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Recovery monitoring and goal development using I.ROC and the HOPE toolkit

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Statement of the Problem: Recovery-oriented treatment approaches are becoming increasingly common in many countries. Since recovery is a very individualized process, there is a gap in the knowledge about the most effective methods for assessing progress toward recovery, and developing recovery-oriented treatment goals and goal interventions. I.ROC is a validated, recovery-oriented tool that assists patients with setting individualized treatment goals and measuring their progress. The HOPE Toolkit provides strategies to help patients achieve goals. The primary aim of this study is to assess whether use of I.ROC, when combined with HOPE Toolkit interventions, results in patients making greater self-perceived gains toward personal recovery. Methodology: Use of I.ROC and the HOPE Toolkit will be piloted in a partial care day program. This study will recruit at least 40 adults with mental illness or dual diagnosis mental illness/substance use disorders who are currently patients at the partial care program. Study participants will be randomized to Arm A or Arm B. Participants in Arm A will take I.ROC twice, at study baseline and endpoint. They will review their results with the psychiatric nurse practitioner. They will then continue to work toward their existing treatment goals. Participants in Arm B will take I.ROC at study baseline. They will review their results with the psychiatric nurse practitioner, and based on the results, be invited to develop up to three new treatment goals. They will then meet with the psychiatric nurse practitioner every three weeks for 12 weeks to work toward their goals using HOPE Toolkit interventions. At study endpoint, they will be administered I.ROC again. Participants in both arms will also be administered a questionnaire at baseline and endpoint to assess their perceptions of I.ROC and the goal setting process.

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