



# DATA SHORTS

## First Results:

### OMS Recovery Indicators for SRD Participants

The Substance Abuse and Mental Health Services Administration (SAMHSA) designates September as “National Recovery Month”. As defined by SAMHSA: “Recovery from Mental Disorders and/or Substance Use Disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” In keeping with the recovery theme, this Data Short will examine results from some specific recovery-related items in the Behavioral Health Administration’s (BHA) Outcomes Measurement System (OMS).

Individuals receiving Level 1 outpatient Substance-Related Disorder (SRD) treatment services began to participate in OMS interviews in January 2015. Nearly 9,000 individuals in SRD service have participated in the OMS from January through August. While this data represents the first OMS interview for this group, they have, in fact, been in SRD treatment for varying periods of time. At the same time, Maryland expanded the OMS for adults (and for adolescents 14 years and older) to include items from the Maryland Assessment of Recovery Scale – Short Form (MARS-5), which was developed at the University of Maryland Division of Psychiatric Services Research; these items are shown in the first table to the right. Although the instrument was initially designed to be used with individuals receiving mental health services, the expansion of the OMS provided an opportunity to use the tool with individuals receiving substance-related outpatient treatment services as well.

The analyses depicted in the graphs show the results on the MARS-5, as well as service recipients’ reported satisfaction with their recovery. The first graph displays average MARS-5 scores for SRD OMS participants by selected demographics. Scores range from 1 to 5, with higher scores indicating that participants perceived that they were making greater progress toward recovery. The average for all SRD participants was 3.98. Males scored slightly higher than females, younger people scored slightly higher than older people, and, as a group, African Americans and other non-white people scored higher than the White participants.

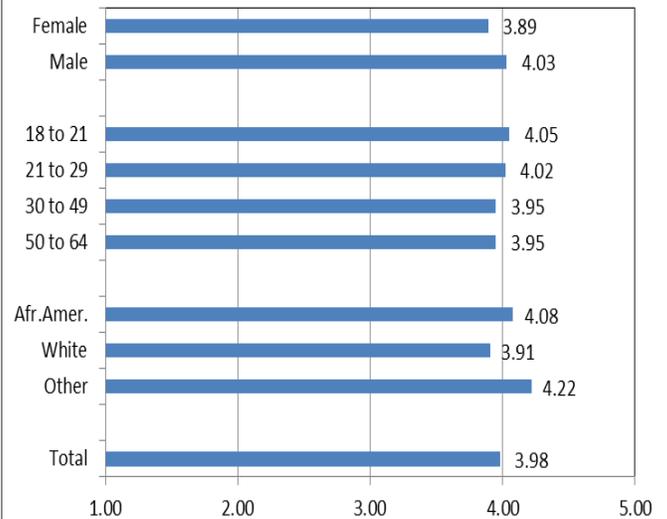
The final graph displays the satisfaction with their recovery that was reported by the SRD OMS participants. Nearly two-thirds of participants reported “Very much” or “Quite a bit” of satisfaction with their recovery. Clearly, these first OMS results from those in SRD outpatient treatment show both positive progress toward recovery goals and satisfaction with the progress itself.

### MARS-5

- I am confident that I can make positive changes in my life.
- I am hopeful about the future.
- I believe I make good choices in my life.
- I am able to set my own goals in life.
- I feel accepted as who I am.

*At least 4 questions must be answered to be scored.  
Response options: Not at all, A little bit, somewhat, Quite a bit, Very much.*

### Average MARS-5 Scores for SRD OMS Participants



### Responses of SRD OMS Participants

*Overall, how satisfied are you with your recovery?*

