

Quotes – consumer self assessment:

“We just bring it out to just sort of check in, see how I’m feeling, where I’m sitting on those questions, so it’s a **measuring tool** and it’s just conversational.”

“**Map of recovery**; where we are, where we want to get to.”

“Working together to identify **personal priorities** of needs.”

“You can see the improvements and it’s there and you recognise them as **little wins** in your mental health getting better.”



Where can I get information?

If you have any questions, concerns or would like to get more information on consumer self assessment or clinician measures, talk to:

- Your mental health clinician
- Consumer and/or carer consultants
- Family, friends or carers
- Other consumers or consumer groups
- Other carers or carer groups

Visit the Australian Mental Health Outcomes and Classification Network (AMHOCN) website at: <https://www.amhocn.org/>

Local service information:



Have your say in assessment

WHOSE OUTCOME IS IT ANYWAY?

It's **your** life

• Reflect • Connect • Recovery



AMHOCN



AMHOCN



What are outcome measures?

- Outcome measures rate the mental health of people at key points of service delivery.
- They are an opportunity for you and your clinician to reflect on how your life is going by discussing ratings on standard questions - some completed by the clinician and some completed by you as self assessments.
- Using these questions, you and your clinician can work together to decide on the best approach to your care and to map your journey of recovery over time.
- The way these questions are answered can result in information that can also be used for a variety of purposes including quality improvement and funding.



What's in it for you?

- The self assessment measure, which you complete, gives you an opportunity to tell your side of the story!
- It is a chance for you to share your perspective with the clinician and for you to hear theirs in an open conversation.



Who should be involved?

- Consumers of mental health services.
- People who know you best (family member, partner or friend).
- Mental health clinicians.



What is self-assessment?

- In this case, it is a set of questions that ask you to describe how you are thinking, feeling and behaving.
- Self assessments should be offered at the beginning, at review and at the end of your contact with mental health services.



You can expect that your clinician will:

- Explain the purpose of the self assessment and help you to complete it if needed.
- Help you decide how and where you prefer to fill out the self assessment with your clinician.
- Use this conversation as an opportunity to gain your trust and share with you a sense of hope for the possibility of change in the future.
- Provide an opportunity to discuss the range of measures – those completed by the clinician and those completed by you as self assessments.



Completing the self assessment measure:

- Is an opportunity for personal reflection.
- Is an opportunity to discuss your ratings with your clinician and discuss areas of concern.
- Is an activity that enables you to be honest with yourself and the clinician to discuss change.
- Can be a confronting activity at first, but this gives you an opportunity to reflect and gain perspective of your current situation, and then make changes in your life.
- Provides an opportunity for both the clinician and the consumer to track progress over time.



When do clinicians complete the other outcome measures?

- Clinicians complete other measures at the beginning, at review and at the end of your contact with mental health services.



Are there any differences in the measures used?

- The consumer self assessment and clinician measures do vary between child and adolescent, adult and aged mental health services. Ask your mental health clinician about particular measures completed in your service.