

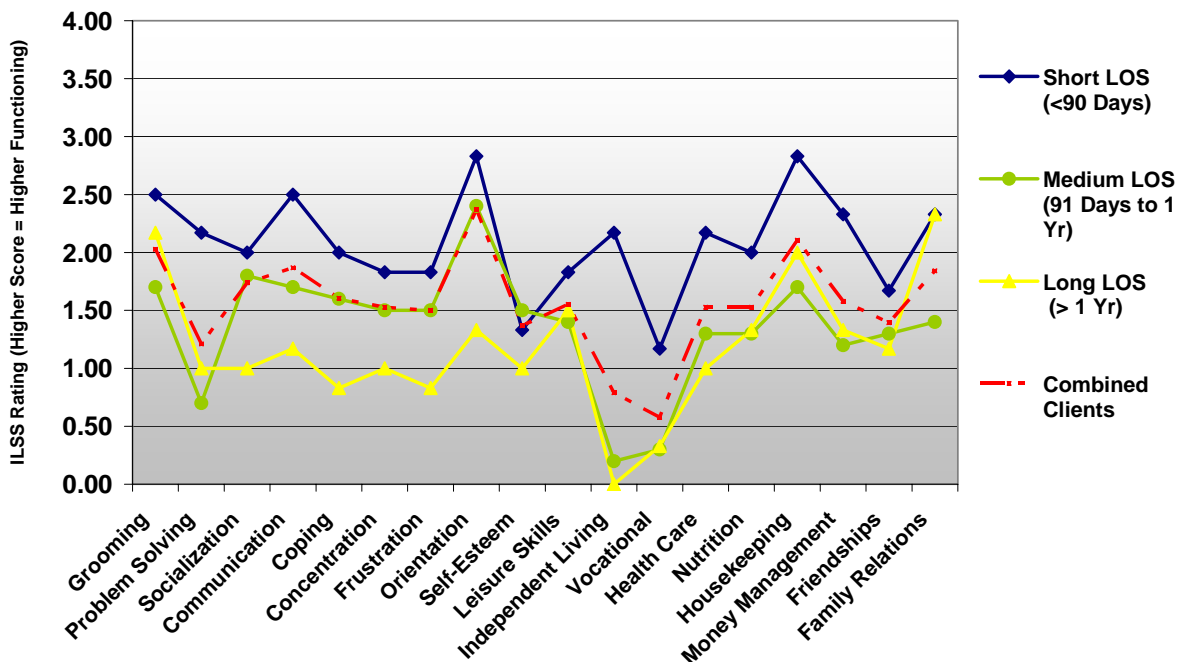
Oasis Mental Health Rehabilitation Center (MHRC) Adult Clients' Experience Improvement in Independent Living Skills

Oasis uses the SBHG *Independent Living Skills Scale* (ILSS) for both clinical assessment and outcome tracking during services and upon discharge of clients from the *Mental Health Rehabilitation Center* (MHRC). On average, the clients (ILSS dataset) are 41 years of age upon admission and reside in the MHRC for up to six months. They generally have long standing needs for mental health and supportive services and continue their road to recovery while at Oasis and beyond. The program has been responsive to the county mental health administration's desire for decreasing lengths of stay whenever possible, and to focusing treatment on a full range of rehabilitative needs to support clients' ability to live in the community.

Baseline (at time of admission) ILSS ratings completed by clinicians are shown below. The data are grouped by the eventual length of stay (LOS) of clients, as subsequent analyses revealed that LOS is a predictor of ILSS "change scores" which represent the amount of improvement in independent functioning with higher scores at discharge compared to admission. The baseline data show that clients with longer lengths of service generally have lower ILSS scores at admission (and vice versa), which makes sense. However, even those clients with relatively higher scores at admission need moderate to significant levels of improvement in their independent living skills and could benefit from Oasis' services.

Baseline ILSS Scores

Of 19 Discharged Clients Grouped by Length of Stay

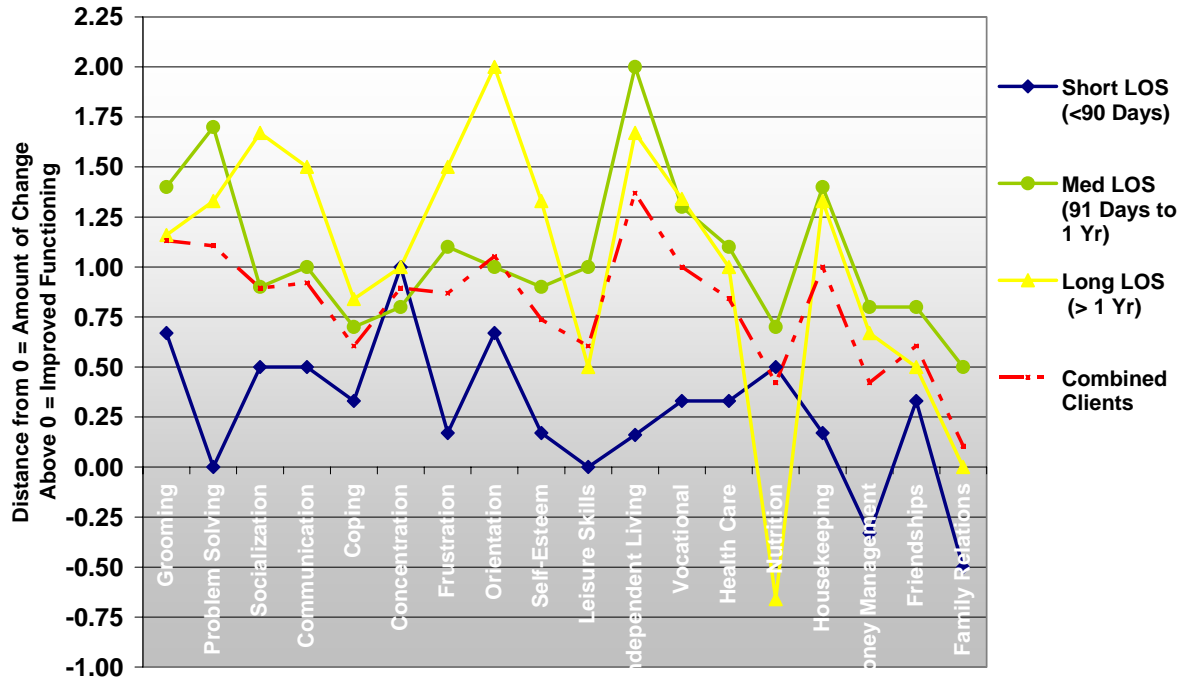


The analyses also reveal that, for Oasis clients, medium and long lengths of stay yield more improvement in functioning on nearly all of the ILSS subscales. The long LOS group is small (N=3), so the result is less compelling than the comparison between the medium (N=10) and short

(N=6) LOS groups. The program has specific curriculum and interventions that clients can take advantage of while at Oasis, including *Wellness Recovery Action Planning* (W.R.A.P.)¹ and a life skills curriculum offered through the rehabilitation department. These are in addition to individual and group therapy, medications, and milieu treatment. Clients are not able to make optimal use of Oasis' services with only a short stay (less than 90 days), resulting in less positive ILSS change scores (in the graph this is seen by the distance from 0 of the change scores).

ILSS Change Scores

Of 19 Discharged Clients Grouped by Length of Stay



¹ Copeland, M.E., *Wellness Recovery Action Planning*, Published by Peach Press, PO Box 301 W. Dummerston, VT, 05357. www.mentalhealthrecovery.com.