DLA-20 Success Stories

DLA-20 Functional Assessment Guide™ to Measuring Outcomes is currently available at http://www.mtmservices.org

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**VISUALIZE ILLNESS**

- Challenging symptoms
- Housing or money stressors
- Unsatisfactory communication of wants/needs
- Unsafe practices, decisions
- Poor sleep, no regular routine
- Irregular appetite or stomach distress
- Stressed relationships
- Dependent on alcohol, drug or cigarettes
- Risks to sexual health
- Dissatisfied with personal care or hygiene

**IMAGINE WELLNESS FOR GOAL**

- Fewer symptoms
- Stable residence
- Clearer communication, satisfaction of wants
- Safe decisions, coping, getting help
- Improved sleep & time management
- Good nutrition, no stomach distress
- Supportive relationships
- No dependence on alcohol/drugs
- Sexual health
- Health in hygiene, personal care
Expect Person-Centered Outcomes

Improved physical, dental health; Reduced anxieties around hygiene and personal care.

Health practices and coping skills: Know your diagnosis, triggers to better manage moods, reduce mental & physical symptoms.

Improved decisions: Emotional IQ and Sexual health is more than sexual relationships.

Stabilized residences for respite.

Reach sobriety and be nicotine free.

Improved communication: Tell your truths; know your value.

Support important relationships.

Make safe decisions: Have courage, ask for and accept help.

Trust your gut and plan meals for better nutrition.

Improved sleep: Prioritize schedule for sleep, for meals and better medication effectiveness!
“I was hallucinating and I was scared, but I faced my illness. [Now,] I feel brighter, and I feel better.”

–Aurora
Kerrville, TX
“It surprised me that it took this long to do something that made so much sense.”

—Mental health treatment provider
19-years experience
Washington State
STAFF CAN USE THE DATA TO HELP INDIVIDUALS MAKE AN INFORMED DECISION ABOUT THEIR CARE

If You Don't Measure Improvement You Could Be Fooling Yourself
What Outcomes can you expect?
SNAP: Individual goals that are measureable!

**STRENGTHS**
Pull golden thread for all
DLAs >=5

**NEEDS ASSESSED**
Pull golden thread for all
DLAs <=4

**ABILITIES**
Knows medications
Listens, communicates
Reads, writes,
Saves money
Follows instructions

**PRIORITIES**
Addressing what 3 assessed needs
will positively impact the symptoms
– prioritize what the individual is
willing to work on. Focus golden
thread for DLAs scored <=2 or
lowest scores