

# Suggested Outcome Measure #1 of 7: Life Goals

One way to document the impact of an RCC is to show how many RCC participants achieve concrete goals in their life.

In order to assess this, you would ask your RCC participants the following question:

In the past three months, has your life improved in any of these aspects? Select ALL that apply.

- ☐ Employment
- ☐ Income
- ☐ Housing
- ☐ Education
- ☐ Social connections
- ☐ Family
- ☐ Physical health
- ☐ Fitness (e.g., exercise, diet)
- ☐ Mental health
- ☐ Spiritual well-being
- ☐ Criminal justice issues
- ☐ Community involvement

You would NOT ask this question when RCC participants first come to your center, but rather 3 months after their first visit, and then at systematic assessments thereafter (e.g., every 6 months).

## Evaluation

Do you think that participants at your RCC would show progress on this measure (i.e., that they would check off any of these boxes)?

- ☐ Yes
- ☐ No

Please explain:

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Do you think this measure would be useful to demonstrate the impact of your RCC?

- ☐ Yes
- ☐ No

Please explain:

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# Suggested Outcome Measure #2 of 7: Brief Assessment of Recovery Capital (BARC-10)

This measure, the BARC-10, is possibly the best known measure of recovery capital. It is the short version of a measure called the Assessment of Recovery Capital (ARC). The ARC (Groshkova et al, 2013) is a self-report, strength-based measure of an individual's personal and social resources that can support recovery from a substance use disorder.

To complete this measure, RCC participants would be asked to indicate the level of agreement with the following statements:

|   | 1 - Strongly Disagree | 2                     | 3                     | 4                     | 5                     | 6 - Strongly Agree    |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| There are more important things to me in life than using substances                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| In general, I am happy with my life.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have enough energy to complete the tasks I set myself.                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I am proud of the community I live in and feel part of it.                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I get lots of support from friends.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I regard my life as challenging and fulfilling without the need for using drugs or alcohol. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My living space has helped to drive my recovery journey.                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I take full responsibility for my actions.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I am happy dealing with a range of professional people.                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I am making good progress on my recovery journey.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Scoring

After participants answer these item, the scale is scored by adding together the response values for each of the ten questions. Total scores can range from 10 to 60, where 10 indicates the lowest amount of recovery capital and 60 indicates the highest amount of recovery capital.

In order to use this scale to evaluate the impact of your RCC, you would assess this scale when participants first come to you RCC, and then ask them again at a pre-determined follow-up point (e.g., 3-month later) to see if their scores have improved.

**Evaluation**

Do you think that participants at your RCC would show progress on this measure (i.e., their score would improve over time)?

- ☐ Yes  
☐ No

Please explain:

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Do you think this measure would be useful to demonstrate the impact of your RCC?

- ☐ Yes  
☐ No

Please explain:

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## Suggested Outcome Measure #3 of 7: EUROHIS-QOL

The EUROHIS-QOL (Schmidt et al., 2006) is not specific to recovery, but rather is a widely used eight-item measure of quality of life, adapted from a measure the World Health Organization has created to measure quality of life.

In order to use this scale, you would ask participants of your RCC to rate the following items, based on their experience during the last four weeks.

|  | Very poor             | Poor                  | Neither poor nor good              | Good                  | Very good             |
|--|-----------------------|-----------------------|------------------------------------|-----------------------|-----------------------|
| How would you rate your quality of life?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
|  | Very dissatisfied     | Dissatisfied          | Neither satisfied nor dissatisfied | Satisfied             | Very satisfied        |
| How satisfied are you with your health?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
|  | Not at all            | A little              | Moderately                         | Mostly                | Completely            |
| Do you have enough energy for everyday life?                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
|  | Very dissatisfied     | Dissatisfied          | Neither satisfied nor dissatisfied | Satisfied             | Very satisfied        |
| How satisfied are you with your ability to perform your daily living activities? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
| How satisfied are you with yourself?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
| How satisfied are you with your personal relationships?                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
| Have you enough money to meet your needs?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |
| How satisfied are you with the conditions of your living place?                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>              | <input type="radio"/> | <input type="radio"/> |

### Scoring

The scale score is calculated by taking the average of responses to all 8 questions. The final score can range from 1 to 5, where 1 indicates the lowest quality of life and 5 indicates the highest.

**Evaluation**

Do you think that participants at your RCC would show progress on this measure (i.e., their score would improve over time)?

- ☐ Yes  
☐ No

Please explain:

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Do you think this measure would be useful to demonstrate the impact of your RCC?

- ☐ Yes  
☐ No

Please explain:

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You missed a question. If you meant to leave a question blank, please press submit to continue.

# Suggested Outcome Measure #4 of 7: Substance Use Recovery Evaluator (SURE)

This scale is a newly developed scale that is a patient-reported outcome measure for assessing recovery from drug and alcohol dependency. It was developed with people in recovery in the United Kingdom. Dr. Joanne Neale recently presented on this scale as part of our seminar series:

<https://www.recoveryanswers.org/addiction-research-summaries/seminar-series/>

In order to use this scale to assess the impact of your RCC, you would ask participants of your RCC to complete the following questions when they first come to your RCC, and at a later timepoint.

## Section A

Thinking about the last week, please rate yourself in each of the following statements.

### Drinking and Drug Use (Part 1)

|                             | Never                 | On 1 or 2 days        | On 3 or 4 days        | On 5 or 6 days        | Every day             |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I have drunk too much       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have used street drugs    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have experienced cravings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

### Drinking and Drug Use (Part 2)

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have coped with problems without misusing drugs or alcohol                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have managed pains and ill-health without misusing drugs or alcohol                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been spending my free time on hobbies and interests that do not involve drugs or alcohol | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

## Section B

Still thinking about the last week, please rate yourself in each of the following statements.

### Self-Care

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have been taking care of my mental health | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I have been taking care of my physical health | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have been eating a good diet                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have slept well                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have had a good daily routine               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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### Relationships

|  | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|--|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have been getting on well with people                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have felt supported by people around me                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been treated with respect and consideration by people around me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have treated others with respect and consideration                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

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### Material Resources

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have had stable housing   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have had a regular income (from benefits, work, or other legal sources) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been managing my money well  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

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### Outlook on Life

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have felt happy with my overall quality of life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have felt positive                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have had realistic hopes and goals for myself   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

## Section C

Still thinking about the last week, please record how important each of the following have been to you.

|   | Not important         | A little important    | Important             | Very important        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| Reducing or abstaining from drinking or drug taking   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Looking after yourself (physically taking care of yourself, mentally taking care of yourself, having a good diet, sleeping well, having a good routine)     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having good relationships with other people (getting on with people, feeling supported by people, being treated with respect, treating others with respect) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having resources and belongings (stable housing, regular income, managing money)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Outlook on life (having a good quality of life, feeling positive, having realistic hopes and goals)   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Scoring

The SURE score is calculated by sum-scoring across the items in sections A and B. The final score can range from 21-63, where a higher score indicates greater recovery. For greater detail regarding scoring, please see here: <https://www.kcl.ac.uk/ioppn/depts/addictions/scales-measures-and-instruments/sure-substance-use-recovery-evaluation> or

Section C is not scored, but allows people to think through their own priorities in recovery.

## Evaluation

Do you think that participants at your RCC would show progress on this measure (i.e., their score would improve over time)?

- ☐ Yes  
☐ No

Please explain:

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Do you think this measure would be useful to demonstrate the impact of your RCC?

- ☐ Yes  
☐ No

Please explain:

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# Suggested Outcome Measure #4 of 7: Substance Use Recovery Evaluator (SURE)

This scale is a newly developed scale that is a patient-reported outcome measure for assessing recovery from drug and alcohol dependency. It was developed with people in recovery in the United Kingdom. Dr. Joanne Neale recently presented on this scale as part of our seminar series:

<https://www.recoveryanswers.org/addiction-research-summaries/seminar-series/>

In order to use this scale to assess the impact of your RCC, you would ask participants of your RCC to complete the following questions when they first come to your RCC, and at a later timepoint.

## Section A

Thinking about the last week, please rate yourself in each of the following statements.

### Drinking and Drug Use (Part 1)

|                             | Never                 | On 1 or 2 days        | On 3 or 4 days        | On 5 or 6 days        | Every day             |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I have drunk too much       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have used street drugs    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have experienced cravings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

### Drinking and Drug Use (Part 2)

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have coped with problems without misusing drugs or alcohol                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have managed pains and ill-health without misusing drugs or alcohol                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been spending my free time on hobbies and interests that do not involve drugs or alcohol | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

## Section B

Still thinking about the last week, please rate yourself in each of the following statements.

### Self-Care

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have been taking care of my mental health | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I have been taking care of my physical health | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have been eating a good diet                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have slept well                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have had a good daily routine               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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### Relationships

|  | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|--|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have been getting on well with people                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have felt supported by people around me                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been treated with respect and consideration by people around me | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have treated others with respect and consideration                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

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### Material Resources

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have had stable housing   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have had a regular income (from benefits, work, or other legal sources) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have been managing my money well  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

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### Outlook on Life

|   | All of the time       | Most of the time      | A fair amount of the time | A little of the time  | None of the time      |
|---|-----------------------|-----------------------|---------------------------|-----------------------|-----------------------|
| I have felt happy with my overall quality of life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have felt positive                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |
| I have had realistic hopes and goals for myself   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     | <input type="radio"/> | <input type="radio"/> |

## Section C

Still thinking about the last week, please record how important each of the following have been to you.

|   | Not important         | A little important    | Important             | Very important        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| Reducing or abstaining from drinking or drug taking   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Looking after yourself (physically taking care of yourself, mentally taking care of yourself, having a good diet, sleeping well, having a good routine)     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having good relationships with other people (getting on with people, feeling supported by people, being treated with respect, treating others with respect) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having resources and belongings (stable housing, regular income, managing money)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Outlook on life (having a good quality of life, feeling positive, having realistic hopes and goals)   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Scoring

The SURE score is calculated by sum-scoring across the items in sections A and B. The final score can range from 21-63, where a higher score indicates greater recovery. For greater detail regarding scoring, please see here: <https://www.kcl.ac.uk/ioppn/depts/addictions/scales-measures-and-instruments/sure-substance-use-recovery-evaluation> or

Section C is not scored, but allows people to think through their own priorities in recovery.

## Evaluation

Do you think that participants at your RCC would show progress on this measure (i.e., their score would improve over time)?

- ☐ Yes  
☐ No

Please explain:

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Do you think this measure would be useful to demonstrate the impact of your RCC?

- ☐ Yes  
☐ No

Please explain:

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# Suggested Outcome Measure #6 of 7: Client Satisfaction Questionnaire

Another way to think about the impact of RCCs is the degree to which the people who come to RCCs are satisfied with the support they receive.

A frequently used measure to assess the satisfaction with services is the "Client Satisfaction Scale". This measure is short (8-items), and can only be used after paying a licensing fee. It was developed a rather long time ago (1979), but has been used a lot since then (in other 2,300 scientific papers).

Larsen DL, Attkisson CC, Hargreaves WA, Nguyen TD. Assessment of client/patient satisfaction: development of a general scale. Eval Program Plann. 1979;2(3):197-207.

In order to use this scale, you would:

- first, need to define what you mean by "services"
- then, ask your RCC participants to answer the following questions in regards to these services:

## Client Satisfaction Questionnaire

Note: When we say "service" below, we are referring to the the recovery support the RCC you attend has provided you with.

|  |                                      |                                    |                                      |                                      |
|--|--------------------------------------|------------------------------------|--------------------------------------|--------------------------------------|
|  | Excellent                            | Good                               | Fair                                 | Poor                                 |
| How would you rate the quality of the service you received?                              | <input type="radio"/>                | <input type="radio"/>              | <input type="radio"/>                | <input type="radio"/>                |
|  | No, definitely not                   | No, not really                     | Yes, generally                       | Yes, definitely                      |
| Did you get the kind of service you wanted?  | <input type="radio"/>                | <input type="radio"/>              | <input type="radio"/>                | <input type="radio"/>                |
|  | Almost all of my needs have been met | Most of my needs have been met     | Only a few of my needs have been met | None of my needs have been met       |
| To what extent has your RCC's services met your needs?                                   | <input type="radio"/>                | <input type="radio"/>              | <input type="radio"/>                | <input type="radio"/>                |
|  | No, definitely not                   | No, I don't think so               | Yes, I think so                      | Yes, definitely                      |
| If a friend were in need of similar help, would you recommend the service to him or her? | <input type="radio"/>                | <input type="radio"/>              | <input type="radio"/>                | <input type="radio"/>                |
|  | Quite dissatisfied                   | Indifferent or mildly dissatisfied | Mostly satisfied                     | Very satisfied                       |
| How satisfied are you with the amount of help you received?                              | <input type="radio"/>                | <input type="radio"/>              | <input type="radio"/>                | <input type="radio"/>                |
|  | Yes, they helped a great deal        | Yes, they helped somewhat          | No, they didn't really help          | No, they seemed to make things worse |

Have the services you received helped you to deal more effectively with your problems?

☐☐☐☐

Very satisfied

Mostly satisfied

Indifferent or mildly dissatisfied

Quite dissatisfied

In an overall, general sense, how satisfied are you with the service you received?

☐☐☐☐

No, definitely not

No, I don't think so

Yes, I think so

Yes, definitely

If you were to seek help again, would you come back to this service?

☐☐☐☐

### Scoring

Scores are calculated by summing across items. Items 2, 4, 5, and 8 are reverse scored. Total scores range from 8 to 32, with the higher number indicating greater satisfaction with the services your RCC provided.

Unlike some of the other measures we introduced during this survey, you would NOT ask participants to fill out this scale when they first walk through your doors. Rather, you would ask your RCC participants at some later point after they had a chance to experience your RCC.

### Evaluation

Do you think this measure would be useful to demonstrate the impact of your RCC?

☐ Yes  
☐ No

Please explain:

\_\_\_\_\_

You missed a question. If you meant to leave a question blank, please press submit to continue.

# Suggested Outcome Measure #7 of 7: Ways in Which RCCs Confer Benefit

Finally, you might want to take a more descriptive and exploratory approach in measuring the impact of your RCC.

Many of the measures we suggested here are psychometrically sound measures, meaning that scientists have spent a lot of time developing and testing each item according to statistical principles.

What we have below is a list of items we made up that we think might capture the many different ways in which RCCs may support people in recovery during their recovery journey.

To use such a descriptive list, you would ask participants at your RCC to rate the following items:

The next questions are about your experience with your RCC. As you are evaluating these items, keep in mind all the services and elements of an RCC, including staff, resources, other participants, etc.

| The RCC I attend...  | Strongly disagree     | Disagree              | Neither agree nor disagree | Agree                 | Strongly Agree        |
|--|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| ... gave me confidence to persist in my recovery.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... was a safe haven in a moment of crisis.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... gave me trusted advice whenever I needed it.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... has shown me that recovery is something I can achieve.                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... has shown me that recovery is worth striving for.                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... helped me feel supported in my recovery.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... gave me a safe space to work through challenges I encounter in my recovery.          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... lets me feel part of a community that accepts me the way I am.                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... has given me access to concrete resources I need to succeed in my recovery.          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... has helped me navigate systems and services that can help me succeed in my recovery. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| ... helped me become more at peace with myself.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |

|  |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ... has energized me to move forward with my life, in a way that feels good. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ... has provided me opportunities to give back to the community.             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ... has given me a vision of how to navigate my recovery.                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ... has taught me concrete steps I can take to progress with my recovery.    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ... has added joy and friendship to my life.                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ... keeps encouraging me to stay on track with my recovery.                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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To report the impact of your RCC in this way, you would simply provide summary statistics for each of the items you assess. For example, you would calculate the percentage of your RCC participants who say "agree" or "strongly agree" for each item.

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What other items would you want to add to the list above? In what other ways do RCCs help?

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### Evaluation

Do you think this measure would be useful to demonstrate the impact of your RCC?

☐ Yes  
☐ No

Please explain:

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You missed a question. If you meant to leave a question blank, please press submit to continue.