

Recovery Services and Outcomes in a Public Psychiatric Facility

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Introduction

In late 2012, the Worcester Recovery Center and Hospital opened, replacing the long standing Worcester State Hospital, in Worcester Massachusetts. The Recovery Center is a public psychiatric facility that represents a total systems and treatment shift from “care as usual” in a traditional hospital setting to an inpatient, recovery-focused model of care.

In order to better understand this systems shift, the Massachusetts Department of Mental Health and UMass Systems and Psychosocial Advances Research Center examined the process of transfer, program development and outcomes within each facility as well as across the transition.

Participants' Characteristics

Age	N (%)	Education	N (%)
18-24	7 (19.4)	No High School	7 (19.4)
25-34	8 (22.2)	High School	11 (30.6)
35-54	6 (16.7)	Some College	5 (13.9)
55+	15 (41.6)	College	11 (30.6)
		Other	2 (5.6)
Gender		Marital Status	
Female	10 (27.8)	Never Married	27 (75.0)
Male	26 (72.2)	Married	2 (5.6)
		Divorced	7 (19.4)
Race		Length of Stay	
White	27 (75.0)	≤1 month	2 (5.6)
Non-white	9 (25.0)	≤ 3 months	3 (8.3)
		> 3 months	31 (86.1)

Descriptive Statistics of Study Measures

Recovery Services* (Mean and SD)

Total Score	Inviting Staff	Choice	Life Goals	Individually Tailored	Diversity Treatment	Involvement
3.45	3.59	3.51	3.51	3.44	3.38	3.23
0.68	0.93	0.94	0.70	0.78	0.76	0.89

Recovery Outcomes* (Mean and SD)

Total Score	Confidence and Hope	Ask for Help	Goal and Success	Reliance on Others	No Domination by Symptom
4.15	4.13	4.19	4.28	4.19	3.65
0.49	0.59	0.74	0.71	0.58	0.83

Self-reported rating: 1 (Strongly Disagree) to 5 (Strongly Agree)

Objectives

To examine the association between types of recovery services patients reported receiving and their recovery outcomes in the state hospital prior to the transition.

Study Measures

Recovery Services:

Recovery Self Assessment R, 36-item

1. Inviting staff and environment
2. Choice
3. Life goals versus symptom management
4. Individually tailored services
5. Diversity of treatment options
6. Consumer involvement

Recovery Outcomes:

Recovery Assessment Scale, 41-item

1. Personal confidence and hope
2. Willingness to ask for help
3. Goal and success orientation
4. Reliance on others
5. No domination by symptoms

Results

Correlation between Recovery Services Received and Recovery Outcomes

		Recovery Outcomes					
		Total Score	Confidence and Hope	Ask for Help	Goal and Success	Reliance on Others	No Domination by Symptom
Recovery Services	Total Score	0.51***	0.39*	0.52***	0.41*	0.46**	0.17
	Inviting	0.26	0.14	0.33	0.11	0.19	0.22
	Choice	0.32	0.25	0.43*	0.16	0.36*	0.04
	Life Goals	0.52***	0.41*	0.54****	0.42*	0.51***	0.12
	Individually Tailored	0.51***	0.42*	0.57****	0.39*	0.42*	0.23
	Diversity of Treatment	0.47**	0.29	0.46**	0.43*	0.45**	0.13
	Involvement	0.35	0.27	0.33	0.31	0.26	0.23

*P <0.05, ** P<0.01, *** P<0.005, **** P<0.001

Conclusions

Cross-sectional data from a small sample of patients at the Worcester State Hospital suggest that self-reported recovery services received are associated with better recovery outcomes.

Future larger studies are warranted to confirm the study findings, and to examine whether the recovery-focused care model provided at the new Recovery Center can facilitate even greater recovery outcomes.