

Supporting Consumer Engagement Through Self-Report: A Case Study of MTM's New DLA-20 Self Report Tool



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Daily Living Activities (DLA)- 20

Overview

- The DLA-20 is a clinician administered functional assessment, proven to reliably estimate clients' functioning in 20 different areas of daily living.
- The DLA-20 is a current needs assessment, a 30 day snapshot of the big picture, and a summary of strengths and needs.
- The DLA-20 is a recovery oriented tool that shows improved functioning over time.
- The DLA-20 is a reliable measure for the purposes of justifying medical necessity, determining level of care, driving treatment goals and demonstrating outcomes over time.

DLA-20 Tools

DLA-20 Tool	Use with Clients
Adult MH DLA-20	18 years and older with Mental Health, Co-occurring, and/or Borderline – Mild Intellectual Disabilities
Adult Alcohol and Drug DLA-20	18 years and older with a primary Addictions Disorder. This tool is validated for ASAM accredited programs
Youth DLA-20	Ages 6-18 with Mental Health, Co-occurring and/or Borderline- Mild Intellectual Disabilities
Intellectual Disability	Moderate to Severe Intellectual Disabilities
Self-Report DLA-20	18 years and older with Mental Health, Co-occurring, and/or Borderline – Mild Intellectual Disabilities

DLA-20 Self Report

- Providers using the DLA-20 have a new tool to enrich their measurement and assessment efforts while increasing consumer engagement and/or input in the treatment process.
- The DLA-20 Self Report Tool is to be used in conjunction with the Clinician Administered Adult Mental Health and Adult Substance Abuse DLA -20 tools.
- The DLA-20 is a companion tool designed to:
 - Measure the consumer's perception of their functioning and well being.
 - Identify areas of alignment and misalignment.
 - Invite important clinical discussions about progress, goals and treatment planning.

DLA-20 Self Report Instructions

- The consumer should complete the self report tool upon admission and at regular treatment plan review intervals. If the consumer is not able to complete the self report independently then a staff member would assist the consumer in the process.
- The DLA-20 Adult Self Report does not take the place of the Clinician Administered DLA-20 Adult Assessment Tools. It is to be used in conjunction with the Clinician Administered tools.

DLA-20 Self Report Instructions

- The consumer will check the column of the number and descriptor that most closely represents the frequency of occurrence for each activity.
 - If a consumer scores a (4) “usually” or (5) “yes always” that item is a strength for the consumer
 - If a consumer scores a (1) “no, not at all” or a (2) “rarely” or a (3) “sometimes” that item will be an area of need.
- The provider will conduct an interview to complete the clinician administered DLA-20 and review the results with the consumer as it compares to the self-report as part of a clinical discussion regarding treatment.

DLA-20 Self Report

During the last 30 days did your symptoms interrupt any of the following everyday activities?

Please use scale below to score each daily living activity

No, not at all
Rarely
Sometimes
Usually
Yes, always

Physical Health and Mental Wellness During the last 30 days...	1	2	3	4	5	
I managed my mental health symptoms such as anxiety, racing or disturbing thoughts, depression, memory lapses or stressful repetitive behaviors. Other symptoms/comment:						Total
I managed my moods such as anger, sadness or happiness.						
I managed my physical health such as problems with pain, high blood pressure, weight or diet restrictions. Other symptoms/comment:						
I took all my medications as prescribed. ___ N/A (not on medication)						
Stable Housing During the last 30 days...	1	2	3	4	5	
I lived in the same place.						Total
I managed to keep up with my household duties such as cleaning.						
Communication During the last 30 days...	1	2	3	4	5	
I listened to others and understood what they were saying.						Total
I was able to focus, express my needs and wants in a positive manner.						
Safety During the last 30 days...	1	2	3	4	5	
I have been free from thoughts of harming myself.						Total
I have been free from thoughts to harm others.						
I made safe decisions at home and while out in the community.						

DLA-20 Self Report

No, not at all
Rarely
Sometimes
Usually
Yes, always

 Time Management During the last 30 days...	1	2	3	4	5	
I slept between 5-9 hours most nights.						Total
I felt rested most days when I woke up.						
I followed a regular routine most days.						

 Money Management During the last 30 days...	1	2	3	4	5	
I had a monthly source of income.						Total
I independently managed my money.						
I paid my bills and expenses on my own.						

 Nutrition During the last 30 days...	1	2	3	4	5	
I ate 2 nutritious meals most days.						Total
I limited my caffeine and sugar intake.						
I prepared most of my meals.						

 Problem Solving During the last 30 days...	1	2	3	4	5	
I solved day to day problems.						Total
I managed stressful situations.						

 Relationships with Family/Significant Others During the last 30 days...	1	2	3	4	5	
I felt supported by my family or significant other.						Total
I was satisfied with my relationships with family/significant other.						

DLA-20 Self Report

No, not at all
Rarely
Sometimes
Usually
Yes, always

 Alcohol & Drugs During the last 30 days...	1	2	3	4	5	
I avoided drinking more than 2 beers or 2 drinks of alcohol daily.						Total
I avoided cigarettes, vaping and tobacco.						
I avoided all drugs such as marijuana, opiates and heroin.						

 Leisure & Physical Activities During the last 30 days...	1	2	3	4	5	
I enjoyed time with others in my community, doing a healthy activity.						Total
I enjoyed personal hobbies such as exercising, reading, writing, painting or other activities.						

 Community Resources During the last 30 days...	1	2	3	4	5	
I used community resources that I needed such as churches, my doctor's office, mental health clinic or the grocery store.						Total
I used sources of transportation such as a car, bus or a family/friend to help me get around in the community.						

 Friendships with Support Systems During the last 30 days...	1	2	3	4	5	
I enjoyed time with a friend, neighbor or co-worker.						Total
Friends, neighbors or co-workers were kind and supportive of me.						

 Sexual Health During the last 30 days...	1	2	3	4	5	
I am satisfied with my current relationship status such as single or in relationship with a partner.						Total
I am satisfied that I am choosing safe sexual practices.						
I have questions and want to talk to my provider about sexual health concerns.	<input type="checkbox"/> Yes <input type="checkbox"/> No					

DLA-20 Self Report

No, not at all
Rarely
Sometimes
Usually
Yes, always

	1	2	3	4	5	
Productivity During the last 30 days...						
I am satisfied with my role of working at a job, homemaking, volunteering or attending school.						Total
I feel productive while working at a job, homemaking, volunteering or at school.						
Coping During the last 30 days...						
I recognized my triggers such as symptoms or events that may lead to relapse.						Total
I used coping skills when I noticed symptoms such as being nervous, irritated, angry, sad or depressed.						
Community Norms During the last 30 days...						
I enjoyed everyday freedoms in my community without conflict.						Total
I abided by all laws and my interactions with law enforcement or courts were positive.						
Oral & Personal Hygiene During the last 30 days...						
I independently managed my personal hygiene such as baths and showers.						Total
I brushed my teeth each day, with no pain or discomfort.						
I was able to eat, chew, drink hot or cold liquids without pain or discomfort.						
Grooming During the last 30 days...						
My overall appearance was neat such as hair brushed, hands and nails clean.						Total
Dress During the last 30 days...						
My clothes are generally comfortable and clean.						Total
I am satisfied that my clothing is in good repair.						

Overall Score _____

Community Guidance Center

- The Community Guidance Center is an outpatient community mental health center in rural western/central Pennsylvania that serves over 3,000 consumers of all ages who struggle with a full range of mental health disorders.
- Services provided include psychiatric evaluation/medications, outpatient therapy, partial hospitalization for adults and children, psychiatric rehabilitation, blended case management, and family social services.

Community Guidance Center

- Since 2009, the center has utilized the DLA-20 as one of the primary outcome measures in clinical programs.
- The DLA-20 is used throughout the treatment process.
- The DLA-20 is used to demonstrate outcomes to the Board of Directors.
- The DLA-20 has been studied in relation to other tools such as the M3 for correlations.

Community Guidance Center

Case Study on DLA-20 Self Report

- Consumers who have completed the DLA-20/DLA-20 Self Report (N=102)
- Consumers and clinicians had a high level of agreement that the DLA-20 Self Report was easy to use and helpful to treatment planning.
- Consumers and clinicians did provide meaningful feedback regarding scoring and clarification of specific questions.

Community Guidance Center Case Study on DLA-20 Self Report

Consumer Feedback

- “Lets me know where I need help”
- “Helps me to think about things”
- “Reading the questions and filling them out myself was very useful”
- “Should be used all of the time”

Community Guidance Center

Case Study on DLA-20 Self Report

Clinician Feedback

- Obtained a better sense of the consumer's ability to self-evaluate, which led to very useful treatment discussions and collaboration.
- Fostering engagement and ownership in one's treatment and recovery is an essential component of effective treatment and the DLA-20 Self Report presented as an opportunity to do just that.

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Case Study on DLA-20 Self Report

How can the Self-Report DLA-20 enhance the treatment process?

- Understanding the differences from consumers and therapists was very helpful to the treatment focus.
- With the Self Report, clinicians could ask their patients “help me understand why you see X and I see Y,” and use this information to inform goal setting and treatment planning.
 - “What am I missing that you are seeing?”
 - “How will we know when you have achieved your goals?”
- Conversely, alignment between clinician and consumer provided confirmation of a clinician’s observations.

DLA-20 Self - Report

Frequently Asked Questions

- How do you incorporate the self-report tool during an already intensive and highly structured assessment with many regulations that ask about those areas in a different manner?
- Will it be released to vendors to incorporate into their systems?
- Is the frequency we should have the consumer complete the Self Report Tool important?
- If you use the DLA-20 in your organization is it a requirement to use the Self Report Tool?
- How are behavioral health settings using it collaboratively with the clinician rated DLA-20 during the treatment process?

DLA-20 Self - Report

Thank You for your attendance and participation in **Supporting Consumer Engagement Through Self-Report: A Case Study of MTM's New DLA-20 Self Report Tool.**

If you have further questions please contact:

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