

Recovery Markers Inventory

Please select the highest category that best describes this person on the specified date (for example, March 1st) based on evidence from self-reports, behavioral observations, and/or outside information (for example, family or friends). The examples provided are not meant to be comprehensive, but rather describe behaviors that typically fall into these categories.

Employment *

- ☐ **No Interest** - absolutely no interest in any type of work activities
- ☐ **Interest, No Action** - open to the idea of working, but taking no action
- ☐ **Job Exploring** - exploring getting a job (for example, reading about a job training program, talking to a friend about what it takes to work, looking at how work income would affect benefits, etc.)
- ☐ **Low Active Job Search** - inconsistent job searching (for example, looking for jobs in the newspaper every now and then, occasionally filling out job applications, etc.)
- ☐ **High Active Job Search** - consistent job searching activities (for example, meeting regularly with a vocational counselor, frequently filling out job applications, etc.)
- ☐ **Sheltered Employment** - working a piece-rate job that pays less than minimum wage, typically in a segregated environment (for example, assembly line work at a factory, etc.)
- ☐ **Micro-Employment** - working odd jobs or an average of 1-5 hours per week of competitive employment (that is, a job in an integrated, real-world setting that pays at least minimum wage)
- ☐ **Enclave Employment** - working a job that is reserved for persons with disabilities but pays at least minimum wage
- ☐ **Part-Time Employment** - working an average of 6 to 29 hours per week of competitive employment (that is, a job in an integrated, real-world setting that pays at least minimum wage)
- ☐ **Full-Time Employment** - working 30 hours or more per week of competitive employment (that is, a job in an integrated, real-world setting that pays at least minimum wage)
- ☐ **Retired** - 60 years or older, considers him/herself retired, and is not interested in any vocational activity
- ☐ **Care Giving Role** - cares for a child or family member at least 20 hours per week and is not interested in pursuing other work activities.

Learning / Education *

- ☐ **No Interest** - absolutely no interest in any type of learning/education activities (including reading the newspaper, visiting the library, searching the internet, accessing material on a topic of interest, etc.)
- ☐ **Very Low Participation** - open to the idea of participating in learning/education activities, but taking no action
- ☐ **Low Participation** - inconsistent self-education activities (for example, occasionally reading the newspaper, visiting the library, searching the internet, or accessing material on a topic of interest, etc.)
- ☐ **Moderate Participation** - consistent self-education activities (for example, frequently reading the newspaper, visiting the library, searching the internet, or accessing material on a topic of interest, etc.)
- ☐ **High Participation** - participating in a formal educational/training program (for example, enrolled in gardening classes, cooking classes, or GED tutoring program, etc.)
- ☐ **Very High Participation** - enrolled in a degree level college class or certified training program such as plumbing, nursing assistant, etc.

Maximum Education Attained *

- ☐ Up to 9th Grade Education
- ☐ 9th to 12th Grade Education (No GED)
- ☐ GED
- ☐ High School Diploma
- ☐ Trade School Certificate
- ☐ Associate's Degree
- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ Doctorate Degree

Active/Growth Orientation *

- ☐ **No Involvement** - person has no involvement in any specific activities of interest (for example, sleeps nearly all day, sits and stares for long periods of time, etc.)
- ☐ **Very Low Involvement** - person is involved only in passive activities of interest (for example, watches TV all day as a way to pass the time, sits and smokes with only brief conversations, etc.)
- ☐ **Low Involvement** - person is minimally involved in activities of interest (for example, can identify activities that he/she enjoys but puts little effort into pursuing them, will go out with friends occasionally but only with much encouragement, etc.)
- ☐ **Moderate Involvement** - person is moderately involved in activities of interest (for example, regularly participates in activities that he/she enjoys, regularly goes out with friends and family, etc.)
- ☐ **High Involvement** - person is highly involved in activities of interest (for example, person regularly participates in activities that bring a deep sense of meaning and purpose to his/her life, often invites others to participate in activities, etc.)
- ☐ **Very High Involvement** - person frequently engages in activities that directly benefit the welfare of others (for example, regularly volunteers time to help, often organizes activities /projects that honor the accomplishments of friends/family, etc.)

Symptom Management *

- ☐ **No Interference** - if/when symptoms of a mental illness occur, this person manages them so effectively that they cause no interference with activities such as planning, organizing, following through with plans, etc.
- ☐ **Low Interference** - person is able to meet daily needs, but symptoms of a mental illness occasionally hinder him/her from accomplishing activities such as planning, organizing, following through with plans, etc.
- ☐ **Moderate Interference** - person is able to meet daily needs, but symptoms of a mental illness frequently hinder him/her from accomplishing activities such as scheduling, organizing, following through with plans, etc.
- ☐ **High Interference** - as a result of the symptoms of a mental illness this person has trouble meeting his/her basic needs or is unable to maintain minimal personal hygiene
- ☐ **Very High Interference** - as a result of symptoms of a mental illness the person is in danger of severely hurting self or others or is gravely disabled.

Participation In Services *

- ☐ **Involuntary Participation** - person participates with mental health services only because of coercion (for example, in absence of external pressure such as court-order, probation, etc. the person would likely never come in for any services)
- ☐ **Very Low Participation** - person voluntarily participates with mental health services but with only minimal consistency (for example, is frequently a -no show- for scheduled appointments, etc.)
- ☐ **Low Participation** - person consistently attends appointments/meetings, but relies entirely on staff to direct recovery (for example, has great difficulty setting or following through on own goals, etc.)
- ☐ **Moderate Participation** - sees self as an equal partner with mental health staff in directing own recovery (for example, can lead own recovery, but also relies heavily on staff direction, support, etc.)
- ☐ **High Participation** - sees self as the director of own recovery with mental health staff as supports (for example, easily sets own goals, advocates for own views when they conflict with staff ideas, etc.)
- ☐ **Graduated Disengagement** - effectively manages own recovery with very little involvement with mental health services.

On Probation / Parole / Forensics Involvement *

- ☐ Yes
- ☐ No

Court Ordered / Certified to Treatment *

- ☐ Yes
- ☐ No

Housing *

- ☐ **Homeless (street/overnight shelter)** - homeless on the street, in an overnight shelter bed, or living in vehicle.
- ☐ **Homeless (friends/motel)** - crashing- with friends or living in a motel
- ☐ **Nursing Home** - a state qualified nursing home/facility that provides medical and/or mental health services.
- ☐ **Transitional Treatment Facility or Program** - short-term drug/alcohol recovery program or a transitional group home with a defined length of stay of less than two years
- ☐ **Long-Term Mental Health Assisted Living** - unrelated persons living in a home with overnight staff who do have mental health expertise and no specific length of stay
- ☐ **Long-Term Non-Mental Health Assisted Living** - unrelated persons living in a home with overnight staff who do not have mental health expertise and there is no specific length-of-stay
- ☐ **Congregate Living Apartment** - semi-independent apartments that are managed by mental health or other care provides with some services attached
- ☐ **Single Room Occupancy (SRO)** - a single room independent apartment that does not have a complete kitchen and may have a shared bathroom
- ☐ **Independent Home or Apartment (subsidized)** - paying subsidized rent for an independent apartment or home in the community (for example, HUD 202, HUD 8/11, Shelter + Care, Section 8 voucher used in the community, etc.)
- ☐ **Independent Home or Apartment (non-subsidized)** - paying full rent for an independent apartment or home in the community.
- ☐ **Living with Family** - currently living with parents, siblings, or extended family and is relying primarily on the support of family

Emergency Room Visits for Psychiatric Reasons: *

Emergency Room Visits for Physical Reasons: *

Jail Days *

Psychiatric Hospital Days *

Physical Hospital Days *

Days in Detox *

Substance Use (Level of Use / Stage of Change) *

- ☐ Person has not experienced ANY substance use, either currently or in the past.
- ☐ Person has experienced substance use issues either currently or in the past. Please complete the following section.

Substance Use - Stages

Alcohol *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Cannabis *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Cocaine *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Hallucinogens *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Inhalants *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Methamphetamines *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Opiates *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Over-the-counter *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

PCP *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Sedatives/ Hypnotics/ Anxiolytics *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Stimulants *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE

Tobacco *:

Use	NO USE ...	ABSTINENCE	USE WITHOUT IMP...	USE	DEPENDENCE	SEVERE DEPENDENCE
Change	N/A	PRE-CONTEM...	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE