

This is about you!

A consumer guide to outcome measures

For more information:

For SA mental health information:
<http://www.health.sa.gov.au/mentalhealth>

For information on Outcome Measures in Australia:
<http://amhocn.org>

Crisis contacts:
Mental health services
Assessment & Crisis Intervention Service (ACIS)
Tel: 131 465

For 24 hour telephone counselling:
Lifeline 131 114

For general mental health information:
www.beyondblue.org.au
www.sane.org

For information for children & youth mental health:
www.headroom.net.au
www.youthbeyondblue.com
www.kidshelp.com.au

For information for people from culturally or linguistically diverse background:
www.mmha.org.au

For information for Indigenous Australians:
Nunkawarrin Yunti
Tel: 8223 5217

For more information

Mental Health-Consumer Information, Assessment and Outcomes team (MH CIAO)

SA Health
PO Box 287 Rundle Mall
Adelaide SA 5000
Telephone: 8226 7351
www.health.sa.gov.au

For further information:
mhciao@health.sa.gov.au

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call the Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

Adult Mental
Health Services

Introduction

Outcome measures are questionnaires designed to gather information about you to help map your pathway to recovery.

A questionnaire that you complete is called the Kessler 10 plus (commonly called the K10+ and designed by Robert Kessler).

Some questionnaires are completed by your clinician. Two of the most used in adult mental health services are the Health of the Nation Outcomes Scale (HoNOS) and the Life Skills Profile (LSP).

These outcome measures are generally completed to coincide with: the admission to a service, three monthly reviews and at discharge from the service.

Kessler 10+

This questionnaire was introduced as a means of gathering the consumer's opinion (that's you) on how you have been feeling over the last four weeks. It is important you complete the K10+ as this is your opportunity to put forward your view.

You can ask to complete the K10+ at another time if you feel the need. You are free to choose not to complete at any point in time and this will not affect the service you receive.

How will this help you?

Information gathered from the questionnaires (outcome measures) is used to see how you are going, and to track your progress.

The information helps identify areas to focus on and can be used in developing your care plan, together with your Clinician.

Over time these outcome measures can give an indication of your mental health progress.

Health of the Nation Outcomes Scale (HoNOS)

Information is gathered by the clinician in order to complete the HoNOS after a routine clinical assessment in Mental Health.

The results of rating the HoNOS can be grouped into the categories of:

- > Behaviour
- > Symptoms
- > Impairment
- > Social

Life Skills Profile (LSP)

Information gathered from the clinician completing the LSP is grouped into the categories of:

- > Withdrawal
- > Self Care
- > Compliance
- > Antisocial behaviour

Expectations

You can ask for information about anything covered in the outcome measures.

Your clinician is able to discuss information from your outcome measures with you. Information from your K10+ may be particularly helpful in revealing changes and progress since your last measure.

If at any time you have questions, please ask your key worker or service if there is a peer worker or consumer consultant (these are people with a lived experience of mental illness employed by the service) you can talk to.

The completed questionnaires become part of your medical record, and will be treated with the same level of confidentiality.

This is about you!

So take the time to complete and make it real, tell it like it is!

The K10+, along with the HoNOS and LSP, can help to map your pathway to recovery.