



Wisconsin Recovery Thermometer



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Division of Care and Treatment Services

***A Person-Centered, Recovery-Oriented Measure for Persons Seeking
Mental Health and Co-Occurring Recovery***

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The Wisconsin Recovery Thermometer is a product of the Bureau of Prevention Treatment and Recovery, Division of Care and Treatment Services, Wisconsin Department of Health Services. For more information, call 608-266-2717 or visit www.dhs.wisconsin.gov/recovery/index.htm.

Introduction

In 2015, a group of staff in the Wisconsin Department of Health Services (DHS), Division of Care and Treatment Services (DCTS), started an effort to develop a Wisconsin-specific, person-centered recovery measure for mental health and substance use concerns. This group included individuals with lived mental health and substance use experience.

The Wisconsin Recovery Thermometer is designed for programs offering peer-run, peer specialist, person-centered, or recovery-oriented services. It is intended to be used by individuals seeking mental health or co-occurring mental health and substance use recovery or who are on their recovery journey.

The Wisconsin Recovery Thermometer is based on what Wisconsin persons in recovery view as important to their own recovery and well-being. It does not measure treatment compliance, decreased symptoms, employment, use of alcohol or drugs, arrest, or hospitalization. Its validity is based on the recovery approach principle that the voices and experiences of recovering individuals are essential and that self-assessment and self-determination will lead to recovery.

This report provides an overview of the development and testing of the Wisconsin Recovery Thermometer. Included in this report is a copy of the measure and suggestions for using it in peer-run, peer specialist, person-centered, or recovery-oriented programs.

The Case for a Wisconsin Recovery-Oriented Measure

This project found no fewer than 40 recovery questionnaires that are available for use right now. Why not just select one of them?

While policymakers, researchers, clinicians, and service participants have identified general attributes of recovery, its definition is person-specific when employing a recovery-oriented approach. 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. Furthermore, developing a tool that reflects recovery in Wisconsin was thought to be more appropriate than recommending a tool that was developed in Maryland or Utah or Canada or Europe.

Measure Format and Basis

A recent study published in *The Psychiatric Bulletin* found that some of the more well-known and longer (30 or more questions) mental health and substance use recovery questionnaires are not very popular with persons receiving services. Sixty-two percent of the persons favored a 12-question form over longer (30 or more question) forms. Studies by published therapists and researchers Barry Duncan and Scott Miller (Heart and Soul of Change, Florida) have resulted in the creation of a brief, evidence-based, four-item outcome measure that is reliable and valid (compared against measures having 40 or more questions/items) for monitoring and improving counseling and therapy outcomes. There are also recent studies of surveys that suggest the customary response sets in many surveys (e.g., strongly agree to strongly disagree) are confusing to some respondents and can result in biased scores or readings.

There is ample evidence that understanding and involving affected persons in any endeavor leads to the best level of commitment and success. This timeless principle of self-determination (the need to control one's own destiny) works in retail, hospitality, health care, or any other type of organization that has "customers." Understanding and involving the customer is the number one factor behind successful change and innovation in all kinds of organizations.

Particularly in mental health and addiction services, self-determination is a large part of the inspiration and motivation for recovery. The late psychologist Abraham Maslow's (Columbia University, New York) philosophy of mental health care was to focus on people's strengths not their problems. Maslow later developed a timeless theory of human motivation, which we now refer to as Maslow's hierarchy of human needs that range from survival needs of food, water, and sleep to the higher needs of meaningful relationships, achievement, and self-determination. Internal motivation for recovery aligns better with our human needs. One must be able to experience and learn from the consequences of choices, decisions, and actions. The goal of recovery-oriented mental health and co-occurring services is to come along side people and assist them in developing the capacity to manage or self-direct their own recovery.

The Evidence

These timeless recovery-oriented principles lead to positive outcomes. Janis Tondora, Psy.D., assistant clinical professor in the Department of Psychiatry at the Yale University School of Medicine, project director at Yale's Program for Recovery and Community Health, and person-centered planning expert, designs, implements, and evaluates programs that promote self-determination and are recovery-oriented. One such program Dr. Tondora evaluated was the six-county Western New York Care Coordination Program. The program's recovery-oriented principles including person-centered care plans and self-determination, led to the following outcomes among persons receiving services:

- Forty-six percent fewer emergency room visits
- Fifty-three percent fewer psychiatric and medical inpatient days
- Ninety-two percent lower Medicaid psychiatric inpatient costs
- Forty-two percent lower mental health outpatient costs

- Fifty-six percent decrease in self-harm incidents
- Fifty-one percent decrease in harm to others incidents
- Twenty-five percent decrease in arrests
- Fifty-one percent increase in persons employed

The commissioner of Connecticut’s Department of Mental Health and Addiction Services was impressed with the work of Dr. Tondora and others and adopted recovery-oriented policies for the services the state oversees. These policies embed the language, spirit, and culture of recovery throughout their system of services, in their interactions with one another and with those persons who trust them with their care.

DHS also supports person-centered and recovery-oriented services under Wis. Stat. § 51.03(4)(g).

Measure Development

The DHS staff workgroup primarily used shorter recovery questionnaires to guide this effort.

- Schwartz Outcome Scale
- Consumer Recovery Measure
- Outcome Rating Scale
- Utah Recovery Indicators
- Treatment Effectiveness Assessment
- Maryland Assessment of Recovery Scale
- A-CHESS Weekly Check-in (Addiction-Comprehensive Health Enhancement Support System)
- Herth Hope Index
- Individual Recovery Outcomes Counter

In total, staff reviewed over 40 existing recovery and other related questionnaires in search of question items and ideas for the Wisconsin measure.

Staff reviewed recovery definitions and concepts from Wis. Admin. Code ch. DHS 36, Comprehensive Community Services; the federal Substance Abuse and Mental Health Services Administration (SAMHSA); a six-state (New England) peer-run recovery components study; an addiction recovery definition project by the National Institute on Alcohol Abuse and Alcoholism (Alcohol Research Group); and other relevant literature.

The following attributes of recovery embraced by SAMHSA were used as general categories in the development of the initial recovery measure questions:

- **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 and having the independence and resources to participate in society.
- **Community:** Engaging in relationships and social networks that provide support, friendship, love, and hope.

A preliminary set of 39 recovery questions or items associated with SAMHSA’s four recovery groupings were developed and agreed upon by the workgroup.

To determine the questions’ usefulness in a person-centered measure of recovery and to reduce the number of items, the workgroup developed an online survey that was sent to over 400 Wisconsin certified peer specialists (a person who has lived mental health experience and has formal training in the peer specialist model of mental

health support) and persons in addiction recovery (see Appendix II for survey results). They were asked to rate each of the 39 questions on its importance and relevance to their own recovery journey and offer additional things that are unique to their own recovery.

Fifty-nine (59) persons in recovery completed the Feedback Survey (see Appendix II) and their responses were used to produce a draft of the Wisconsin Recovery Thermometer.

The tool was designed to be brief and easy to rate and summarize. In the metaphorically same way a person can use a thermometer to take their own temperature, the Wisconsin Recovery Thermometer can provide a gauge as to the quality of a person's recovery and to gain perspective on their recovery—what's working and what isn't working; what areas of their life need their attention. Staff members associated with person-centered, recovery-oriented programs or services may also routinely ask individual participants if they would be willing to take a reading of their own recovery for the purpose of discussing the development or adjustment of a care or recovery plan.

Wisconsin Recovery Thermometer

Today's Date _____

This tool was developed with input from persons in mental health and substance use recovery living in Wisconsin. It can be used by persons seeking mental health or co-occurring mental health and substance use recovery or who are on their recovery journey. Like a thermometer is used to tell us our body temperature, this recovery measure can tell us where we're at with our own recovery. Progress in recovery goes up and down. Please do not get discouraged. You are not alone. A satisfying level of recovery well-being is possible for everyone.

How to Take Your Reading and Use This Tool

1. Looking back over the recent past including today, consider how you have been feeling or how things are going in areas of your life listed in the left-hand column. Some people prefer that the questions be read to them. Just ask a trusted relative, friend, or program staff member.
2. Place a mark on or circle one of the 10 numbers on the scale in the middle column that best represents how you are feeling or doing. Numbers to the left represent very low levels and numbers to the right represent very high levels.
3. Consider using this tool once or twice a month as a way to gain perspective on your recovery—what's working and what isn't working; what areas of your life need your attention. Consider talking with your family, trusted friend, a member of the clergy, or a program staff member about what you may need to help you move closer to your recovery goals.

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)		

Measure Soundness and Benchmarks

To develop benchmark readings, obtain additional feedback on the measure’s format and item wording and check the tool for internal consistency or reliability, the DHS workgroup asked individuals in recovery to voluntarily rate themselves using the draft Wisconsin Recovery Thermometer. A sample of 126 Wisconsin peer specialists and clubhouse members helped to test the draft tool by rating their own recovery.

Consistency

After the analysis, the 15-item tool was found to have very good internal consistency (Cronbach’s Alpha = 0.89), which means persons using the tool were very consistent in their ratings across question items. That is, they rated question items low or high consistently. Statisticians provide the following rules of thumb for interpreting the Cronbach’s Alpha statistic. An alpha of at least 0.8 is considered a reasonable goal for a measure.

Interpretation of Cronbach’s Alpha Statistic					
Excellent	Good	Acceptable	Questionable	Poor	Unacceptable
.9 or higher	.8	.7	.6	.5	less than .5

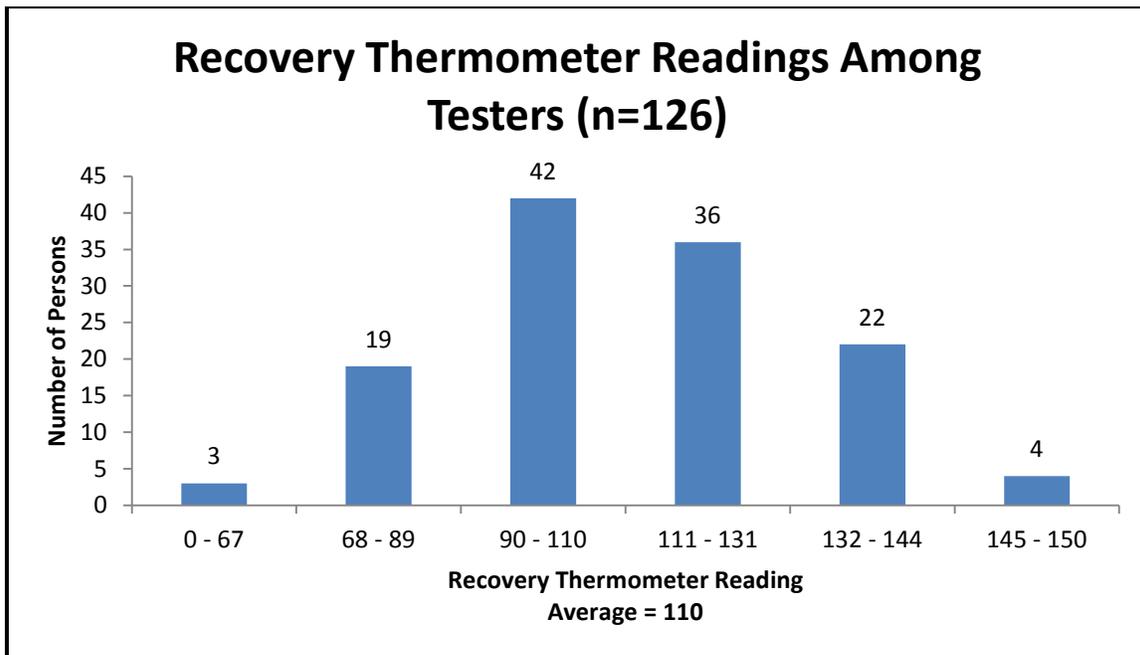
Below are the table outputs from the SPSS statistics program in which the 126 completed questionnaires were analyzed.

Scale Statistics			
Mean	Variance	Std. Deviation	N of Items
109.49	479.340	21.894	15

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.895	.923	15

Scale

The average summary reading across the tester sample was 109.5, the median reading was 110, the lowest reading was 54, and the highest reading was 150. The graph below plots the summary readings among the 126 testers.



The table below presents the average self-ratings for each question item among the 126 testers:

Average Question Item Readings Among Testers (n=126)	
Question Item	Average Self-Rating
1. Feeling physically healthy	6.3
2. Taking care of myself and managing my day-to-day life	7.0
3. Having a safe, comfortable place to live that is supportive of my recovery	7.8
4. Having meaningful relationships	7.0
5. Being honest with myself	7.4
6. Getting the services and supports I need	7.3
7. Feeling emotionally well	6.6
8. Doing things to help myself in my recovery	7.4
9. Having control over important decisions in my life	7.7
10. Having a job, school, volunteering, taking care of my family or other activities that give meaning and purpose to my life	7.5
11. Feeling hopeful about my future	7.6
12. Knowing when I need to seek help and when I can handle things myself	7.4
13. Feeling that my life has value and worth	7.5
14. Coming back and trying when there are setbacks	7.7
15. Making choices that are healthy for me	7.1

Additional analysis of the measure will be conducted to determine the degree of change in readings that occur over time. However, the measure's main purpose has been achieved, which was to create and offer a self-rating tool that was developed by and for persons seeking or in recovery in Wisconsin.

Suggestions for Using the Measure in Recovery-Oriented Programs

The instructions on the tool are self-explanatory. Program staff associated with recovery-oriented mental health or co-occurring services can let their members, guests, or participants know that there is a “recovery thermometer” form available for their own personal use and if they consent, show them how to fill it out (take their reading) and use it. Staff can also consider asking if they can use it together with the participant:

Would you be okay with filling out a brief form where you can rate how you are doing, which will help give us some insight into your situation and help us provide the right services for you? The form was created by persons in similar situations as you and can be used like a nurse or doctor uses thermometer or blood pressure readings. It will help you and I track how we are doing. It will take less than five minutes.

We would like to take these readings and discuss it periodically while you are receiving services. The questions relate to several areas of your life such as your health, home, and relationships. After reading each statement, check the one answer that most closely describes your experiences recently. This isn't a test and there are no right or wrong answers. Your responses are confidential and only myself and those staff persons in this program that are connected with your care will know your responses. When you start to rate how you are doing or feeling, you will see that you can easily make yourself look as healthy or unhealthy as you wish. Please don't do that. If you are honest, you will ensure that you will receive the help you are seeking. If you do not feel comfortable giving a response or rating to a particular question, you may skip it and move on to the next question. If you would like me to read the questions to you, I can do that. If you have any questions while you are filling it out, please come and ask me.

Individual item readings that are rated less than seven (7) can be discussed with the participant:

Can we both take a look at the form you filled out that lets us know how you and I are doing? It seems like you're experiencing some real issues or problems in some areas and I may be missing the boat with the services you are receiving. Thanks very much for your honesty and giving us a chance to see what we can do differently. Your reading was 5 for item #9 – that's pretty low. A reading under 7 indicates people who are in some degree of distress or experiencing difficulty in that area of their recovery. Things must be pretty tough for you as it pertains to having control over decisions that affect you. Does that fit your experience? Would you like to tell me about it? Maybe we can work together to improve the situation.

Individual item readings that are rated seven (7) or higher can also be discussed with the participant:

Can we both take a look at the form you filled out that lets us know how you and I are doing? It looks like you and I are doing pretty well as far as coping with setbacks in your recovery. Your reading was 8 for item #14 – that's pretty good. Congratulations! A reading of 7 or higher indicates that people are doing pretty well in that area of their recovery. Does that fit your experience? What do you think has helped you in that area? What things might create problems for you in that area? Maybe we can agree on some ways to help maintain that positive situation.

To complement the information received from readings taken with the Wisconsin Recovery Thermometer, staff or caregivers may also find it helpful to seek feedback from individual participants about service effectiveness and satisfaction using questions such as:

- How helpful have services been in helping you reach your recovery goals? Are services helping you with things that are important to you?
- What do you like most about the services you are receiving?
- What do you like least about services?
- What would make services better for you?

Appendix I: References

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Appendix II: Feedback Survey

The table that follows summarizes the online survey input received from 59 persons in recovery living in Wisconsin about things that are important to and defining of their own recovery. This input was used to select questions for the Wisconsin recovery measure. The below instructions were included with the online survey:

The State Bureau of Prevention Treatment and Recovery is developing a Wisconsin-specific measure of recovery. It is a questionnaire that will help persons identify their level of recovery. We need your help in giving us feedback about which recovery measure questions or statements are most important to your own personal recovery. This is completely anonymous so do not put your name, address, phone number, or social security number anywhere on the survey. We will use all the responses to this survey to narrow down or reduce the number of statements or questions that will be included in the final recovery measure tool.

Recovery means different things to different people. We would like to know what is most important to, relevant to, defining of or has helped you in your own personal recovery journey and wellbeing. It is very possible that all of these things in the survey are important to you, but we ask that you try to distinguish things that are more or less important than others. You may also add your own things in the area provided. Thank you.

Mental Health Peer Specialists Group						Faces & Voices of Recovery Group					
1. Physical Health						1. Physical Health					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important		Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Feeling physically healthy and well.	0% (0)	2.22% (1)	8.89% (4)	46.67% (21)	42.22% (19)	a. Feeling physically healthy and well.	0% (0)	0% (0)	7.69% (1)	61.54% (8)	30.77% (4)
b. Having a health care professional I can see when I need to	2.22% (1)	0% (0)	26.67% (12)	40% (18)	31.11% (14)	b. Having a health care professional I can see when I need to	0% (0)	0% (0)	23.08% (3)	53.85% (7)	23.08% (3)
c. Having a dental professional I can see when I need to	11.9% (5)	19.05% (8)	26.19% (11)	21.43% (9)	21.43% (9)	c. Having a dental professional I can see when I need to	7.69% (1)	15.38% (2)	15.38% (2)	46.15% (6)	15.38% (2)
2. Self-care						2. Self-care					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important		Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Being able to take care of myself and manage my day-to-day life	0% (0)	0% (0)	0% (0)	35.56% (16)	64.44% (29)	a. Being able to take care of myself and manage my day-to-day life	0% (0)	0% (0)	7.69% (1)	38.46% (5)	53.85% (7)
b. Making choices that are healthy for me	0% (0)	6.98% (3)	4.65% (2)	39.53% (17)	48.84% (21)	b. Making choices that are healthy for me	0% (0)	0% (0)	7.69% (1)	38.46% (5)	53.85% (7)
c. Knowing when I need to seek help and when I can handle things myself	0% (0)	2.17% (1)	8.7% (4)	28.26% (13)	60.87% (28)	c. Knowing when I need to seek help and when I can handle things myself	0% (0)	7.69% (1)	7.69% (1)	46.15% (6)	38.46% (5)
d. Being able to come back and keep trying when there are setbacks	0% (0)	2.27% (1)	13.64% (6)	27.27% (12)	56.82% (25)	d. Being able to come back and keep trying when there are setbacks	0% (0)	7.69% (1)	0% (0)	53.85% (7)	38.46% (5)
e. Eating regular and healthy meals	2.27% (1)	4.55% (2)	27.27% (12)	38.64% (17)	27.27% (12)	e. Eating regular and healthy meals	7.69% (1)	0% (0)	0% (0)	69.23% (9)	23.08% (3)
f. Being honest with myself	0% (0)	4.65% (2)	13.95% (6)	25.58% (11)	55.81% (24)	f. Being honest with myself	0% (0)	0% (0)	0% (0)	38.46% (5)	61.54% (8)
g. Knowing that recovery is possible for me and that there are things I can do to help myself	0% (0)	0% (0)	2.27% (1)	27.27% (12)	70.45% (31)	g. Knowing that recovery is possible for me and that there are things I can do to help myself	0% (0)	7.69% (1)	0% (0)	30.77% (4)	61.54% (8)
3. Wellness						3. Wellness					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important		Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Feeling emotionally healthy, happy and well	0% (0)	0% (0)	15.56% (7)	28.89% (13)	55.56% (25)	a. Feeling emotionally healthy, happy and well	0% (0)	0% (0)	7.69% (1)	53.85% (7)	38.46% (5)
b. Not feeling fearful or afraid	2.33% (1)	6.98% (3)	30.23% (13)	32.56% (14)	27.91% (12)	b. Not feeling fearful or afraid	0% (0)	15.38% (2)	23.08% (3)	53.85% (7)	7.69% (1)
c. Not being troubled or bothered by cravings or urges to use drugs or alcohol	11.9% (5)	9.52% (4)	21.43% (9)	26.19% (11)	30.95% (13)	c. Not being troubled or bothered by cravings or urges to use drugs or alcohol	7.69% (1)	0% (0)	23.08% (3)	23.08% (3)	46.15% (6)
d. Avoiding people or situations that trigger my use of drugs or alcohol when I shouldn't use	18.6% (8)	16.28% (7)	11.63% (5)	30.23% (13)	23.26% (10)	d. Avoiding people or situations that trigger my use of drugs or alcohol when I shouldn't use	7.69% (1)	15.38% (2)	15.38% (2)	23.08% (3)	38.46% (5)
e. Getting enough sleep	2.27% (1)	0% (0)	25% (11)	22.73% (10)	50% (22)	e. Getting enough sleep	0% (0)	0% (0)	8.33% (1)	66.67% (8)	25% (3)
f. Being able to forgive, accept and respect myself	0% (0)	2.38% (1)	16.67% (7)	28.57% (12)	52.38% (22)	f. Being able to forgive, accept and respect myself	0% (0)	0% (0)	7.69% (1)	53.85% (7)	38.46% (5)
g. Not being troubled or bothered by legal problems	18.6% (8)	16.28% (7)	16.28% (7)	18.6% (8)	30.23% (13)	g. Not being troubled or bothered by legal problems	8.33% (1)	16.67% (2)	25% (3)	25% (3)	25% (3)
h. Getting the services and supports I need	0% (0)	2.33% (1)	11.63% (5)	37.21% (16)	48.84% (21)	h. Getting the services and supports I need	0% (0)	7.69% (1)	30.77% (4)	23.08% (3)	38.46% (5)
4. Home						4. Home					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important		Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Having a safe, comfortable place to live	0% (0)	2.22% (1)	8.89% (4)	31.11% (14)	57.78% (26)	a. Having a safe, comfortable place to live	0% (0)	0% (0)	23.08% (3)	46.15% (6)	30.77% (4)
b. Having a place to live that is supportive of my recovery	2.27% (1)	6.82% (3)	22.73% (10)	29.55% (13)	38.64% (17)	b. Having a place to live that is supportive of my recovery	0% (0)	0% (0)	7.69% (1)	30.77% (4)	61.54% (8)

Mental Health Peer Specialists Group					
5. Independence					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Having control over important decisions in my life	0% (0)	0% (0)	8.7% (4)	30.43% (14)	60.87% (28)
b. Being in charge of my own life and recovery	0% (0)	2.27% (1)	9.09% (4)	31.82% (14)	56.82% (25)
c. Being able to do the things I want to do	0% (0)	6.67% (3)	13.33% (6)	42.22% (19)	37.78% (17)
d. Having enough money to live on, pay my bills, and meet my basic needs	0% (0)	6.52% (3)	8.7% (4)	30.43% (14)	54.35% (25)
e. Having reliable transportation to get to where I need to go	0% (0)	6.67% (3)	20% (9)	33.33% (15)	40% (18)
6. Support and Community					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Spending time with friends or loved ones who are supportive of my recovery	0% (0)	0% (0)	13.33% (6)	40% (18)	46.67% (21)
b. Having a support group, clubhouse, sponsor or mentor	18.18% (8)	22.73% (10)	20.45% (9)	18.18% (8)	20.45% (9)
c. Having meaningful relationships	0% (0)	0% (0)	13.64% (6)	25% (11)	61.36% (27)
d. Being someone other people can rely on	0% (0)	8.89% (4)	17.78% (8)	37.78% (17)	35.56% (16)
e. Feeling like I belong in my community	0% (0)	9.09% (4)	22.73% (10)	34.09% (15)	34.09% (15)
f. Being involved in a club, church or other community group	11.36% (5)	25% (11)	22.73% (10)	25% (11)	15.91% (7)
7. Purpose					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Having goals, ambitions and dreams I am working towards	0% (0)	8.89% (4)	13.33% (6)	31.11% (14)	46.67% (21)
b. Accomplishing worthwhile and satisfying things in my life	0% (0)	6.82% (3)	15.91% (7)	34.09% (15)	43.18% (19)
c. Having daily activities I enjoy	0% (0)	2.27% (1)	29.55% (13)	31.82% (14)	36.36% (16)
d. Having a job, school, volunteering, taking care of my family, or other activities that give meaning and purpose to my life	2.22% (1)	0% (0)	8.89% (4)	35.56% (16)	53.33% (24)
e. Having a spiritual path or faith that works for me	18.18% (8)	4.55% (2)	20.45% (9)	29.55% (13)	27.27% (12)
f. Feeling that my life has value and worth	0% (0)	0% (0)	9.09% (4)	43.18% (19)	47.73% (21)
8. Hope					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Feeling hopeful about my future	0% (0)	0% (0)	6.67% (3)	33.33% (15)	60% (27)
b. Living a fulfilling and satisfying life	0% (0)	0% (0)	8.89% (4)	37.78% (17)	53.33% (24)

Faces & Voices of Recovery Group					
5. Independence					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Having control over important decisions in my life	0% (0)	0% (0)	15.38% (2)	23.08% (3)	61.54% (8)
b. Being in charge of my own life and recovery	0% (0)	7.69% (1)	15.38% (2)	30.77% (4)	46.15% (6)
c. Being able to do the things I want to do	0% (0)	7.69% (1)	15.38% (2)	46.15% (6)	30.77% (4)
d. Having enough money to live on, pay my bills, and meet my basic needs	0% (0)	15.38% (2)	7.69% (1)	38.46% (5)	38.46% (5)
e. Having reliable transportation to get to where I need to go	7.69% (1)	15.38% (2)	7.69% (1)	23.08% (3)	46.15% (6)
6. Support and Community					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Spending time with friends or loved ones who are supportive of my recovery	0% (0)	7.69% (1)	15.38% (2)	53.85% (7)	23.08% (3)
b. Having a support group, clubhouse, sponsor or mentor	7.69% (1)	23.08% (3)	7.69% (1)	23.08% (3)	38.46% (5)
c. Having meaningful relationships	0% (0)	0% (0)	0% (0)	84.62% (11)	15.38% (2)
d. Being someone other people can rely on	0% (0)	15.38% (2)	7.69% (1)	61.54% (8)	15.38% (2)
e. Feeling like I belong in my community	0% (0)	23.08% (3)	7.69% (1)	38.46% (5)	30.77% (4)
f. Being involved in a club, church or other community group	23.08% (3)	7.69% (1)	0% (0)	46.15% (6)	23.08% (3)
7. Purpose					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Having goals, ambitions and dreams I am working towards	0% (0)	0% (0)	15.38% (2)	53.85% (7)	30.77% (4)
b. Accomplishing worthwhile and satisfying things in my life	0% (0)	7.69% (1)	7.69% (1)	46.15% (6)	38.46% (5)
c. Having daily activities I enjoy	0% (0)	0% (0)	15.38% (2)	53.85% (7)	30.77% (4)
d. Having a job, school, volunteering, taking care of my family, or other activities that give meaning and purpose to my life	0% (0)	0% (0)	7.69% (1)	30.77% (4)	61.54% (8)
e. Having a spiritual path or faith that works for me	7.69% (1)	15.38% (2)	15.38% (2)	15.38% (2)	46.15% (6)
f. Feeling that my life has value and worth	0% (0)	0% (0)	7.69% (1)	23.08% (3)	69.23% (9)
8. Hope					
	Not Important	Somewhat Important	Moderately Important	Very Important	Extremely Important
a. Feeling hopeful about my future	0% (0)	0% (0)	9.09% (1)	36.36% (4)	54.55% (6)
b. Living a fulfilling and satisfying life	0% (0)	0% (0)	7.69% (1)	61.54% (8)	30.77% (4)