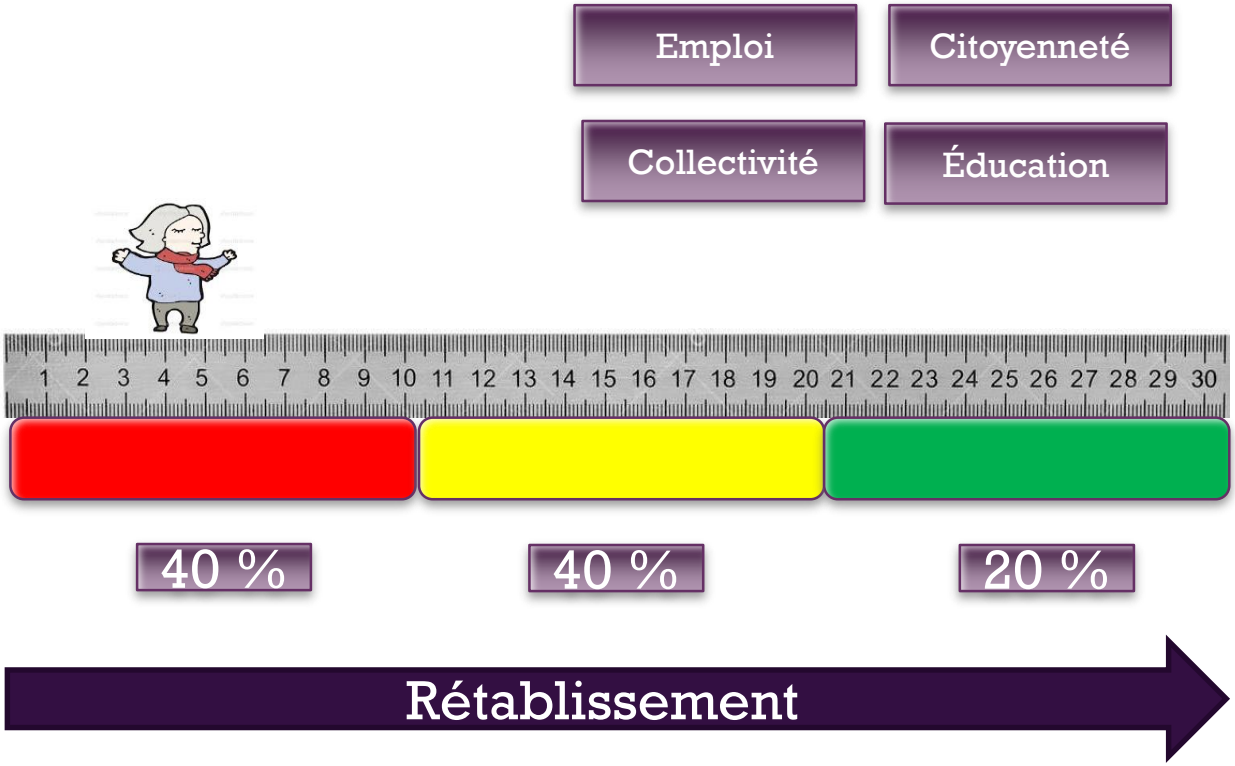
Règle pour orienter les soins?

Règle pour orienter les soins?

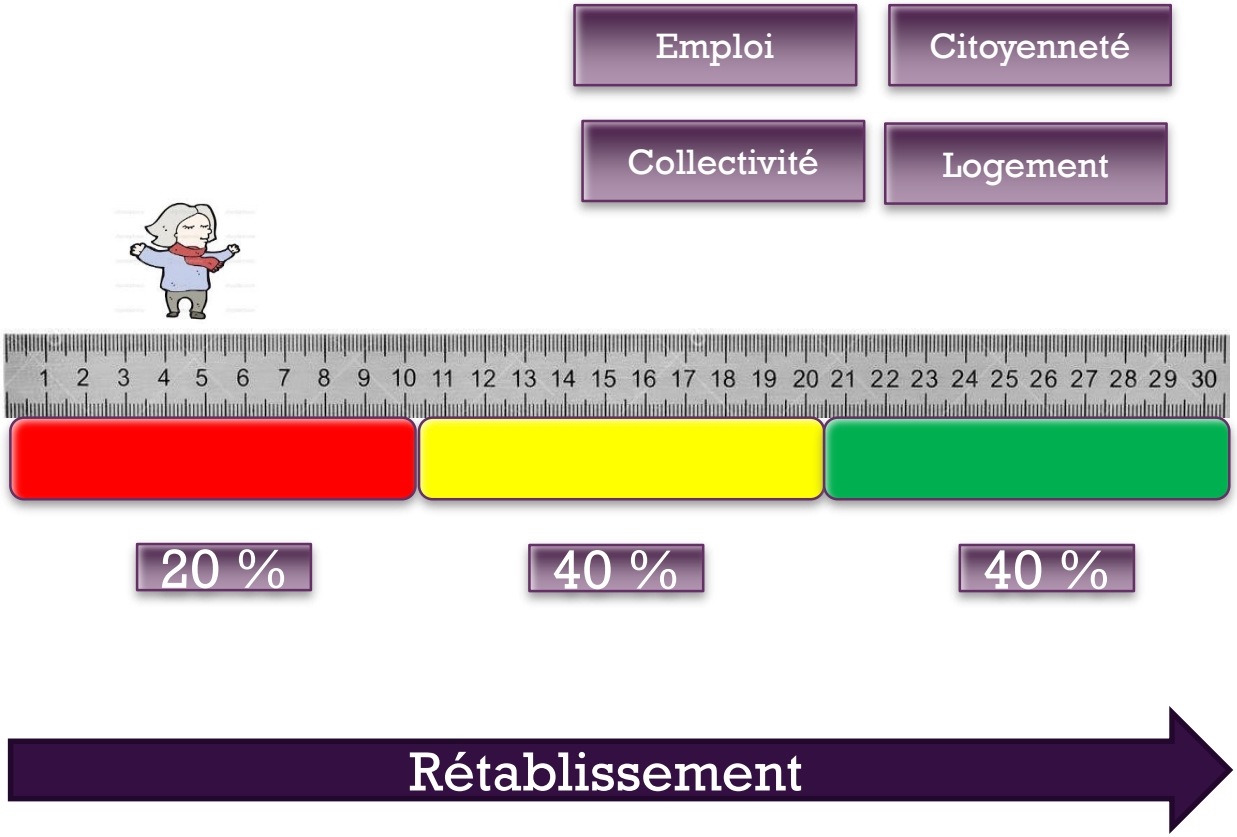
Règle pour orienter le service?



Règle pour orienter le service?



Règle pour orienter le service?



EXIT
Granville YOUTH
HEALTH CENTRE
CONNECTING
Inner City
YOUTH
WITH
WELLNESS
OPERATED BY
ST PAULS
CORDOVA ST
MAIN ST
Granville YOUTH
HEALTH CENTRE
Rétablissement

cm
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
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« Nous pouvons parler aux patients quant à l'étape où ils en sont, mais aussi réfléchir à ce que sont nos buts en matière de services et comment nous pouvons établir des plans pour aider les clients à y arriver. Nous pouvons également parler de la mesure et de l'importance d'offrir des soins sur un continuum, plutôt qu'offrir seulement des services en contournant les crises. »

« La MRRP nous a permis de cerner une asymétrie dans nos services.

Nous offrons un important soutien aux personnes vulnérables en crise, mais bon nombre de nos patients ont souligné la nécessité d'offrir davantage d'occasions pour établir des buts, mettre en œuvre ces buts, et atteindre un niveau plus élevé de citoyenneté dans leurs collectivités. Nous devons chercher à obtenir des résultats et des services qui se situent à l'extrémité la plus haute de la règle. »

« Je peux aller voir mon médecin et lui dire que j'ai une note de 17 sur la règle du rétablissement et que je veux obtenir une note de 23, et qu'il faut établir un plan pour que je puisse l'obtenir. »

« Cet outil m'a fait réfléchir. Je pense à la personne que je veux être et comment je peux demander de l'aide à mon équipe. Cet outil m'aide à voir que je suis plus qu'une simple maladie. J'ai des objectifs et je dois bien comprendre ce qu'ils sont et comment je peux demander de l'aide. »

« Il importe peu que je parle de mon rétablissement ou de ma santé. La règle permet de montrer à mon médecin que la note 0 représente mon pire état de santé et que la note 30 représente mon état de santé idéal. Chez le médecin, je peux parler de mon état de santé idéal et trouver des façons de remonter la règle. Je ne suis pas toujours obligé de parler de ce qui est invalidant ou de ce qui me rend fou. Je suis plus qu'un fou. Je suis une personne ayant des buts qui veut remonter la règle. »

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Pour recevoir une copie gratuite de la MRRP, communiquez avec Skye.barbic@ubc.ca

skye_barbic

Skye Barbic

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Prochain webinaire sur la pratique axée sur le rétablissement

Date : Le jeudi 19 janvier 2017, de 13 h à 14 h 30 (HNE)

Pour partager ou regarder de nouveau ce webinaire, visitez :
http://www.mentalhealthcommission.ca/Francais/focus-areas/retablissement

Mental Health Commission of Canada
Commission de la santé mentale du Canada

Merci!

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