



Wisconsin Recovery Thermometer

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Objectives

Participants will:

- Learn the history of how and why the tool was created.
- Explore ways to use the tool as a personal recovery guide.
- Explore ways to use the tool to influence recovery planning with a treatment team.

Wellness

- You have something that you believe is meaningful to do during the day.
- You have at least one someone to laugh with and pour your heart out to.
- You find some joy in life and have fun now and again.
- You see that you have choices.

Source: Dr. Patricia Deegan

Wellness

- You like yourself.
- You take calculated risk now and again.
- You recognize that there are some things about life that cannot be changed, at least in the short term.
- You have found a place in the world and feel reasonably good about it.

Source: Dr. Patricia Deegan

Wellness

- When you feel bad, you are able to make yourself feel better and ask for help when you need it.
- When others feel bad or need help, you give when asked.

SOURCE: Dr. Patricia Deegan

Wisconsin Recovery Thermometer

- Developed by a team at the Wisconsin Department of Health Services in response to consumer requests
- Tested by people in recovery from both mental health and substance use disorders

Wisconsin Recovery Thermometer

Wisconsin-specific person-centered recovery measure for mental health or co-occurring mental health and substance use recovery

Why was it developed?

- Policymakers, researchers, clinicians, and consumers have identified general attributes of recovery.
- By definition, recovery is person-specific and difficult to measure.
- There was a need for a tool based on Wisconsin consumer input.

Why was it developed?

- Person-centeredness and self-determination are key principles.
- Persons from different walks of life will differ in their perception of what is most important to their own recovery.
- A tool that reflects recovery in Wisconsin was most important.

People Dislike

- A recent study published in “The Psychiatric Bulletin” found that some of the more well-known recovery tools are not popular with people in recovery.
- These recovery tools are long, time consuming, and sometimes considered intrusive.

People Like

- A 12-question form versus longer forms
- Person-first language
- Tool to measure life satisfaction, not treatment satisfaction

Tools Reviewed

- More than 40 existing recovery and related questionnaires were reviewed.
- Recovery definitions from the Comprehensive Community Services program, National Institute on Alcohol Abuse and Alcoholism, and Substance Abuse and Mental Health Services Administration (SAMHSA) also were reviewed.

Goal

- A person must be able to experience and learn from choices, decisions, and actions.
- Recovery-oriented mental health and co-occurring services come alongside people and assist them in developing the capacity to self-direct their recovery.

Building a Draft

- The team developed 39 questions and items associated with SAMHSA's four recovery groupings.
- These questions and items were tested through an online survey sent to over 400 people in recovery.
- They ranked the importance and relevance of the questions to their recovery journey.

Results

- Survey results were used to finalize the questions used on the Wisconsin Recovery Thermometer.
- The result is a brief, easy-to-use tool to gauge the quality of a person's recovery and life areas.
- The tool helps identify what needs attention in the recovery process.

Evidence

Recovery-oriented principles, including person-centered care plans and self-determination, lead to positive outcomes among persons receiving services.

Source: Dr. Janis Tondora

Evidence

- 46 percent fewer emergency room visits
- 53 percent fewer psychiatric and medical inpatient days
- 42 percent lower mental health outpatient costs
- 51 percent increase in persons employed

Slide 17

las7

Can start bullets with numerals in PPTs.

Lori A. Schultz, 3/26/2018

SAMHSA Recovery Principles

- Health
- Home
- Purpose
- Community

Health and Home

- Health: Self-managing one's health and well-being and making informed, healthy choices that support physical and emotional well-being
- Home: Having a stable and safe place to live

Purpose

- Participating in meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors
- Having the independence and resources to participate in society

Community

Engaging in relationships and social networks that provide support, friendship, love, and hope

Aspects of Recovery

Pick the component that most resonates for you.

- What does it look like in your daily life?
- What about someone you support?

Support Staff

- This tool is developed for the person seeking recovery.
- Staff associated with person-centered, recovery-oriented services may introduce the tool or be given a copy for the purpose of recovery planning and support.

Suggestions for Use

- Individual item readings rated less than seven may need attention to increase satisfaction in that area.
- Individual item readings rated more than seven are ones to build upon.

Strengths-Based

- For people seeking recovery, self-determination is a large part of the inspiration and motivation for recovery.
- Internal motivation for recovery aligns better with human needs.

Wisconsin Recovery Thermometer

Life Areas	Scale	#
1. Feeling physically healthy	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
2. Taking care of myself and managing my day-to-day life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
3. Having a safe, comfortable place to live that is supportive of my recovery	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
4. Having meaningful relationships	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
5. Being honest with myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
6. Getting the services and supports I need	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
7. Feeling emotionally well	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
8. Doing things to help myself in my recovery	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
9. Having control over important decisions in my life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
10. Having a job, school, volunteering, taking care of my family or other activities that give meaning and purpose to my life	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
11. Feeling hopeful about my future	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
12. Knowing when I need to seek help and when I can handle things myself	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
13. Feeling that my life has value and worth	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
14. Coming back and keep trying when there are setbacks	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
15. Making choices that are healthy for me	LOW 1 2 3 4 5 6 7 8 9 10 HIGH	
Reading Summary (total reading between 0 and 150)		

www.dhs.wisconsin.gov/recovery

Practice Using the Tool

- Consider at least three of the questions on the Wisconsin Recovery Thermometer.
- Share your thoughts on a question.
- Think about how you might move your scale and what kind of supports might assist you.

Use Frequently

- Are there certain times of the year where you see patterns?
- How might this tool assist in managing your recovery process?

Using the Tool

- How might you use this information to get support from a team?
- How could you use this information to support another person?

Example

Cheryl scored a three on the area of “having a safe, comfortable place to live that is supportive of my recovery.”

- How would having a low score in this area affect other areas of Cheryl’s recovery?
- What are some ideas to move this score from a three to a goal of seven?

Big Questions

- What are you going to do (with good supports) to move life forward?
- How might you support a person who's using this tool to guide their recovery?

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