

# Your Personal Recovery Journey Pre-Impact Assessment (Brief INSPIRE-O):



## For Participants

Participant Initials

Date

Organization

To evaluate the impacts of Your Personal Recovery Journey on the lives and recovery of participants, you are requested to respond to the following five statements both before participating in the YPRJ modules and after completing the modules. We appreciate your assistance in evaluating the program!

**Circle the response that best fits how you feel about your recovery.**

1. I feel supported by other people	Not at all	Not much	Somewhat	Quite a lot	Very much
2. I have hopes and dreams for the future	Not at all	Not much	Somewhat	Quite a lot	Very much
3. I feel good about myself	Not at all	Not much	Somewhat	Quite a lot	Very much
4. I do things that mean something to me	Not at all	Not much	Somewhat	Quite a lot	Very much
5. I feel in control of my life	Not at all	Not much	Somewhat	Quite a lot	Very much

### **For facilitator use only:**

If all five questions in PART 1 are rated, then add the scores for each item using the following scoring scale:

Not at all = 0

Not much = 1

Somewhat = 2

Quite a lot = 3

Very much = 4

Multiply this total by 5 to give the total score, ranging from 0 (lowest) to 100 (highest).

For example, a person answers 'Quite a lot' to questions 1 to 3 and 'Very much' to questions 4 and 5.  
Their Brief INSPIRE-O score is  $((3 \times 3) + (2 \times 4)) \times 5 = 85$ .

**TOTAL Brief INSPIRE-O SCORE (POST- YPRJ) FOR THIS PARTICIPANT:**