



My Shared Pathway

My Outcomes, Plans  
and Progress

# Introduction

During your stay in hospital it is important for us to set goals for your treatment and other areas of your life and to be able to monitor your progress in each of these areas. One of the ways we do this is by monitoring your outcomes. An 'outcome' is something that tells us how you are doing in a particular area of your life, such as your mental health recovery, and helps us know how your treatment in hospital is going.

We will do this using this part of My Shared Pathway, called My Outcomes, Plans and Progress. This part of My Shared Pathway is divided into eight outcome areas.

These are:

- A. My Mental Health Recovery
- B. Stopping My Problem Behaviours
- C. Getting Insight
- D. Recovery From Drug and Alcohol Problems
- E. Making Feasible Plans
- F. Staying Healthy
- G. My Life Skills
- H. My Relationships

As in the Shared Pathway Resource Books, we will follow four Pathway Steps to help us monitor your progress and set plans for the future. These Pathway Steps are: 'Where am I now?', 'Where do I want to get to?', 'How do I get there?' and 'How can I tell how I'm doing?'.

In the first Pathway Step, 'Where am I now?', there are a few Pathway Pointers. These are questions to help you think about that particular area before moving on to respond to the My Outcomes part. We also recommend working through the Shared Pathway Resource Book related to that area before you come to My Outcomes, Plans and Progress, but it's fine if you haven't done that yet. However, we will ask you to tell us what you did to help you answer the Pathway Pointers and complete the rest of My Outcomes, Plans and Progress, e.g. worked through a Shared Pathway Resource Book or had 1:1 time with your primary nurse.

After looking at the Pathway Pointers, we'd like you to look at My Outcomes – a series of statements grouped into the outcome areas listed above, which will assess where you are in that particular area. Together with your clinical team, we'd like you to think about each statement and each give all of these statements a score saying how much you agree with that statement. So there'll be a score from you and one from your clinical team. We will then make a record of where we agree and where we disagree.

We will then move on to the goal-setting Pathway Step, 'Where do I want to get to?', where we will set goals for the future, based on what we have discovered in the first Pathway Step. We then set plans in place to help us achieve those goals in the third Pathway Step, 'How do I get there?' and in the fourth Pathway Step, 'How can I tell how I'm doing?', we will look at what outcome measures we'll use to help us monitor your progress.

There is then an overall score for each outcome area, which says whether that outcome area has been achieved or not, or just partially achieved. This will be decided by your clinical team, but you will be able to discuss it with them first. Some of these outcome areas will have to be achieved before you can move to a less secure environment and out of hospital altogether, but for others it will be enough for them just to have been partially achieved.

# A. My Mental Health Recovery

In this outcome area we want to think about how you manage your self-care, how much understanding you have about managing your mental health difficulties, how well you cope with stress and how you manage your relationship with your clinical team. We will see how you are doing by asking you to score a series of outcome statements about your mental health recovery. We will then help you set goals for your mental health recovery and help you make plans to achieve these goals.

You can find more ways to think about your mental health recovery in the **My Health** and **Me and My Recovery Pathway Resource Books**. People from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

*In order to help you think about this outcome area we think it might be helpful to explore the following areas with your clinical team:-*

- 1. How well do I manage my self-care?*
- 2. How well do I manage my mental health difficulties?*
- 3. How well do I cope with life's frustrations and stresses?*
- 4. What is my relationship like with my clinical team and others who support me?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (Me and My Recovery, and My Health), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

<b>Outcome Area A - My Mental Health Recovery</b>	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have taken positive steps towards my recovery and actively engage in activities that help me get better				
2. I am independent and managing my self care				
3. My symptoms are well controlled with treatment				
4. I have regularly shown that I think before I act even when I am stressed and upset				
5. I have demonstrated that I can take my medication responsibly and manage this outside of secure hospital environment				
6. When stressed I can consistently use coping strategies that stop me becoming unwell				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

You might want to personalise this to make it meaningful to you, i.e. colour coded, faces etc. to show when areas are achieved or not.

Please tick appropriate    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

# B. Stopping My Problem Behaviours

In this outcome area, we want to think about your problem behaviours. We'll be looking at what treatment you have had to reduce your risky behaviour and how you will manage these risks in the future. We want to help you set goals for reducing your risky behaviour and help you make plans for achieving those goals. We will see how you are doing by asking you to respond to a series of outcome statements about your risks and how you manage them.

You can find more ways to think about your problem behaviours in the **My Safety and Risks Pathway Resource Book** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *What are the risky behaviours that caused me to have to come into hospital?*
2. *What are my risky behaviours, if any, now?*
3. *What treatment have I had to help manage my risky behaviours?*
4. *What plans do I have in place to manage my risky behaviours in the future?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (My Safety and Risks), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

# My Outcomes

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

Outcome Area B - Stopping My Problem Behaviours	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have a good attitude towards other people that means that I can get on with others and avoid trouble				
2. I have shown that I can manage my risk to others around me and not be involved in any problem behaviours on the ward				
3. I have shown that I can manage set backs or new stresses by asking the staff team for help at the right time				
4. I have spent my time in unsupervised settings and shown that I can stay risk free				
5. I am willing to work with the team to help manage any risk that I present to myself and/or others				
6. I have successfully completed the treatment programme to manage my risk				
7. I have consistently complied with care plans that help me stay safe both inside and outside of hospital				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

You might want to personalise this to make it meaningful to you, i.e. colour coded, faces etc. to show when areas are achieved or not.

**Please tick appropriate**    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

# C. Getting Insight

In this outcome area we want to think about how much understanding you have about your mental health, your behaviour and the link between these and the reasons you are in hospital. This includes how much understanding you have about all the difficulties you have experienced and how much help you think you need to deal with these difficulties.

You can find more ways to think about Getting Insight in **all of the Pathway Resource Books** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

- 1. What do I understand about why I am in hospital?*
- 2. What do I understand about my mental health and how this affects my behaviour?*
- 3. What are the difficulties I've had that I need help with?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (all Resource Books), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

<b>Outcome Area C - Getting Insight</b>	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I accept that I have a mental health problem and I know what factors make my health worse				
2. I understand how my mental health problems affect my life skills (for example, work, relationships) in both a good and bad way				
3. I understand what factors in my life increase or decrease my risk to myself or others (for example, symptoms, drug and alcohol use, poor anger control, strengths)				
4. I understand how my living conditions affect my risks (for example, homelessness, friends, access to drugs)				
5. I understand how people have been affected by any problem behaviours that I have shown				
6. I understand and agree with the treatment plan offered by my clinical team				
7. I have shown that I have benefited from the treatments I have engaged in to allow me to move on				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

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# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

In this outcome area we want to think about any drug and alcohol problems you may have had and what treatment you have had for these. We also want to think about the plans you have made for the future to help prevent these problems from happening again.

You can find more ways to think about your recovery from drug and alcohol problems in the **My Health Pathway Resource Book** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *What problems have I had with drugs and alcohol in the past?*
2. *What treatment for these problems have I had in hospital?*
3. *What are my plans for stopping these problems happening again?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (My Health), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

# My Outcomes

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

<b>Outcome Area D - Recovery from Drug and Alcohol Problems</b>	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have successfully completed the treatment programme for my drug and/or alcohol problem				
2. I have managed to stop my drug and/or alcohol use in hospital over a significant period of time				
3. I have a relapse prevention plan that has been tested successfully in this hospital				
4. I have consistently shown that I have not returned to using drugs and/or alcohol when I have been left unsupervised				
5. I cooperate willingly with drug and alcohol screens when asked and the results have been consistently negative				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

You might want to personalise this to make it meaningful to you, i.e. colour coded, faces etc. to show when areas are achieved or not.

Please tick appropriate    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

# E. Making Feasible Plans

In this outcome area we want to think about what plans you have made for the future in terms of your health, where you'll live and what support you plan to have. We also want to think about what stresses you might face in the future.

You can find more ways to think about how to make feasible plans in the **Me and My Recovery, My Health** and **My Relationships Pathway Resource Books** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *What are my plans for how I'll look after myself when I leave hospital?*
2. *Who do I have around me to help me once I leave hospital?*
3. *What stresses do I think I'll face once I leave hospital?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (My Health, Me and My Recovery, and My Relationships), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

Outcome Area E - Making Feasible Plans	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have an adequate plan † about my future care for mental health services and other important support outside of secure care				
2. I have an adequate plan †† about my placement outside of secure care				
3. I have an adequate plan ††† about my support networks outside of secure care				
4. I will comply with the treatment plans* outside of secure care				
5. I understand what stresses I will face outside of secure hospital and how to handle them well				

†An adequate plan for professional services is (a) clearly communicated, especially to multi-agency groups (b) clear in detail (c) takes into account MDT recommendations (d) targets critical risk factors (e) met by appropriately skilled professionals.

††An adequate plan regarding living situations takes into account stable accommodation and the avoidance of exposure to risk-enhancing factors (e.g. weapons, substances, or specific victim groups).

††† An adequate plan regarding personal support promotes where appropriate social inclusion and employment.

\*‘treatment plans’ refers to treatment programmes and specific supervision arrangements delivered by mental health and/or criminal justice agencies.

## Overall outcome area score

At the end of each outcome area we’d like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you’ve achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

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Please tick appropriate    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

In this outcome area we want to think about your physical health, how you will manage your health in the future and how to lead a healthy lifestyle, both in hospital and when you leave hospital.

You can find more ways to think about how to stay healthy in the **My Health Pathway Resource Book** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *Do I have any problems with my physical health, and if so, how do I manage these?*
2. *Do I have any side effects or other problems with my medication, and if so, how do I manage these?*
3. *How am I best going to live a healthy lifestyle?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (My Health), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

# My Outcomes

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

Outcome Area F - Staying Healthy	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I am independent and managing my self-care				
2. Any problems with my physical health are well managed and there is an appropriate plan of care and treatment in place				
3. I do not suffer from any side effects from my medication that cause distress				
4. I know how my physical health will be checked and be managed when I leave secure care as there is a clear plan† in place				

† A 'clear plan' includes details on future monitoring arrangements, professional appointments and medication delivery arrangements

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

You might want to personalise this to make it meaningful to you, i.e. colour coded, faces etc. to show when areas are achieved or not.

**Please tick appropriate**

NOT ACHIEVED

PARTIALLY ACHIEVED

ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

# G. My Life Skills

In this outcome area we want to think about your activities and interests as well as all the skills you will need to help you live the life you want to lead once you leave hospital.

You can find more ways to think about your life skills in the **A Shared Understanding** and **Me and My Recovery Pathway Resource Books** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *How do I fill my time?*
2. *What interests and activities do I enjoy?*
3. *What skills do I have that will help me once I leave hospital?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (A Shared Understanding and Me and My Recovery), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

Outcome Area G - My Life Skills	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have the skills to get on with other people and to manage my day				
2. I take part in a well-balanced weekly routine of self-care and meaningful activity that helps my recovery				
3. I can show that I can consistently manage daily living skills (for example, managing my money, shopping, cooking and getting about)				
4. I have a range of interests such as education, leisure, work and creative that I plan to continue when I move on				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

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**Please tick appropriate**    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews

In this outcome area, we want to think about your relationships. These not only include any family or friends you might have, but also your relationships with other people around you in hospital. We also want to think about how you get on with your clinical team and think about the relationships you'll have with people who'll support you once you leave hospital. We want to help you set goals for maintaining and improving your relationships and help you make plans for achieving those goals.

You can find more ways to think about your relationships in the **My Relationships Pathway Resource Book** and people from your clinical team will be able to help you too.

## ***Where am I now?***

### ***Pathway Pointers***

1. *What are my relationships like with my family and friends?*
2. *What are my relationships like with everyone in my clinical team?*
3. *How well do I cope with difficult relationships?*

**I have explored the above questions with my clinical team, and have provided evidence for my scores below, using the following:-**

e.g. Pathway Resource Books (My Relationships), Recovery Star, other recovery tools and resources, 1:1 discussion, etc

**The points from the discussions I particularly want to note are:**

**The areas me and my clinical team disagree on are:**

# My Outcomes

Please score the following statements using this scale:

**1** - Major difficulties **2** - Some difficulties **3** - Making progress **4** - Some strengths **5** - Major strengths

Outcome Area H - My Relationships	My previous score and date	Team previous score and date	My current score and date	Team current score and date
1. I have a positive therapeutic relationship with the clinical team that will continue outside of hospital				
2. I have consistently been able to get on with other service users and can deal with differences of opinion in an appropriate manner				
3. Any family relationships that I have are free from conflict				
4. In this setting I have not shown any problem behaviours of a sexual nature that continue to cause concern to me or anyone in the hospital				

## Overall outcome area score

At the end of each outcome area we'd like to give it an overall score. This will say if the whole outcome area has been achieved, partially achieved or not achieved at all. This will tell us whether the outcome area has been achieved sufficiently for you to move on. A partially achieved score means you've achieved some of the outcomes in this area, but more work needs to be done. However, it may not be necessary for you to have achieved all the outcomes before you move on.

You might want to personalise this to make it meaningful to you, i.e. colour coded, faces etc. to show when areas are achieved or not.

**Please tick appropriate**    NOT ACHIEVED     PARTIALLY ACHIEVED     ACHIEVED

# My Plans and Progress

Where do I want to get to? <i>Goals / milestones</i>	How do I get there? <i>Plans / actions</i>	Who will support me with this?	How will I know when I have got there? <i>Outcome measures / progress / things that have changed</i>	Timescales / reviews



