

Rubric for Mental Health Recovery
A Healing Cooperative, Ukiah United Methodist Church
Developed May 2005

	Hope and Empowerment	Emotional connections, a social network and community	Self-direction. recovery skills	A meaningful role in the community
1	none	none	none	none
2	a little	few	a little	a little
3	trying	making some	engaging	self-initiating
4	feedback loop is working	deepening and important	learning, redirecting	developing ongoing involvement with others
5	confident of recovery	feel variety of support	interdependent and clearly in charge	multiple involvements

Clients are rated by staff as we get to know them subsequent to their entry into the program and at intervals of approximately six months. Significant progress equals an increase of “3” in their total score, meaning to achieve this level, clients must grow in at least three of the four areas by one step (or by two in one and also in a third by one). The average success of the 18 clients with more than a “3” increase by 9/30/05 is an increased aggregate score of 5.4.

The categories across the top were drawn from extensive research into the factors shown to be critical to recovery from major psychiatric disability. An effort was made to keep the model rubric simple. Additionally, AHC staff intend to develop a second rubric designed for use with clients and by clients to rate their own progress in recovery.