



Using the DLA-20 to Measure Outcomes



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 Are you measuring your success based on the volume of services you provide or the value of services you provide?

 Are you using an objective measure to track the impact of care, treatment or services over the course of treatment?

 How do you define value of services?

- The Kennedy Forum has made available a core set of outcomes measures for Behavioral Health Across Service Settings (<https://www.thekennedyforum.org>)

Value of Care Equation

1. **Services provided** – Timely access to clinical and medical services, service array, duration and density of services through Level of Care/Benefit Design Criteria and/or EBPs that focuses on population based service needs.
2. **Cost of services** provided based on current service delivery processes by CPT/HCPCS code and staff type.
3. **Outcomes achieved** (i.e., how do we demonstrate that people are getting “better” such as with the DLA-20 Activities of Daily Living)
4. **Value is determined** based on can you achieve the same or better outcomes with a change of services delivered or change in service process costs which makes the outcomes under the new clinical model a better value for the payer.

The Joint Commission Accreditation

Source: <http://www.jointcommission.org>

- Standard CTS.03.01.09- The organization assesses the outcomes of care, treatment, or services provided to the individual served.
 - EP 1: The organization uses a standardized tool or instrument to monitor the individual's progress in achieving his or her care, treatment, or service goals.
 - EP 2: The organization gathers and analyzes the data generated through standardized monitoring, and the results are used to inform the goals and objectives of the individual's plan for care, treatment, or services as needed.
 - EP 3: The organization evaluates the outcomes of care, treatment, or services provided to the populations it serves by aggregating and analyzing the data gathered through the standardized monitoring effort.

Daily Living Activities (©DLA-20)

- The DLA-20 is a clinician administered functional assessment, proven to reliably estimate clients' functioning in 20 different areas of daily living.
- The DLA-20 is a current needs assessment, a 30 day snapshot of the big picture, and a summary of strengths and needs.
- The DLA-20 is a recovery oriented tool that shows improved functioning over time.
- The DLA-20 is a reliable measure for the purposes of justifying medical necessity, determining level of care, driving treatment goals and demonstrating outcomes over time.

Daily Living Activities Tools (©DLA-20)

DLA-20 Tool	Use with Clients
Adult MH DLA-20	18 years and older with Mental Health, Co-occurring, and/or Borderline – Mild Intellectual Disabilities
Adult Alcohol and Drug DLA-20	18 years and older with a primary Addictions Disorder. This tool is validated for ASAM accredited programs
Youth DLA-20	Ages 6-18 with Mental Health, Co-occurring and/or Borderline- Mild Intellectual Disabilities
Intellectual Disability	Moderate to Severe Intellectual Disabilities
Self-Report DLA-20	18 years and older with Mental Health, Co-occurring, and/or Borderline – Mild Intellectual Disabilities

Daily Living Activities Tool Adult Mental Health (©DLA-20)

1 None of the time; <u>extremely severe</u> impairment of problems in functioning; pervasive level of continuous paid supports needed	2 A little of the time; <u>severe</u> impairment or problems in functioning; extensive level of continuous paid supports needed	3 Occasionally; <u>serious</u> to moderately severe impairment or problems in functioning; moderate level of continuous paid supports needed	4 Some of the time; <u>moderate</u> impairment or problems in functioning; low level of continuous paid supports needed	5 (WNL) A good bit of the time; <u>mild</u> impairment, challenge or problems in functioning; moderate level of intermittent paid supports needed	6 (WNL) Most of the time; strength w/very mild impairment or problems in functioning; low level of intermittent paid supports needed	7 (WNL) <u>All of the time</u> ; independently managed DLA in <u>community</u> ; no impairment or problem in functioning requiring paid supports				
ACTIVITIES	Examples of scoring strengths as WNL behaviors (Scores 5-7)				Dates:	Eva1	R2	R3	R4	R5
1. Health Practices	Takes care of health issues, manages moods, infections; takes medication as prescribed; follows up on medical appointments.									
2. Housing Stability, Maintenance	Maintains stable housing; organizes possessions, cleans, abides by rules and contributes to maintenance if living with others									
3. Communication	Listens to people, expresses opinions/feelings; makes wishes known effectively.									
4. Safety	Safely moves about community – adequate vision, hearing, makes safe decisions. Safely uses small appliances, ovens/burners, matches, knives, razors, other tools.									
5. Managing Time	Follows regular schedule for bedtime, wake-up, meal times, rarely tardy or absent for work, day programs, appointments, scheduled activities.									
6. Managing Money	Manages money wisely (independent source of funds); controls spending habits.									
7. Nutrition	Eats at least 2 basically nutritious meals daily.									
8. Problem Solving	Resolves basic problems of daily living, asks questions for clarity and setting expectations.									
9. Family Relationships	Gets along with family, positive relationships as parent, sibling, child, significant other family member.									
10. Alcohol/Drug Use	Avoids abuse or abstains from alcohol/drugs, cigarettes; understands signs and symptoms of abuse or dependency; avoids misuse or combining alcohol, drugs, medication.									

Daily Living Activities Tool Adult Mental Health (©DLA-20)

11. Leisure	Relaxes with a variety of activities; attends/participates in sports or performing arts events; reads newspapers, magazines, books; recreational games with others; involved arts/crafts; goes to movies.					
12. Community Resources	Uses other community services, self-help groups, telephone, public transportation, religious organizations, shopping.					
13. Social Network	Gets along with friends, neighbors, coworkers, other peers.					
14. Sexuality	Appropriate behavior toward others; comfortable with gender, respects privacy and rights of others, practices safe sex or abstains.					
15. Productivity	Independently working, volunteering, homemaking, or learning skills for financial self-support.					
16. Coping Skills	Knows about nature of disability/illness, probable limitations, and symptoms of relapse; behaviors that cause relapse or make situation/condition worse; makes plans and uses options for coping, improving, preventing relapse, restoring feelings of self-worth, competence, being in control.					
17. Behavior Norms	Complies with community norms, probation/parole, court requirements, if applicable; controls dangerous, violent, aggressive, bizarre, or nuisance behaviors; respects rights of others.					
18. Personal Hygiene	Cares for personal cleanliness, such as bathing, brushing teeth.					
19. Grooming	Cares for hair, hands, general appearance; shaves.					
20. Dress	Dresses self; wears clean clothes that are appropriate for weather, job, and other activities; clothing is generally neat and intact.					

Daily Living Activities Anchors

DAILY LIVING ACTIVITIES (DLA-20™) ANCHORS	1- Extremely severe functional impairment, needs pervasive supports	2- Severe functional impairment, needs extensive supports	3- Serious impairment with serious symptoms; intense supports	4- Moderate impairment; routine, frequent support for DLA	5- WNL/Strength Mild functional impairment, intermittent support	6- WNL-Strength Intermittent mild impairment, needs low level supports	7- WNL-Strength optimal independence with No support
Health Practices: 1-Rate independent self-care for physical (PH) <u>and</u> mental health (MH), including managing moods , medications, illness management	<u>Evidence of danger to self/other due to MH</u> ; No self-care, evidence of breaks in reality, requires <u>pervasive interventions</u> (e.g.: multiple or lengthy stays in crisis, jail)	Marked limitations in self-care & may have physical complications, <u>extensive</u> help for very severe mental impairments, <u>concern for danger to self/other</u>	Limited self-care & compliance, <u>serious impairments in moods</u> , symptoms, mental status, maybe physical issues prompting <u>continuous help</u> for health care.	Marginal self-care and compliance with health issues or prescriptions, managing moods is moderate problem; requires scheduled <u>low level mental health assistance</u>	Moderately self-sufficient, manages moods but relies on <u>intermittent</u> , some <u>routine assistance</u> or home visits by helping persons, in private or self-help residences.	Independent self-care, compliant with treatment, meds - <u>minimal support</u> , some assistance ok from family, friends, other helping persons.	<u>Optimally independent</u> in taking care of physical & mental status; makes good health care decisions, no assistance needed in self care.
Housing Maintenance: 2-Rate current self-sufficiency for living independent, maintaining/getting along in residence, management of household.	<u>Health endangering threat, needs</u> or relies on pervasive supervision in protective environment, dependent – does not manage household, not self-sufficient.	Marked limitations in keeping or maintaining stable housing, e.g., sometimes on street, needs or uses constant assistance, likely in 24/7 supported or protective residences.	<u>Dysfunctional</u> in community housing, unstable, Limited self-sufficiency; e.g., relies on respite, assistance, private or self-help home, may occasionally help in household maintenance.	Stable community housing but housing may be inadequate or s/he may be only marginally self-sufficient, e.g., relies on regular assistance to maintain stable household.	Moderately self-sufficient in independent, private place with routine, low level assistance, (e.g. home visits by helping persons), mostly maintains household by self.	Adequate independence: self-sufficient with minimal assistance in community based, independent housing (e.g. intermittent support from family, friends, others).	Optimal independence: Self-sufficient in community based, independent living with no significant assistance or public support in housing.
Communication: 3-Rate currently effective verbal <u>and</u> nonverbal communication	Not effective: high risk threats or non-communicative, pervasive dependence	Communication is <u>dysfunctional, blunted or antagonistic</u> with others, dependent on assistance.	Limited verbal or nonverbal effectiveness in communicating with others & may rely on assistance.	Not clear about problems, marginal effectiveness in communicating with others, uses regular assistance.	Moderately effective in communicating with others, using routine assistance	Adequately effective in communicating with others, minimal need for assistance	Optimal effectiveness verbally, nonverbally with others, no assistance needed.
Safety: 4-Rate current maintenance of personal safety (e.g., not suicidal, homicidal, etc.)	Unsafe, Eminent danger to self or other, needs or requires pervasive level of continuous supervision.	Marked limitations in safety around home, community; needs/has extensive level of continuous supervision.	Makes unsafe decisions; “at risk” e.g., abusive or abused, cognitive limitations, needs supervision.	Marginally safe, aware and self-protective, benefits from regular assistance or monitoring.	Moderately safe, good decisions, benefits fm routine care-givers (e.g. home visits by helping persons).	Safe decisions; Adequate self-protection with minimal assistance, family, neighbors, friends, others	Optimally safe; alert, takes care of self with no significant assistance from others.

DLA-20 Adult Self Report

- Providers using the DLA-20 will have an important new tool to enrich their measurement and assessment efforts while increasing consumer engagement in the treatment process.
- The DLA-20 Self Report is a breakthrough companion designed to measure the consumers' perception of their well-being along the same 20 areas of functioning in order to identify areas of both alignment and misalignment in scores. This added data invites important clinical discussions about progress, goals and treatment planning.
- The DLA-20 Self Report Tool is to be used in conjunction with the Clinician Administered DLA-20 Adult Tools.

Outcome of Pilot Study using the DLA-20 Self Report

Community Guidance Center, Pennsylvania

- With the Self Report, clinicians could ask their patients “help me understand why you see X and I see Y,” and use this information to inform goal setting and treatment planning. Conversely, alignment between clinician and consumer provided confirmation of a clinician’s observations.
- Many consumers commented that the Self Report “lets me know where I need help”, “helps me to think about things”, “reading the questions and filling them out myself was very useful” and “should be used all of the time.”
- The therapists noted that they obtained a better sense of the consumer’s ability to self-evaluate, which lead to very useful treatment discussions and collaboration. Fostering engagement and ownership in one’s treatment and recovery is an essential component of effective treatment, and the DLA-20 Self Report presented an opportunity to do just that.



DLA-20 Self Report

During the last 30 days did your symptoms interrupt any of the following everyday activities?

Please use scale below to score each daily living activity

No, not at all


Rarely

Sometimes


Usually

Yes, always

Physical Health and Mental Wellness During the last 30 days...	1	2	3	4	5	
I managed my mental health symptoms such as anxiety, racing or disturbing thoughts, depression, memory lapses or stressful repetitive behaviors. Other symptoms/comment:						Total
I managed my moods such as anger, sadness or happiness.						
I managed my physical health such as problems with pain, high blood pressure, weight or diet restrictions. Other symptoms/comment:						
I took all my medications as prescribed. ___ N/A (not on medication)						

 Nutrition During the last 30 days...	1	2	3	4	5	
I ate 2 nutritious meals most days.						Total
I limited my caffeine and sugar intake.						
I prepared most of my meals.						

 Problem Solving During the last 30 days...	1	2	3	4	5	
I solved day to day problems.						Total
I managed stressful situations.						

 Relationships with Family/Significant Others During the last 30 days...	1	2	3	4	5	
I felt supported by my family or significant other.						Total
I was satisfied with my relationships with family/significant other.						

Agency Example...

Stevan Huber, MSW, LICSW, BCN, BCB

Mental Health Professional

Children's Mental Health Services

Olmsted County Health Housing and Human Services

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DLA-20 as a Tool...

- DLA-20 as a tool of initial engagement and to gather comprehensive information
- DLA-20 as a tool to determine appropriate service type and whether services make sense
- DLA-20 as a tool to not only assess present functioning but also to develop a plan of service transparently with child/family
- DLA-20 as a tool to measure concrete progress on goals/service plan
- DLA-20 as a tool for aggregate measure across the whole program

Sample Activity Screen

Daily Living Activities (©DLA-20)

Youth Ages 6-18

Sally G Sample

Age: 12

Housing Stability & Maintenance

11. Leisure	12. Comm Resource	13. Social Network	14. Sexuality	15. Productivity	16. Coping Skills	17. Behavior Norms	18. Hygiene	19. Grooming	20. Dress	Finalize
Assessment Info	1. Health Practices	2. Housing	3. Communication	4. Safety	5. Managing Time	6. Managing Money	7. Nutrition	8. Problem Solving	9. Family Relation	10. Alcohol/Drug Use

Housing Stability & Maintenance Score: 3

Stable housing for last 30 days; Contributes to stability in the home (age-appropriate): respect others' property, share in chores, involve caretakers in school issues/grades.

Rate self-sufficiency for maintaining independent and adequate housing, management of personal spaces

Housing Stability Developmental Considerations and Scoring Hints:

DLA-20 SCORE: <=2 for homeless, protective 24/7 living arrangements. DLA=1 if hospitalized, in JDC, or hospital in last 30 days. =3 If Destroying property in the home

Housing Stability Narrative:

Youth lives with parents in a home they own. Needs to be prompted to clean up her areas - "room is a mess". She has household chores but she refuses to do them. She takes things that she wants and does not respect people's personal space. Has a hx of destroying property but not in the last 30 days.

Not Scored

- 1: Extremely severe functional impairment, needs pervasive supports.
Housing is Health endangering threat, needs or relies on pervasive supervision in protective environment, dependent not self-sufficient.
- 2: Severe functional impairment, needs extensive supports.
Severely limited in keeping or maintaining stable housing, e.g., sometimes on street, needs or uses constant assistance, likely protective help
- 3: Serious impairment with serious symptoms; moderate supports.
Dysfunctional in community residential housing, unstable, limited self-sufficiency; e.g., relies on respite, assistance, private or self-help home
- 4: Moderate impairments, routine supports.
Stable community housing but housing may be inadequate or s/he may be only marginally self-sufficient in residence.
- 5 (WNL): Strength Mild functional impairment, intermittent support.
Moderately self-sufficient in stable housing - independent, private residence with routine, low level assistance.
- 6 (WNL): Strength Intermittent mild impairment, some low level supports
Adequate independence: self-sufficient with minimal assistance in community based, independent housing
- 7 (WNL): Strength Age-appropriate support for optimal independence
Optimal independence: Self-sufficient in community based, independent living with no significant assistance or public support in housing.

Final Page of assessment

Daily Living Activities (©DLA-20)

Youth Ages 6-18

Sally G Sample

Age: 12

Finalize

Assessment Info	1. Health Practices	2. Housing	3. Communication	4. Safety	5. Managing Time	6. Managing Money	7. Nutrition	8. Problem Solving	9. Family Relation	10. Alcohol/Drug Use
11. Leisure	12. Comm Resource	13. Social Network	14. Sexuality	15. Productivity	16. Coping Skills	17. Behavior Norms	18. Hygiene	19. Grooming	20. Dress	Finalize

Activity Ratings:	<u>Health</u>	<u>House</u>	<u>Comm</u>	<u>Safe</u>	<u>Time</u>	<u>Money</u>	<u>Nutrition</u>	<u>Prob Sol</u>	<u>Family</u>	<u>AOD</u>	<u>Leisure</u>	<u>Resource</u>	<u>Social</u>	<u>Sexuality</u>	<u>Product</u>	<u>Coping</u>	<u>Behavior</u>	<u>Hygiene</u>	<u>Groom</u>	<u>Dress</u>
	2	3	4	1	3	2	2	2	3	7	3	3	2	6	3	3	2	4	4	4

Click to Score ©DLA-20

Score

Sum: 63

Activities Scored: 20

Average: 3.15

Overall Comment: Initial Intake meeting with parent

Status:

FINALIZED

Close Form

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Next Page

List of completed assessments

Select Client

Sally Sample

☐ All Cases
☒ Open Case Only

Client Info
Finalized CASII
Unfinished CASII
Finalized/Attached SDQ
Unattached SDQ
Unfinished DLA20
Finalized DLA-20

Select	Time Frame Administered	Date	Rater:	Total:	Average:	Source(s):	Health Prac	House	Communicate	Safety	Time	Money	Nutrition	Prob Solve	F
<input checked="" type="checkbox"/>	Entry into Service	8/16/2018	Stevan Huber	63	3.15	Mother	2	3	4	1	3	2	2	2	
<input type="checkbox"/>	3 months	11/19/2018	Stevan Huber	67	3.35	Mother, Youth	3	3	4	2	3	2	2	3	
<input type="checkbox"/>	6 months	2/18/2019	Stevan Huber	71	3.55	Mother, Youth	3	3	4	3	3	3	3	4	

Record: 1 of 3
No Filter
Search

Sum:

63

Average:

3.15

Open DLA20

Show report

Show Graph (for selected Assessments)

Case Planning Sheet

Close Form

Sample Planning Sheet P1

Case Planning Sheet for: Sally G Sample

Date: 2/19/2019

Diagnostic Recommendations:

DxDate	DxRecommendation
08/01/2018	recommend psychotherapy around her relationships with her parents and peers, and the impact on her day to day functioning.
08/01/2018	Psychotherapy around her safety and suicide ideations- work on stability of her sense of self.
08/01/2018	Goals for therapy should include but are not limited to: improving relationships, improving emotional regulation and expression, increasing ability to cope with stress, improving communication between caregiver and youth, improving insight over mental health symptoms, and increasing network of support.

CASII Score and Level Recommendation:

AssessDate	CompositeScore	Level
08/16/2018	21	Level 5

The Following is based on ©DLA-20 Assessment completed: 08/16/2018

Information Source(s): Mother

Green - Strengths:

- ☐ 10 Alcohol/Drug Use Abstain from smoking cigarettes (including ecigs & vaping), drinking alcohol, doing drugs or inhalants or any kind; avoid high risk drinking situations & people who do drugs. SCORE: 7
- ☐ 14 Sexual Health/Sexuality As age appropriate, behavior, verbal and nonverbal reports are sexually responsible with girls, boys. Avoid sexual activities, infections, and pregnancy. SCORE: 6

Yellow - Areas of Concern:

- ☐ 2 Housing Stability & Maintenance Stable housing; Contribute to stability in the home (age appropriate); respect others & property, share in chores, involve caretakers in school issues/grades. SCORE: 3
- ☐ 3 Communication Greet adults; listens, express feelings, anger, opinions effectively. SCORE: 4
- ☐ 5 Managing Time Assist or manage time for promptly, regularly attending school & work (age appropriately); complete tasks, sleeps well, with wakeup, meals on routine basis. SCORE: 3
- ☐ 11 Leisure Enjoy 2 or more fun & relaxing activities; music, watching or playing sports, reading, computer or board games, cards, artistic hobbies, movies, TV. SCORE: 3
- ☐ 20 Dress Assist or responsibly care for clean clothes, comply with school dress code. SCORE: 4

Sample Planning Sheet P2

Case Planning Sheet for: Sally G Sample

Date: 2/19/2019

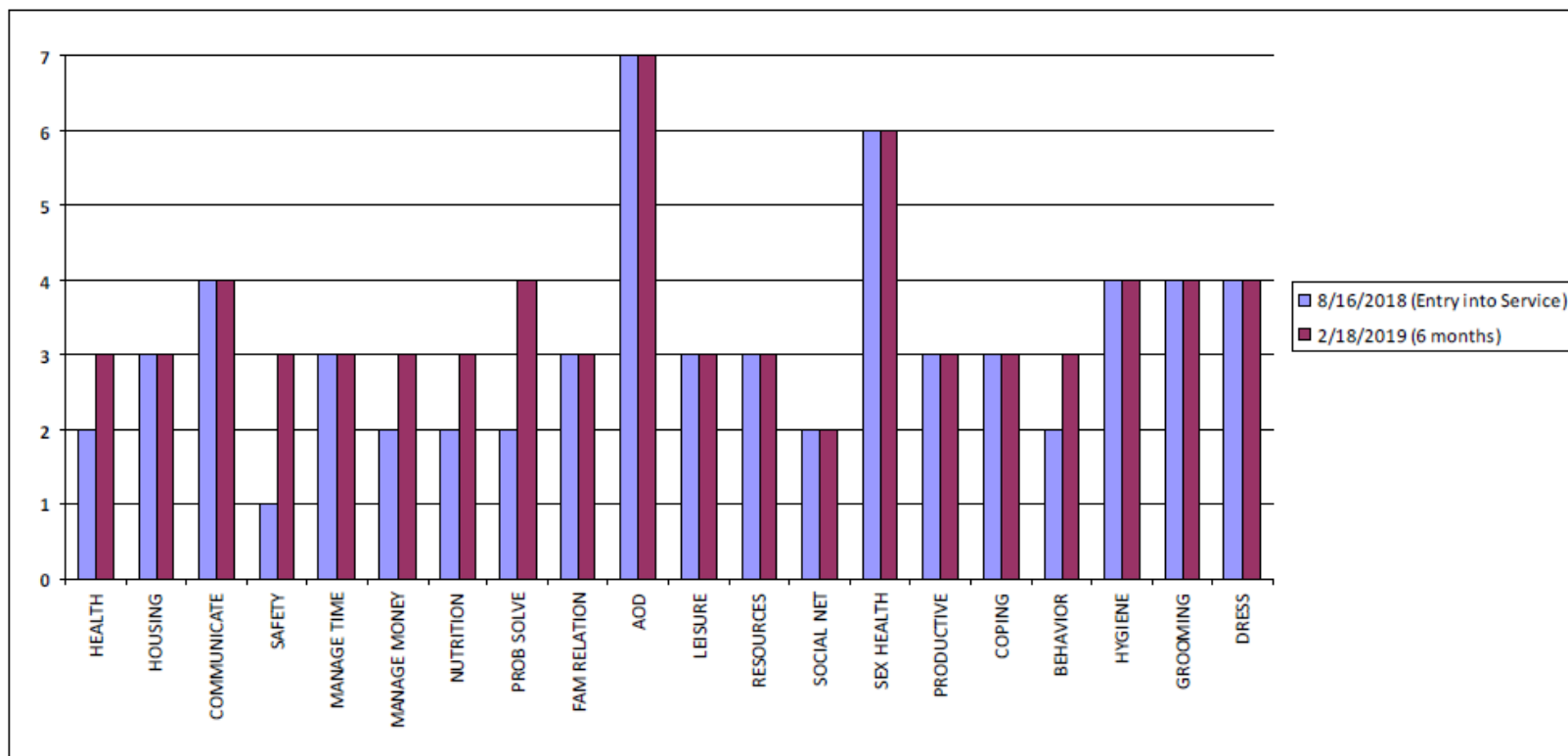
- | | | |
|-----------------------------|----------------------|--|
| <input type="checkbox"/> 12 | Community Resources | Use community activities, resources such as after-school sponsored tutoring, clubs, sports, scouts, YM/YWCA, library, church, dances. SCORE: 3 |
| <input type="checkbox"/> 15 | Productivity | Feel good about performance at school, consider grades to be good, completes school projects/assignments without undue difficulty. Have vocational goals. SCORE: 3 |
| <input type="checkbox"/> 16 | Coping Skills | Accept adult correction without undue arguing, temper outburst; tolerate frustration. SCORE: 3 |
| <input type="checkbox"/> 18 | Personal Hygiene | Help or manage general cleanliness; daily bath shower, brush (and floss) teeth. SCORE: 4 |
| <input type="checkbox"/> 19 | Grooming | Assist or manage general appearance; hair, shave, comply with school rules. SCORE: 4 |
| <input type="checkbox"/> 9 | Family Relationships | Feel close to at least one other significant person at home; get along with family or caretakers, feel loved. SCORE: 3 |

Red - Severe Areas:

- | | | |
|-----------------------------|------------------------------|--|
| <input type="checkbox"/> 13 | Social Network | Make, keep same-age friends; avoid bullying, gangs, cults, antisocial groups. SCORE: 2 |
| <input type="checkbox"/> 1 | Health Practices | Assist (age 6-10) or manage (>10yr) adequate weight, moods, outdoor exercise, aches and pains; take medications or over the counter drugs only with adult supervision. SCORE: 2 |
| <input type="checkbox"/> 8 | Problem Solving | Understand presenting problems, reasons for seeking services; focus on possible solutions for age-appropriate time periods; assist or manage difficult situations. SCORE: 2 |
| <input type="checkbox"/> 7 | Nutrition | Eat at least 2 basically nutritious meals with caretakers, generally eats healthy snacks (WNL limits sugar, caffeine). SCORE: 2 |
| <input type="checkbox"/> 6 | Managing Money or Possession | Reliably handle or manage monetary allowance; e.g. abstains from overspending personal limits, betting, stealing, borrowing (may substitute things, books, games, coats, "stuff". SCORE: 2 |
| <input type="checkbox"/> 17 | Behavior Norms | Control threatening or physical expression of anger, violent behavior, either to yourself or others, to property. Law abiding, responsible with school, community rules, driving car. SCORE: 2 |
| <input type="checkbox"/> 4 | Safety | Safe decisions: e.g.: Avoid guns, knives, matches, dangerous people or places where there is likely trouble or abuse potential; if driving – have safe record. SCORE: 1 |

Results Graph

Olmsted County Children's Mental Health ©DLA20 RESULTS GRAPH FOR: Sally G Sample



Summary:

Entry	Sum	Average
8/16/2018 Entry into Service	63	3.15
2/18/2019 6 months	71	3.55

THANK YOU FOR ATTENDING

