



## Measuring Improvement in Functioning in Individuals Receiving Adult Mental Health Community Support Services

This snapshot highlights improvement in functioning for 3,240 adults with serious mental illness who used Community Support Services over a two-year period (July 1, 2006 to June 30, 2008). Change in functioning was measured between an initial assessment completed upon entry into service and repeated after 12 months using the Level of Care Utilization System (LOCUS). The tables and graphs show the number and percent of adults who maintained, improved or declined in functioning while receiving services.

### Adults Receiving Community Support Services

- The average age was 43, and ranged from 18 to 75 years of age.
- Just over one-half (59%) were female.
- 80% had primary diagnoses of Major Depression (23%), Major Affective Disorder (22%), Schizophrenia (21%), or PTSD Related Disorders (14%).
- LOCUS scores at entry into service ranged from 8 to 34 with an average score of 18.6, indicating a moderate level of functional challenge that would likely require intensive community treatment and support services.

### The Results

- Statewide, after 12 months in services:
  - 63% of individuals either improved or maintained functioning, while 37% experienced a decline in functioning.\*
  - Improvement in LOCUS scores did not differ by age, gender or diagnosis of consumers.
- The percent of people showing improvement differed across Community Service Networks, ranging from a high of 76% in CSN 1 (Aroostook) to a low of 55% in CSN 4 (Knox, Lincoln, Sagadahoc, Waldo).\*
- While these findings are promising and show improvement in functioning for individuals receiving Community Support Services, further study is required to conclusively determine the effectiveness of this or other services.

\*Statistically Significant  $p < .05$

### What Are Community Support Services?

Community Support Services are intensive treatment and support services that promote individual recovery, choice, and connection to the community through a person-centered planning approach. In Maine, these services include Assertive Community Treatment, Community Integration, and Intensive Case Management Services.

### The LOCUS

- Was developed by Sowers & Benicia (1996) for the American Association of Community Psychiatrists.
- Measures the level of functioning in adults in six areas: 1) Risk of Harm, 2) Functional Status, 3) Medical, Addictive, Psychiatric Co-Morbidity, 4) Recovery Environment, 5) Treatment and Recovery History, and 6) Acceptance and Engagement.
- Was cited as a best practice by the American Psychiatric Association.

### LOCUS Ratings

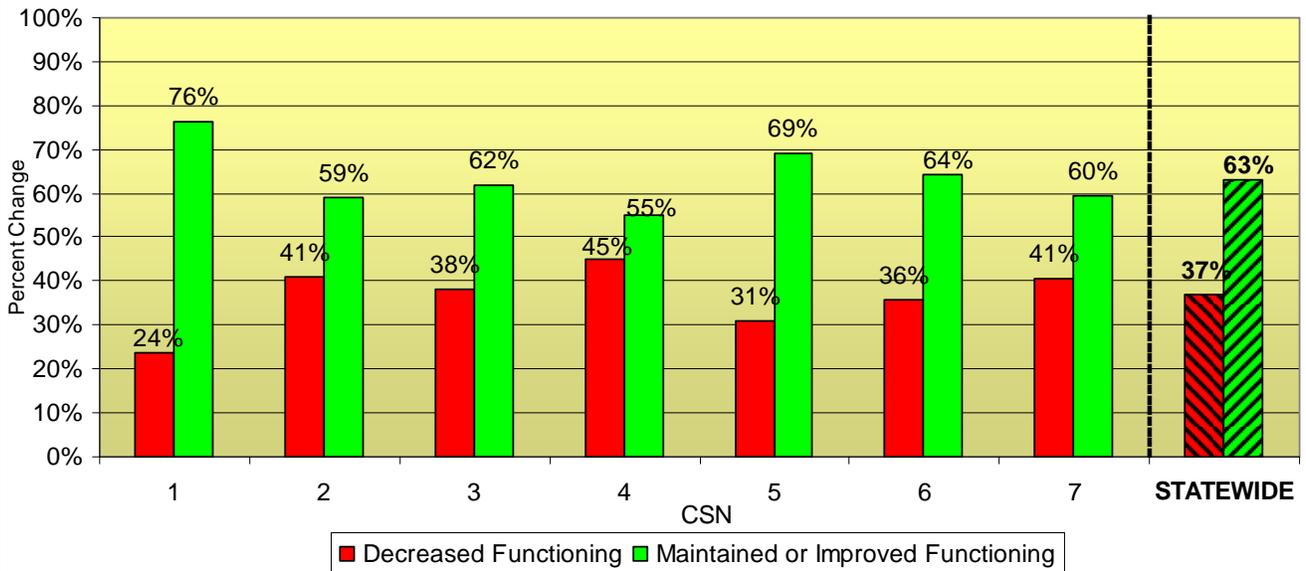
- Functional challenges are rated from least to most severe using a 5-point scale. Higher numbers indicate greater functional challenges.
- An overall score is obtained by summing ratings across the six areas. Overall LOCUS ratings range from a low of 7 to a high of 35. LOCUS scores are used to determine an appropriate level of services needed to meet an individual's needs.

### How is LOCUS Used in Maine?

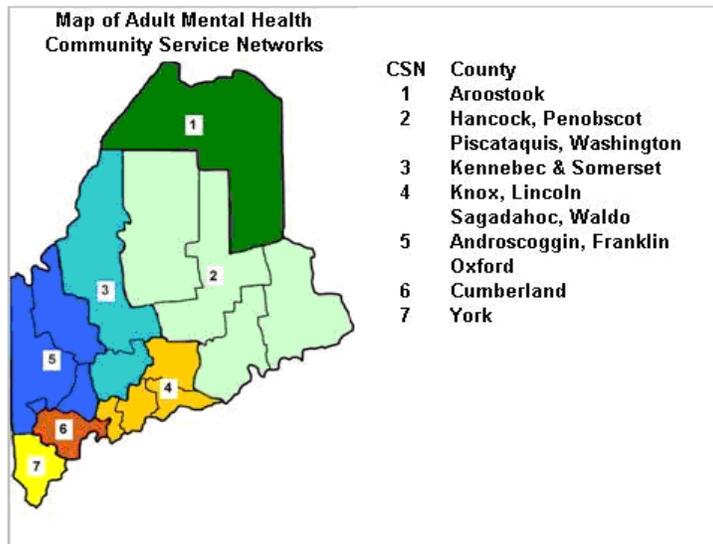
- The Department of Health and Human Services' Office of Adult Mental Health began using the LOCUS in July 2004.
- The LOCUS is used with adults 18 years or older who have mental health challenges.
- The LOCUS is completed by Community Support Workers, at entry into services, repeated on an annual basis, and upon exit from services.

N=3240

### 12 Month Change in LOCUS Scores: By Adult Community Service Network (CSN)



Change in Functioning	CSN														STATEWIDE	
	1		2		3		4		5		6		7		Number	%
	Number	%														
Decreased Functioning	62	24%	273	41%	156	38%	76	45%	144	31%	237	36%	246	41%	1194	37%
Maintained or Improved Functioning	199	76%	392	59%	254	62%	93	55%	321	69%	426	64%	361	60%	2046	63%
TOTAL	261	100%	665	100%	410	100%	169	100%	465	100%	663	100%	607	100%	3240	100%



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