

I.ROC

Individual Recovery Outcomes Counter



Measuring personal recovery outcomes in mental health services

Penumbra

- 1000 Service Users/Week
- 16 Local Authorities
- Nova, Self Harm, ARBD, Supported Living...
- SRN



I•ROCC

Recovery



Recovery isn't waiting for the storm to pass.....
It's learning to dance in the rain.....

Model for Improving Wellbeing



home

a safe and secure place to live

opportunity

to pursue meaningful leisure, recreation, education and work possibilities

people

as friends, confidantes and supporters

empowerment

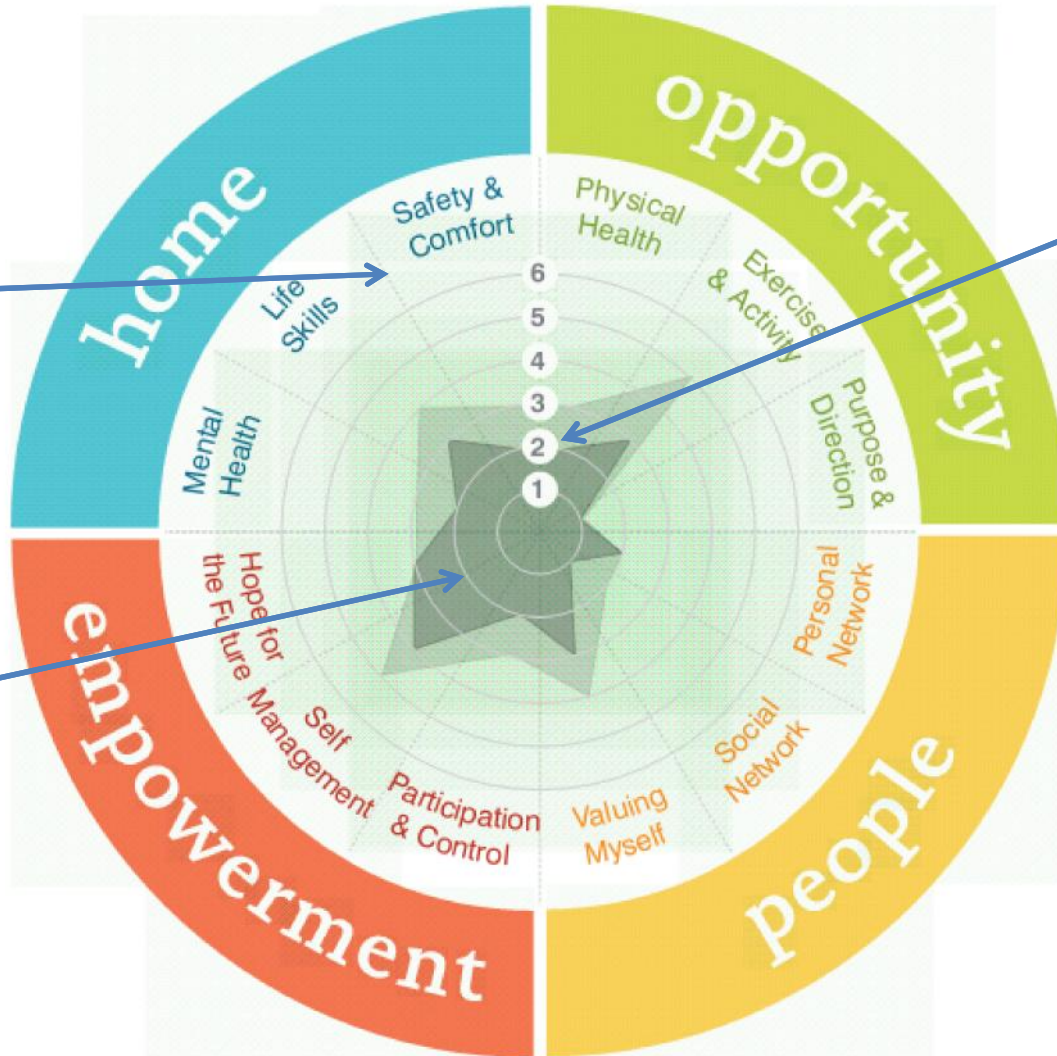
fully involved in decisions affecting own life



I·ROCC

12 Questions

Spidergram



6 Point Scale

I.ROC Questionnaire

empowerment self-management

- Taking Control
- Caring for Yourself
- Making Decisions
- Managing Medication
- You are the expert of your own wellbeing
- Taking Responsibility
- Crisis Plan

EXPERT →



I·ROC

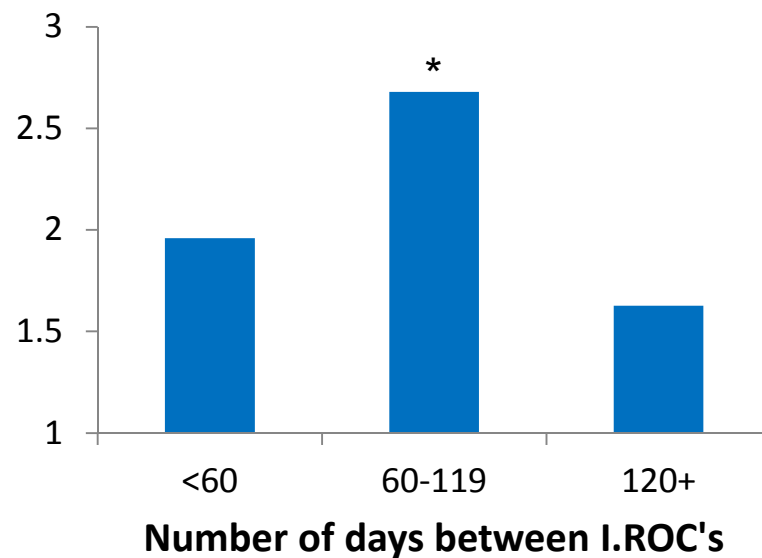
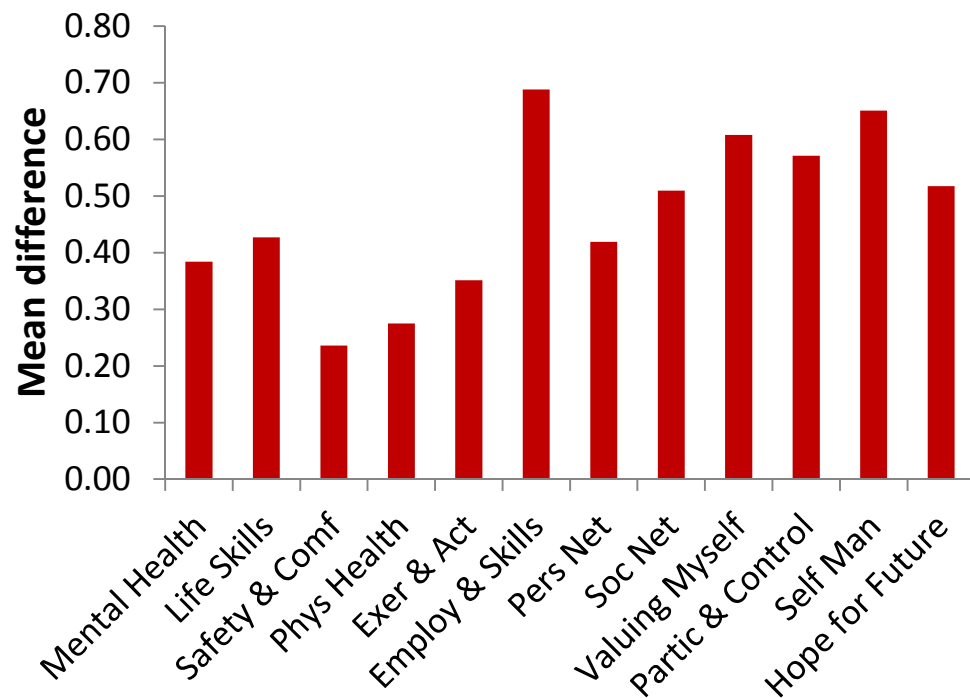
empowerment self-management

In the past 3 months...
How often have you felt in
control and able to manage
your life?

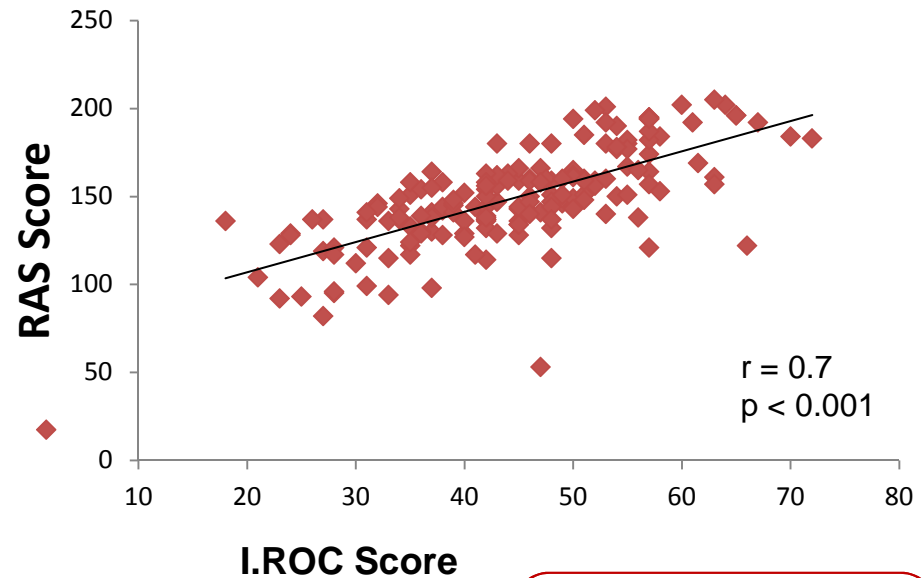
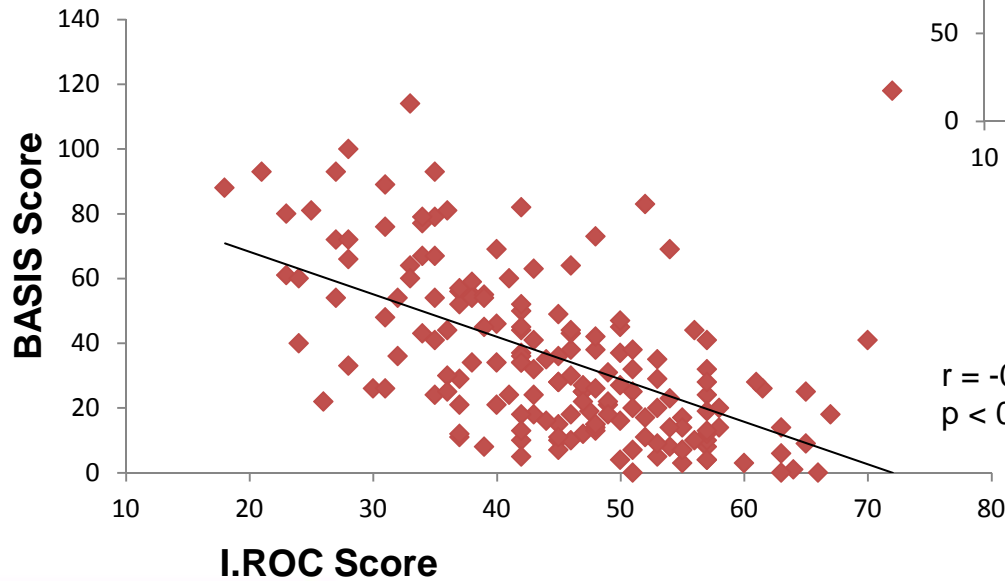
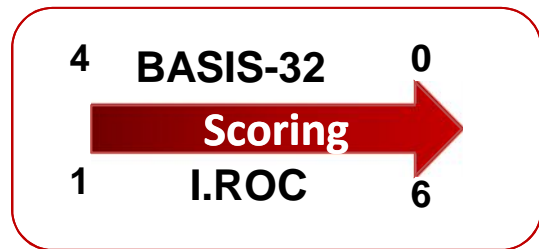


Does I.ROC Measure Change?

Mean difference in indicator scores



Service User Validation Results



Student Benchmarking

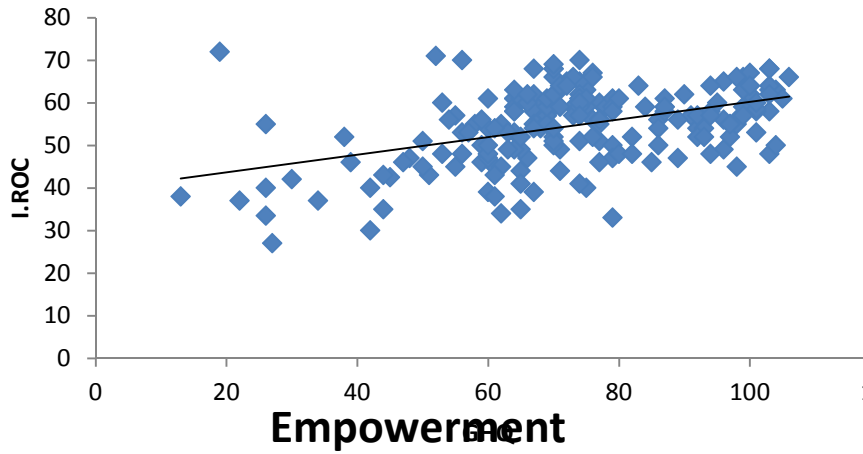
- 197 participants
- I.ROC & 7 outcome/recovery tools
 - General Health Questionnaire
 - Herth Hope Index
 - Community Living Skills Scale
 - International Physical Activity Questionnaire
 - Well-being Scale
 - Rosenberg Self-esteem Scale
 - Making Decisions Empowerment Scale



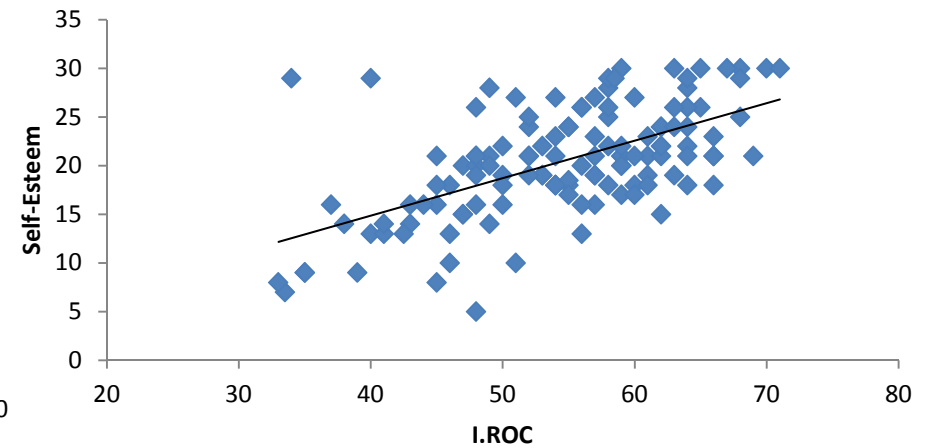
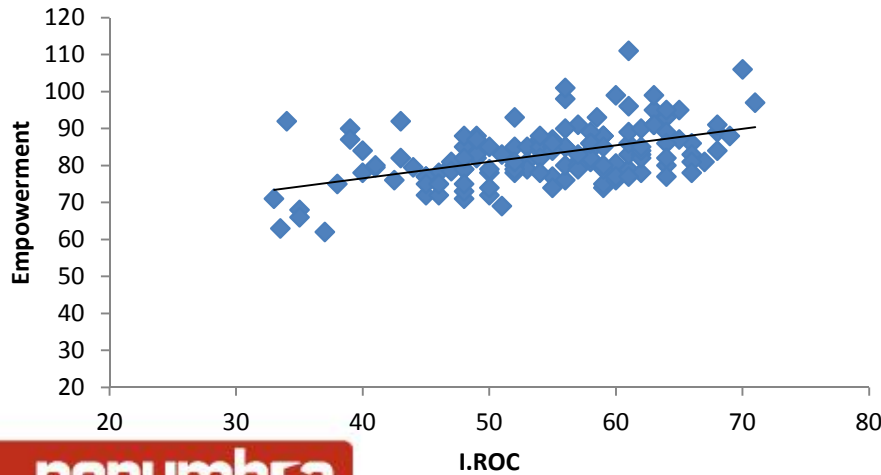
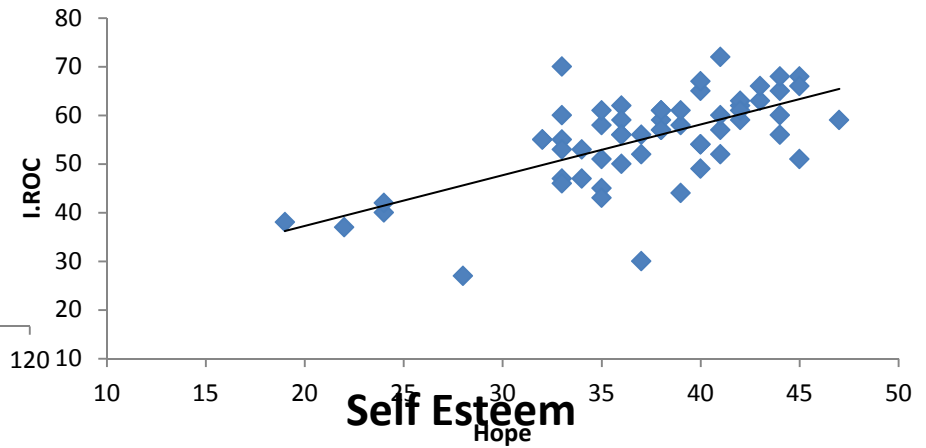


Correlates With:

General Health



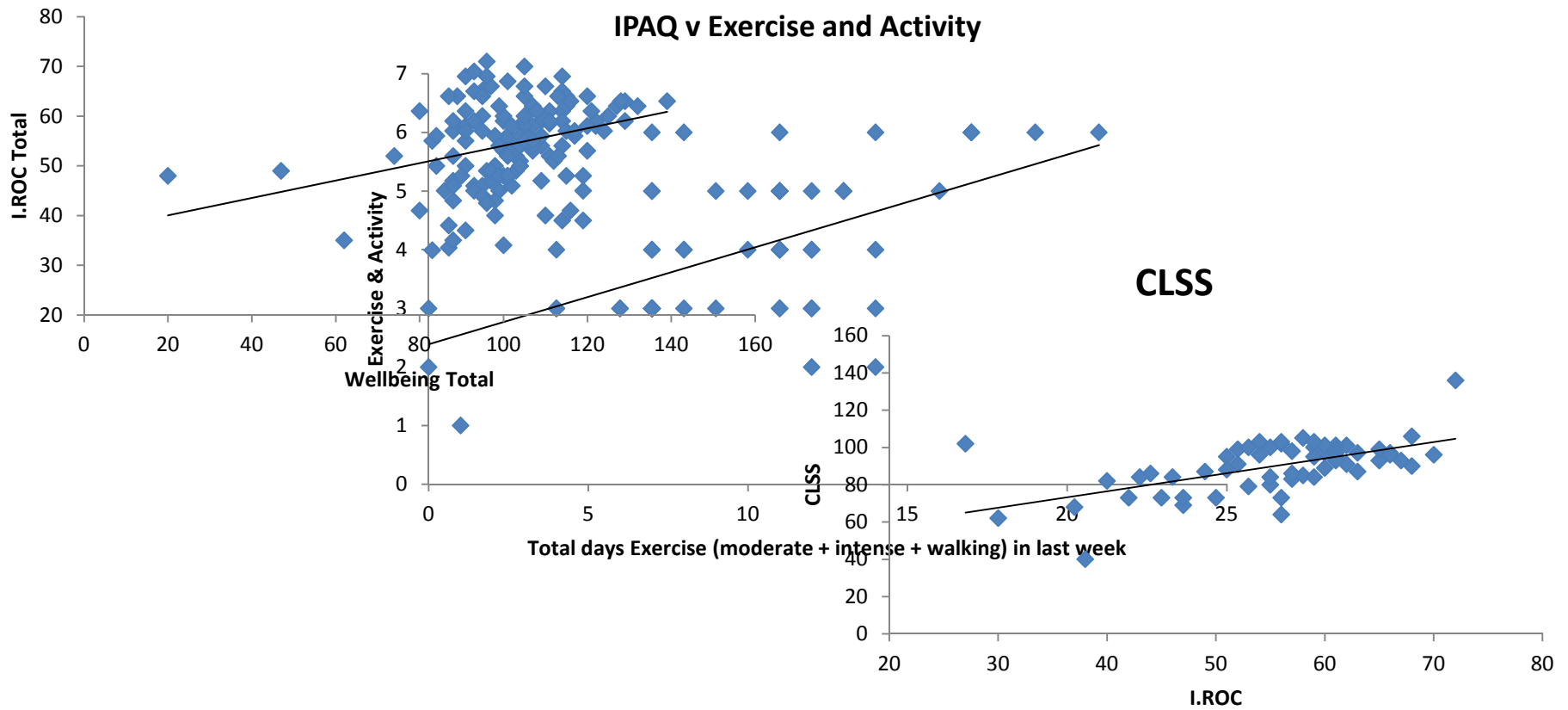
Hope





Correlates With:

Wellbeing



HOPE Toolkit



Personal Planning Tools



Well-Being Tools & Resources

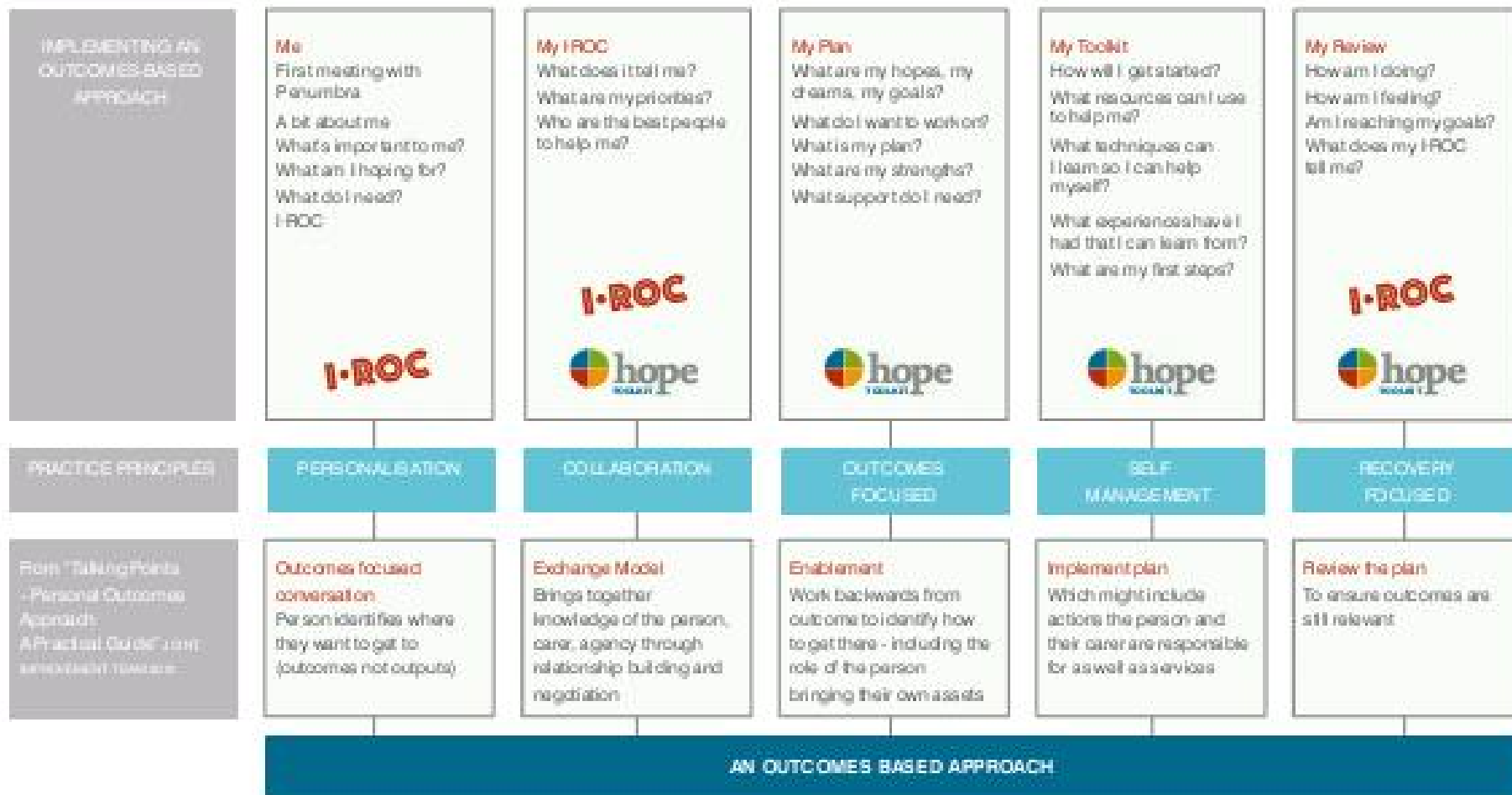


Well-Being Tips



Resource Links

Outcomes Based Approach



Planning 4 HOPE

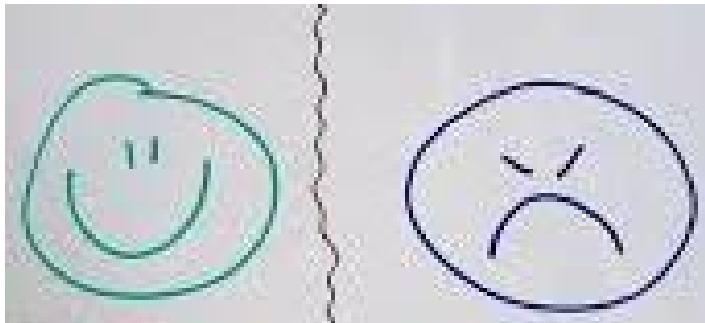


I-ROC	OUTCOME	GOALS	BREAK IT DOWN	SKILLS & STRENGTHS	BARRIERS & SUPPORT	GET GOING	TOOLS, TIPS & RESOURCES	I-ROC & REVIEW
What does it tell me?	I do more in the area I live.	Join a local club	Collect Information on what's available	Like to meet new people. Am quite good at sports.	A bit anxious about going for first time. Will ask a friend to come with me.	Phone Club organiser and sign up to go	My Plan? Around Me?	Am I doing More? Do I feel more connected?

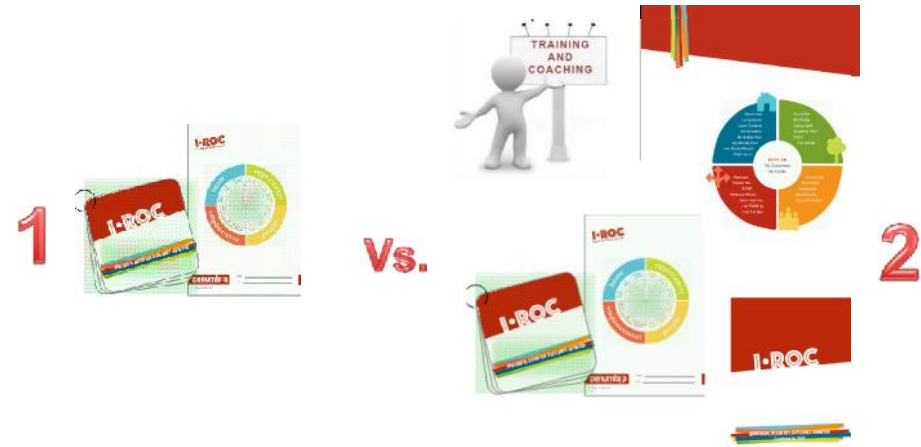
On-going Research



Benchmarking



Attitudes



I-ROC as simple measure
vs.
Basis for recovery-
focused working

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