

# Recovery Measures

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Tuesday, May 22, 2018

7:43:10 PM

## Main Menu

**Guests**

darrenr

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**Services**

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# Stringbean / #235

Added By: darrenr  
Updated By: darrenr

Search By ID  By Name

- Services Provided
- Recovery Coach Selected
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- Emergency Contact
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**Guest ID:**   
**Guest Name:**   
**How You Heard About Us:**   
**Program:**   
**Gender:**   
**D.O.B:**  (117 Years Old)  
**Marital Status:**

**SSN:**

**Race**

**Ethnicity**

**Sexual Orientation:**   
**Preferred Language:**   
**Email Address:**   
**Form of Transportation:**   
**Treatment Discharge Date:**

**Guest Self Description(s):**

**Drug(s) and/or Behavior(s) of Choice:**

**Services Initiated:**   
**Alternate ID #:**

**Select all that apply:**

**Attributes**

**Referred By:**   
**Date Referred:**

**Attachments:**

**Notes:**

Assessment of Recovery Capital	5/20/2018	157/250
Calidad de Vida	Quality of Life	5/20/2018
Wellness Self-Assessment		/195

**Coach Certification(s):**

**The Assessment of Recovery Capital (ARC) is a brief and easy to administer measurement of recovery capital that has acceptable psychometric properties and may be a useful complement to deficit-based assessment and outcome monitoring instruments for substance dependent individuals in and out of treatment. Developed by: Teodora Groshkova, William White and David Best.**

- ❖ **Substance use and sobriety**
- ❖ **Global psychological health**
- ❖ **Global physical health**
- ❖ **Citizenship and community involvement**
- ❖ **Social Support**
- ❖ **Meaningful activities**
- ❖ **Housing and safety**
- ❖ **Risk-taking**
- ❖ **Coping and life functioning**
- ❖ **Recovery experience**

We can see the total from each survey taken at the beginning of the report.

Assessment of Recovery Capital		Survey Date	Total
		5/20/2018	157
		4/1/2018	94

Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
1 - I am currently completely abstinent	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
2 - I feel I am in control of my substance use	5/20/2018	2	Somewhat true	
	4/1/2018	2	Somewhat true	
3 - I have had no 'near things' about relapsing	5/20/2018	2	Somewhat true	
	4/1/2018	1	Not at all true	
4 - I have had no recent periods of substance intoxication	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	

Tuesday, May 29, 2018      Maine Alliance for Addiction Recovery      Page 1 of 10

Page: 1      Filtered



Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
5 - There are more important things to me in life than using substances	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
6 - I am able to concentrate when I need to	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
7 - I am coping with the stresses in my life	5/20/2018	2	Somewhat true	
	4/1/2018	1	Not at all true	
8 - I am happy with my appearance	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	
9 - In general I am happy with my life	5/20/2018	2	Somewhat true	
	4/1/2018	2	Somewhat true	
10 - What happens to me in the future mostly depends on me	5/20/2018	4	Very much true	
	4/1/2018	3	Pretty much true	

Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
11 - I cope well with everyday tasks	5/20/2018	2	Somewhat true	
	4/1/2018	1	Not at all true	
12 - I feel physically well enough to work	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	
13 - I have enough energy to complete the tasks I set myself	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	
14 - I have no problems getting around	5/20/2018	2	Somewhat true	
	4/1/2018	1	Not at all true	
15 - I sleep well most nights	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	
16 - I am proud of the community I live in and feel part of it - sense of belonging	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	



Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
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17 - It is important for me to contribute to society and or be involved in activities that contribute to my community

5/20/2018	3	Pretty much true	
4/1/2018	2	Somewhat true	

18 - It is important for me to do what I can to help other people

5/20/2018	4	Very much true	
4/1/2018	3	Pretty much true	

19 - It is important for me that I make a contribution to society

5/20/2018	4	Very much true	
4/1/2018	3	Pretty much true	

20 - My personal identity does not revolve around drug use or drinking

5/20/2018	3	Pretty much true	
4/1/2018	1	Not at all true	

21 - I am happy with my personal life

5/20/2018	2	Somewhat true	
4/1/2018	1	Not at all true	



Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
22 - I am satisfied with my involvement with my family	5/20/2018	2	Somewhat true	
	4/1/2018	2	Somewhat true	
23 - I get lots of support from friends	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	
24 - I get the emotional help and support I need from my family	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
25 - I have a special person that I can share my joys and sorrows with	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	
26 - I am actively involved in leisure and sport activities	5/20/2018	3	Pretty much true	
	4/1/2018	1	Not at all true	





### Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
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27 - I am actively engaged in efforts to improve myself (training, education and/or self awareness)

5/20/2018	4	Very much true	
4/1/2018	1	Not at all true	

28 - I engage in activities that I find enjoyable and fulfilling

5/20/2018	3	Pretty much true	
4/1/2018	2	Somewhat true	

29 - I have access to opportunities for career development (job opportunities, volunteering or apprenticeships)

5/20/2018	2	Somewhat true	
4/1/2018	1	Not at all true	

30 - I regard my life as challenging and fulfilling without the need for using drugs or alcohol

5/20/2018	3	Pretty much true	
4/1/2018	2	Somewhat true	

31 - I am proud of my home

5/20/2018	2	Somewhat true	
4/1/2018	2	Somewhat true	

### Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
32 - I am free of threat or harm when I am at home	5/20/2018	4	Very much true	
	4/1/2018	3	Pretty much true	
33 - I feel safe and protected where I live	5/20/2018	3	Pretty much true	
	4/1/2018	3	Pretty much true	
34 - I feel that I am free to shape my own destiny	5/20/2018	4	Very much true	
	4/1/2018	3	Pretty much true	
35 - My living space has helped to drive my recovery journey	5/20/2018	2	Somewhat true	
	4/1/2018	2	Somewhat true	
36 - I am free from worries about money	5/20/2018	2	Somewhat true	
	4/1/2018	1	Not at all true	



Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
37 - I have the personal resources I need to make decisions about my future	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
38 - I have the privacy I need	5/20/2018	4	Very much true	
	4/1/2018	3	Pretty much true	
39 - I make sure I do nothing that hurts or damages other people	5/20/2018	4	Very much true	
	4/1/2018	3	Pretty much true	
40 - I take full responsibility for my actions	5/20/2018	5	Completely true	
	4/1/2018	3	Pretty much true	
41 - I am happy dealing with a range of professional people	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	

Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
42 - I do not let other people down	5/20/2018	4	Very much true	
	4/1/2018	1	Not at all true	
43 - I eat regularly and have a balanced	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
44 - I look after my health and wellbeing	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
45 - I meet all of my obligations promptly	5/20/2018	3	Pretty much true	
	4/1/2018	2	Somewhat true	
46 - Having a sense of purpose in my life is important to my recovery journey	5/20/2018	5	Completely true	
	4/1/2018	3	Pretty much true	
47 - I am making good progress on my recovery journey	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	



### Guest ID #235

Question	Survey Date	Response	Description	1-Not At All True, 2-Somewhat True, 3-Pretty Much True, 4-Very Much True, 5-Completely True
48 - I engage in activities and events that support my recovery	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	
49 - I have a network of people I can rely on to support my recovery	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	
50 - When I think of the future I feel optimistic	5/20/2018	4	Very much true	
	4/1/2018	2	Somewhat true	

Recoveree

Survey

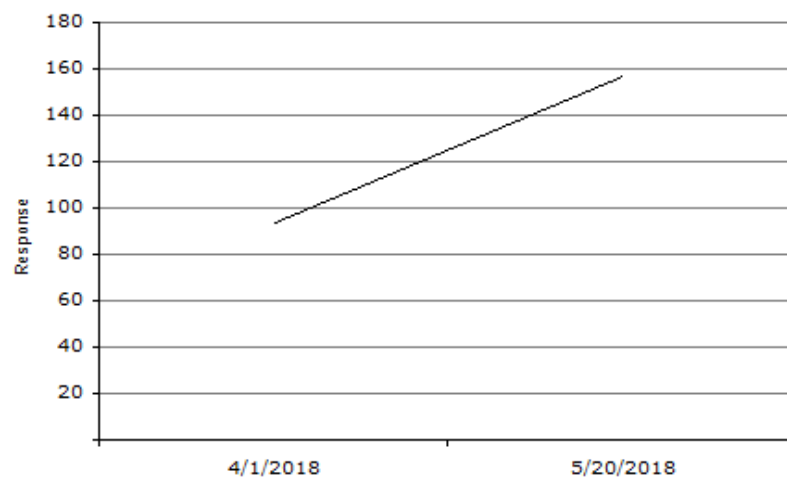
Stringbean

Assessment of Recovery Capital

Question

- 1 - I am currently completely abstinent
- 2 - I feel I am in control of my substance use
- 3 - I have had no 'near things' about relapsing
- 4 - I have had no recent periods of substance intoxication
- 5 - There are more important things to me in life than using substances
- 6 - I am able to concentrate when I need to
- 7 - I am coping with the stresses in my life
- 8 - I am happy with my appearance
- 9 - In general I am happy with my life
- 10 - What happens to me in the future mostly depends on me
- 11 - I cope well with everyday tasks
- 12 - I feel physically well enough to work
- 13 - I have enough energy to complete the tasks I set myself

Patient Survey Scores by Survey



# The World Health Organization Quality of Life (WHOQOL)



## Quality of Life Survey

Guest ID #235

Question	Survey Date	Response	
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1-Very Poor, 2-Poor, 3-Neither Poor nor Good, 4-Good, 5-Very Good

1 - How would you rate your quality of life?

5/20/2018	4 Good	
4/1/2018	2 Poor	

1-Very Dissatisfied, 2-Dissatisfied, 3-Neither Satisfied nor Dissatisfied, 4-Satisfied, 5-Very Satisfied

2 - How satisfied are you with your health?

5/20/2018	4 Satisfied	
4/1/2018	2 Dissatisfied	

1-Not at All, 2-A Little, 3-A Moderate Amount, 4-Very Much, 5-An Extreme Amount

3 - To what extent do you feel that physical pain prevents you from doing what you need to do?

5/20/2018	1 Not at All	
4/1/2018	3 A Moderate Amount	

4 - How much do you need any medical treatment to function in your daily life?

5/20/2018	2 A Little	
4/1/2018	1 Not at All	





### Guest ID #235

Question	Survey Date	Response	
5 - How much do you enjoy life?	5/20/2018	4 Very Much	
	4/1/2018	2 A Little	
6 - To what extent do you feel your life to be meaningful?	5/20/2018	4 Very Much	
	4/1/2018	2 A Little	
1-Not at All, 2-Slightly, 3-A Moderate Amount, 4-Very Much, 5-Extremely			
7 - How well are you able to concentrate?	5/20/2018	3 A Moderate Amount	
	4/1/2018	3 A Moderate Amount	
8 - How safe do you feel in your daily life?	5/20/2018	4 Very Much	
	4/1/2018	3 A Moderate Amount	
9 - How healthy is your physical environment?	5/20/2018	4 Very Much	
	4/1/2018	3 A Moderate Amount	
1-Not at All, 2-A Little, 3-A Moderately, 4-Mostly, 5-Completely			
10 - Do you have enough energy for everyday life?	5/20/2018	4 Mostly	
	4/1/2018	2 A Little	



### Guest ID #235

Question	Survey Date	Response	
11 - Are you able to accept your bodily appearance?	5/20/2018	5 Completely	
	4/1/2018	2 A Little	
12 - Have you enough money to meet your needs?	5/20/2018	3 Moderately	
	4/1/2018	1 Not at All	
13 - How available to you is the information that you need in your day-to-day life?	5/20/2018	3 Moderately	
	4/1/2018	2 A Little	
14 - To what extent do you have the opportunity for leisure activities?	5/20/2018	3 Moderately	
	4/1/2018	2 A Little	
1-Very Poor, 2-Poor, 3-Neither Poor nor Well, 4-Well, 5-Very Well			
15 - How well are you able to get around?	5/20/2018	4 Well	
	4/1/2018	2 Poor	
1-Very Dissatisfied, 2-Dissatisfied, 3-Neither Satisfied nor Dissatisfied, 4-Satisfied, 5-Very Satisfied			
16 - How satisfied are you with your sleep?	5/20/2018	4 Satisfied	

## Guest ID #235

Question	Survey Date	Response	
17 - How satisfied are you with your ability to perform your daily living activities?	4/1/2018	2 Dissatisfied	
	5/20/2018	4 Satisfied	
18 - How satisfied are you with your capacity for work?	4/1/2018	2 Dissatisfied	
	5/20/2018	4 Satisfied	
19 - How satisfied are you with yourself?	4/1/2018	2 Dissatisfied	
	5/20/2018	4 Satisfied	
20 - How satisfied are you with your personal relationships?	4/1/2018	2 Dissatisfied	
	5/20/2018	3 Neither Satisfied nor Dissatisfied	
21 - How satisfied are you with your sex life?	4/1/2018	2 Dissatisfied	
	5/20/2018	3 Neither Satisfied nor Dissatisfied	
22 - How satisfied are you with the support you get from your friends?	4/1/2018	3 Neither Satisfied nor Dissatisfied	
	5/20/2018	4 Satisfied	
	4/1/2018	2 Dissatisfied	

## Guest ID #235

Question	Survey Date	Response	
23 - How satisfied are you with the conditions of your living place?	5/20/2018	4 Satisfied	
	4/1/2018	4 Satisfied	
24 - How satisfied are you with your access to health services?	5/20/2018	4 Satisfied	
	4/1/2018	2 Dissatisfied	
25 - How satisfied are you with your mode of transportation?	5/20/2018	4 Satisfied	
	4/1/2018	2 Dissatisfied	
1-Never, 2-Seldom, 3-Quite Often, 4-Very Often, 5-Always			
26 - How often do you have negative feelings, such as blue mood, despair, anxiety, depression?	5/20/2018	2 Seldom	
	4/1/2018	4 Very Often	

Recoveree

Survey

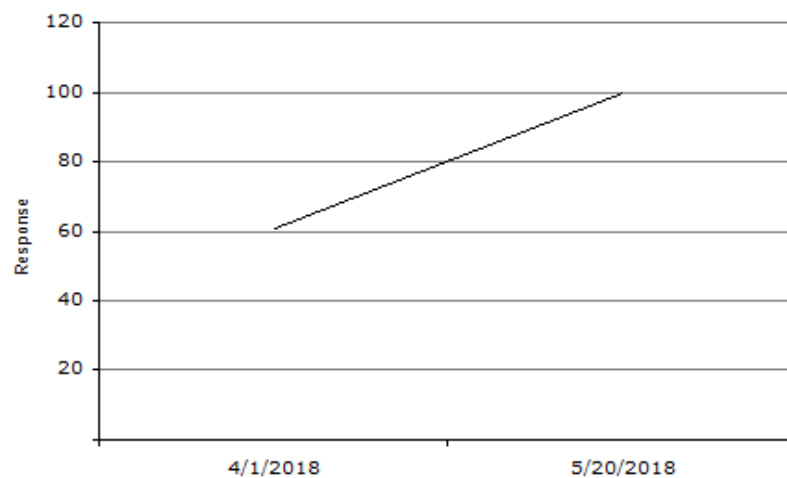
Stringbean

Quality of Life Survey

Question

- 1 - How would you rate your quality of life?
- 2 - How satisfied are you with your health?
- 3 - To what extent do you feel that physical pain prevents you from doing
- 4 - How much do you need any medical treatment to function in your dail
- 5 - How much do you enjoy life?
- 6 - To what extent do you feel your life to be meaningful?
- 7 - How well are you able to concentrate?
- 8 - How safe do you feel in your daily life?
- 9 - How healthy is your physical environment?
- 10 - Do you have enough energy for everyday life?
- 11 - Are you able to accept your bodily appearance?
- 12 - Have you enough money to meet your needs?
- 13 - How available to you is the information that you need in your day-to-

Patient Survey Scores by Survey



## Recovery Wellness Plan

Record 1 of 2

Guest: Stringbean

Area: 1. Sobriety/Substance and Alcohol Use

 I would like to pass on this are: Initials: \_\_\_\_\_

Date of Intake: 4/2/2018 Peer Recovery Coach: Darren Ripley

Goal: "I want to be clean from all substances"

Start Date: 4/2/2018 Date I want this completed: 5/1/2018 Date Cancelled:

Date Achieved:

Strength and Resources:  
What do I have that is helpful?Barriers/Limits/Challenges:  
What is in my way?

Steps and Actions to achieve my go:	Start Date	Complete By	Date Achieved	Date Cancelled
▶				

Exit

Delete

&lt; &gt;

Add Another

Print

# Recovery Wellness Plan

Area\*: 12. Healthy Parenting

I would like to pass on this are: Initials: \_\_\_\_\_

Date of Intake: 4/2/2018 Peer Recovery Coach: Darren Ripley

Goal: "I would like to be available for more children more than I have in the past"

Start Date: 4/2/2018 Date I want this completed: Date Cancelled:

Date Achieved:

Strength and Resources:  
What do I have that is helpful?

Barriers/Limits/Challenges:  
What is in my way?

Steps and Actions to achieve my go:	Start Date	Complete By	Date Achieved	Date Cancelled
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Filters (optional)

Date Range  to

Gender x

- Female
- Male
- Transgender Female

Race x

- Black or African American
- White/Caucasian
- American Indian or Alaska Native
- Hispanic or Latino

Ethnicity x

- African American
- European
- Caribbean
- Unknown

Medical Insurance x

- Medicaid

Marital Status x

- Single
- Married
- Separated
- Divorced

Sexual Orientation x

- Heterosexual (Straight)
- Homosexual (Gay/Lesbian)
- No Response

Age Cohort x

- 0 to 11 Years Old
- 11 - 17 Years Old
- 18 - 24 Years Old
- 25 - 34 Years Old

Programs x

- MAAR

Guest Description x

- In Recovery
- Medication Assisted Recovery
- Co-Occurring Recovery
- Mental Health

Recovery Coach Certifications x

- None
- CARC

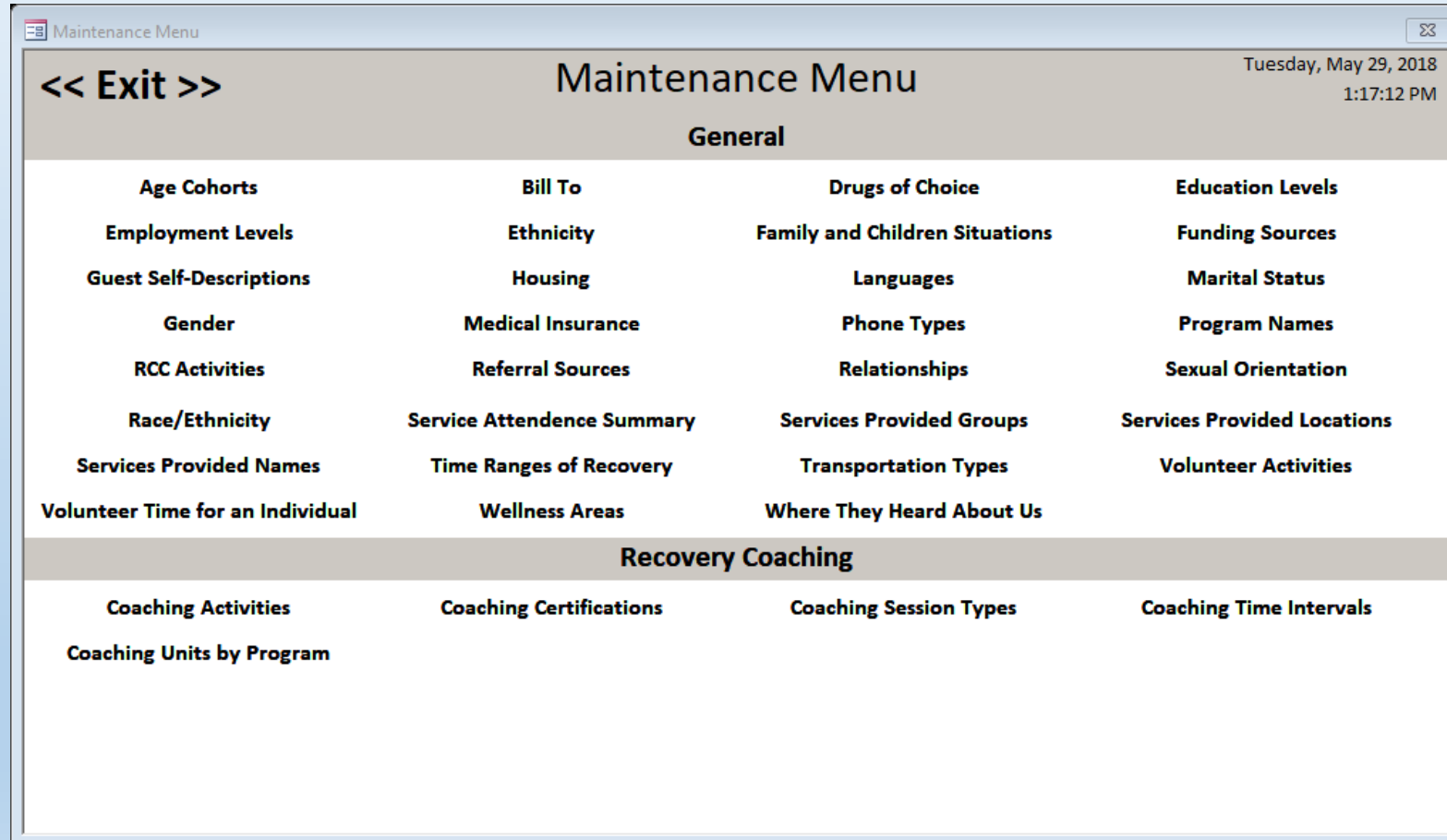
Included Attributes (optional)

Attribute	Include in Report?
All (non-employees)	<input checked="" type="checkbox"/>
Board Member	<input type="checkbox"/>
Coach	<input type="checkbox"/>
Coach TOT	<input type="checkbox"/>
Drug Court	<input type="checkbox"/>
Employee	<input type="checkbox"/>
Facilitator	<input type="checkbox"/>
Gambler	<input type="checkbox"/>
Hispanic/Latino - No	<input type="checkbox"/>
Hispanic/Latino - Yes	<input type="checkbox"/>
Inactive	<input type="checkbox"/>
Service Member	<input type="checkbox"/>
Trainer	<input type="checkbox"/>

<b>Program Detail</b>	<b>Housing Changes</b>	<b>Education Changes</b>	<b>Employment Changes</b>	<b>Exit</b>
<b>Demographics</b>	<b>Medical Ins. Changes</b>	<b>Criminal Justice Changes</b>	<b>Volunteer Time by Activity</b>	<b>Export Email Addresses</b>
<b>ARC Aggregates All Programs</b>	<b>ARC Aggregates by Status All Programs</b>	<b>ARC Aggregates Percent Change by Status</b>	<b>ARC Aggregates by Status and Program</b>	<b>ARC Aggregates Top/Bottom</b>
<b>ARC Aggregates by Question All Programs</b>	<b>ARC Aggregates by Question and Program</b>	<b>ARC Aggregates by Program</b>	<b>ARC Aggregates by Program and Gender</b>	<b>QOL Aggregates Top/Bottom</b>
<b>QOL Aggregates All Programs</b>	<b>QOL Aggregates by Status All Programs</b>	<b>QOL Aggregates Percent Change by Status</b>	<b>QOL Aggregates by Status and Program</b>	<b>Export Txt Email - All</b>
<b>QOL Aggregates by Question All Programs</b>	<b>QOL Aggregates by Question and Programs</b>	<b>QOL Aggregates by Program</b>	<b>QOL Aggregates by Program and Gender</b>	<b>Export Txt Email - Checkups</b>
<b>Services Provided</b>	<b>Services Provided by Group</b>	<b>Recovery Coaching</b>	<b>Recovery Coaching Report Card</b>	<b>SCI Aggregates All Programs</b>



I am able to add/delete information on each of the listings on this menu



# Report Filters and Attributes

## Filters (optional)

Date Range  to

### Gender x

Female  
Male  
Transgender Female

### Race x

Black or African American  
White/Caucasian  
American Indian or Alaska Nati  
Hispanic or Latino

### Ethnicity x

African American  
European  
Caribbean  
Unknown

### Medical Insurance x

Medicaid

### Marital Status x

Single  
Married  
Separated  
Divorced

### Sexual Orientation x

Heterosexual (Straight)  
Homosexual (Gay/Lesbian)  
No Response

### Age Cohort x

0 to 11 Years Old  
11 - 17 Years Old  
18 - 24 Years Old  
25 - 34 Years Old

### Programs x

MAAR

### Guest Description x

In Recovery  
Medication Assisted Re  
Co-Occurring Recovery  
Mental Health

### Recovery Coach Certifications x

None  
CARC

## Included Attributes (optional)

Attribute	Include in Report?
All (non-employees)	<input checked="" type="checkbox"/>
Board Member	<input type="checkbox"/>
Coach	<input type="checkbox"/>
Coach TOT	<input type="checkbox"/>
Drug Court	<input type="checkbox"/>
Employee	<input type="checkbox"/>
Facilitator	<input type="checkbox"/>
Gambler	<input type="checkbox"/>
Hispanic/Latino - No	<input type="checkbox"/>
Hispanic/Latino - Yes	<input type="checkbox"/>
Inactive	<input type="checkbox"/>
Service Member	<input type="checkbox"/>
Trainer	<input type="checkbox"/>

Program Detail

Housing Changes

Education Changes

Employment Changes

Exit

Demographics

Medical Ins. Changes

Criminal Justice Changes

Volunteer Time by Activity

Export Email Addresses

ARC Aggregates All Programs

ARC Aggregates by Status All Programs

ARC Aggregates Percent Change by Status

ARC Aggregates by Status and Program

ARC Aggregates Top/Bottom

ARC Aggregates by Question All Programs

ARC Aggregates by Question and Program

ARC Aggregates by Program

ARC Aggregates by Program and Gender

QOL Aggregates Top/Bottom

QOL Aggregates All Programs

QOL Aggregates by Status All Programs

QOL Aggregates Percent Change by Status

QOL Aggregates by Status and Program

Export Txt Email - All

QOL Aggregates by Question All Programs

QOL Aggregates by Question and Programs

QOL Aggregates by Program

QOL Aggregates by Program and Gender

Export Txt Email - Checkups

Services Provided by

Recovery Coaching Report

SCI Aggregates All