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Young Adults With Mental Illness in North San Diego County - YAMI: Appendixes D-E

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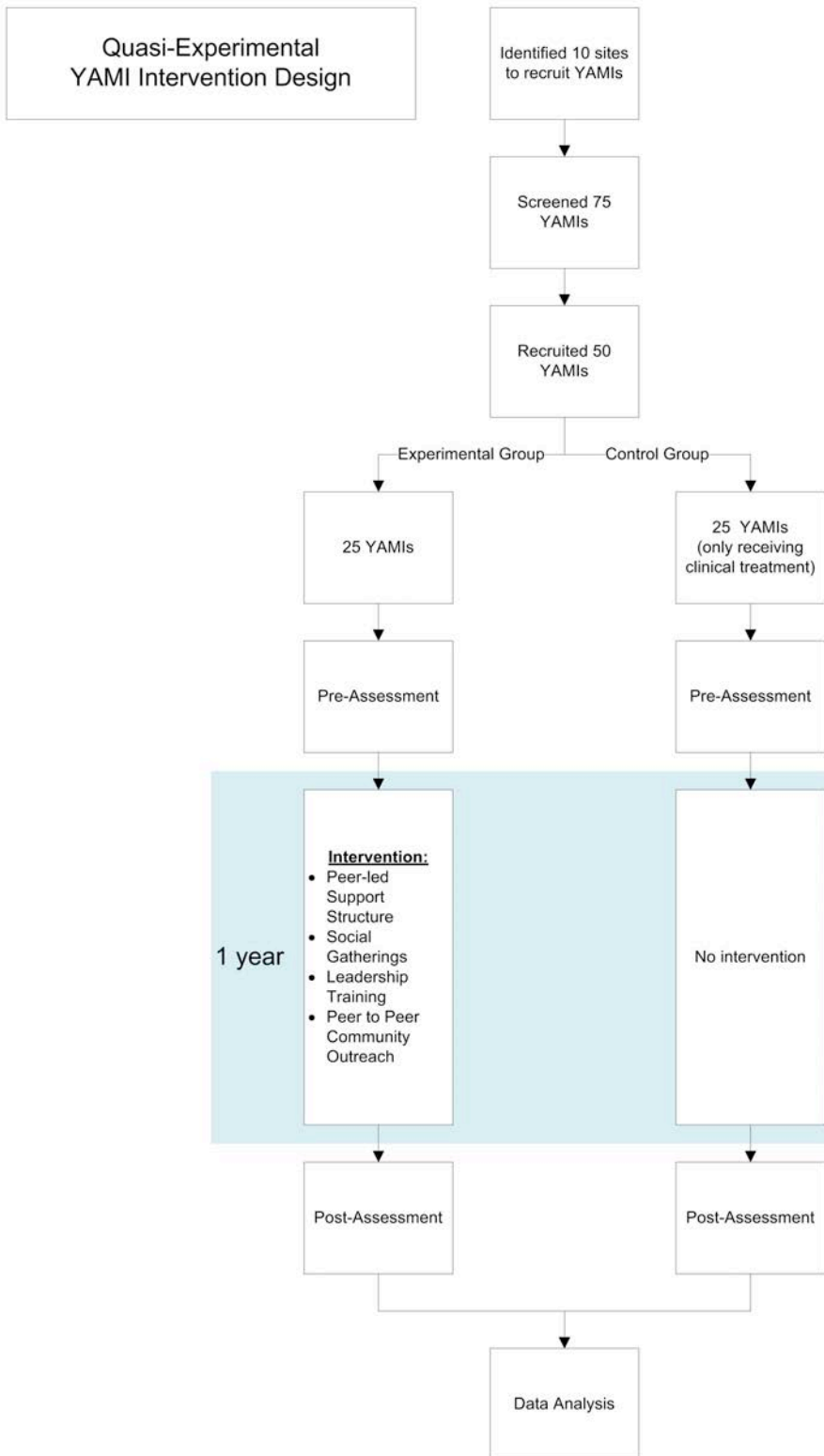
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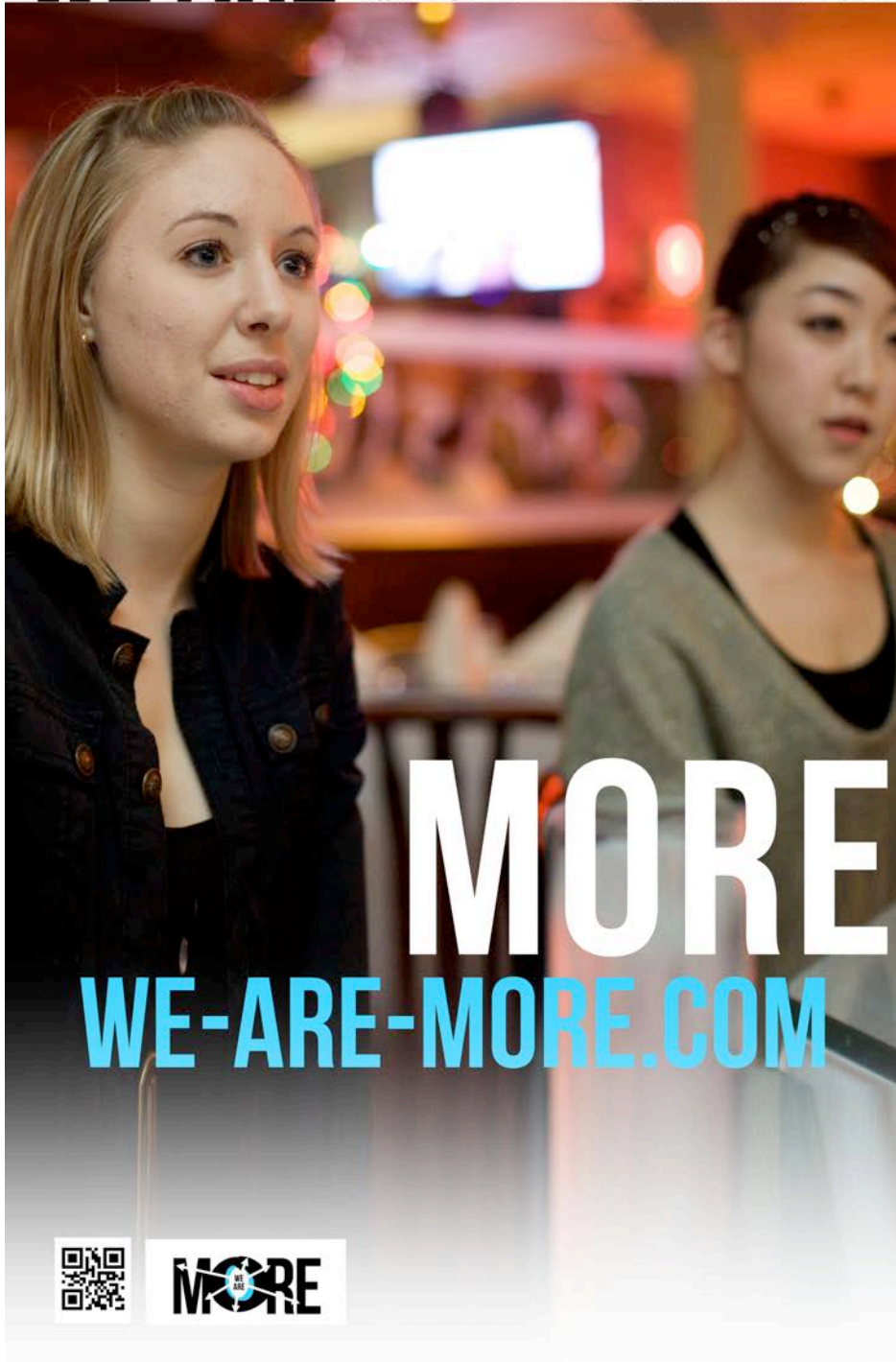
Appendix D



Appendix E

WE ARE

graduates • artists • photographers • gymnasts • disc-jockeys • girlfriends
sons • designers • students • community builders • volunteers • surfers
nephews • dreamers • comedians • business owners • parents • musicians
friends • **sisters** • neighbors • poets • drummers • service men and women
brothers • dancers • swimmers • boyfriends • writers • leaders • nieces
rappers • singers • skaters • chefs • daughters • athletes • actors • babysitters



WE ARE

graduates • artists • photographers • gymnasts • disc-jockeys • girlfriends
sons • designers • students • community builders • volunteers • surfers
nephews • dreamers • comedians • business owners • parents • musicians
friends • sisters • neighbors • **poets** • drummers • service men and women
brothers • dancers • swimmers • boyfriends • writers • leaders • nieces
rappers • singers • skaters • chefs • daughters • athletes • actors • babysitters



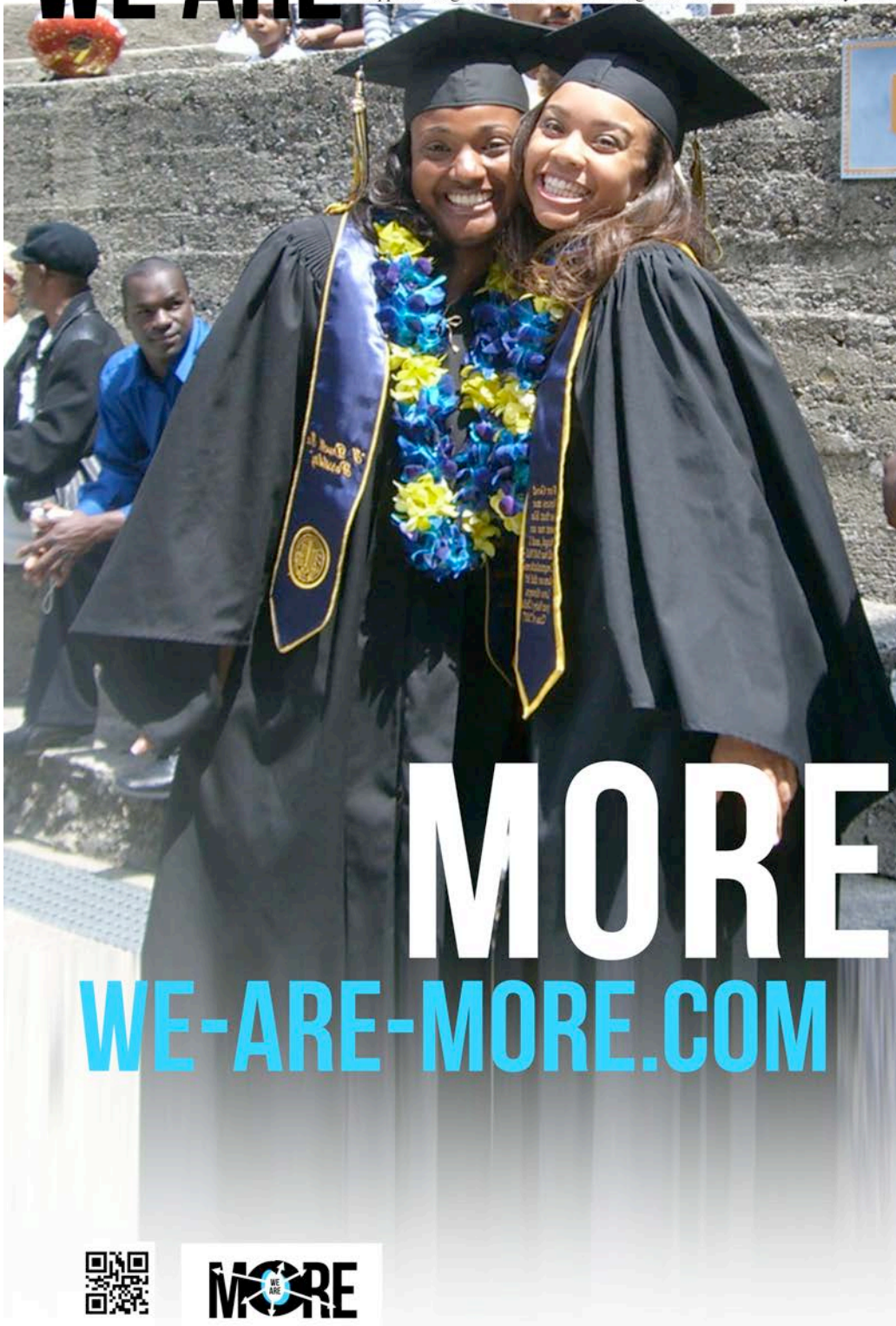
MORE

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artists • photographers • gymnasts • drummers • disc-jockeys • girlfriends
sons • designers • students • community builders • volunteers • surfers
nephews • dreamers • comedians • business owners • parents • musicians
friends • sisters • neighbors • poets • graduates • service men and women
brothers • dancers • swimmers • boyfriends • writers • leaders • nieces
rappers • singers • skaters • chefs • daughters • athletes • actors • babysitters

WE ARE



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WE ARE

artists • photographers • gymnasts • drummers • disc-jockeys • girlfriends
sons • designers • students • community builders • volunteers • surfers
nephews • dreamers • **comedians** • business owners • parents • musicians
friends • sisters • neighbors • poets • graduates • service men and women
brothers • dancers • swimmers • boyfriends • writers • leaders • nieces
rappers • singers • skaters • chefs • daughters • athletes • actors • babysitters



WE ARE

graduates • artists • photographers • gymnasts • disc-jockeys • girlfriends • designers • students • community
builders • volunteers • **hijos** • surfers • nephews • dreamers • comedians • business owners • parents
musicians • friends • sisters • neighbors • poets • drummers • service men and women • brothers • dancers
swimmers • boyfriends • writers • leaders • nieces • rappers • singers • skaters • chefs • daughters • athletes



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WE ARE

graduates • artists • photographers • gymnasts • disc-jockeys • girlfriends • sons • designers • students
community builders • volunteers • surfers • nephews • dreamers • comedians • business owners • parents
musicians • **friends** • sisters • neighbors • poets • drummers • service men and women • brothers • dancers
swimmers • boyfriends • writers • leaders • nieces • rappers • singers • skaters • chefs • daughters • athletes



Appendix F

[RAS-short] Recovery Assessment Scale (RAS)

Instructions: Below is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and circle the number that best describes the extent to which you agree or disagree with the statement. Circle only one number for each statement and do not skip any items.

		Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
1.	I have a desire to succeed	0	1	2	3	4
2.	I have my own plan for how to stay or become well.	0	1	2	3	4
3.	I have goals in life that I want to reach.	0	1	2	3	4
4.	I believe I can meet my current personal goals.	0	1	2	3	4
5.	I have a purpose in life.	0	1	2	3	4
6.	Even when I don't care about myself, other people do.	0	1	2	3	4
7.	Fear doesn't stop me from living the way I want to.	0	1	2	3	4
8.	I can handle what happens in my life.	0	1	2	3	4
9.	I like myself.	0	1	2	3	4
10.	I have an idea of who I want to become.	0	1	2	3	4
11.	Something good will eventually happen.	0	1	2	3	4
12.	I'm hopeful about my future.	0	1	2	3	4
13.	I continue to have new interests.	0	1	2	3	4
14.	Coping with my mental illness is no longer the main focus of my life.	0	1	2	3	4
15.	My symptoms interfere less and less with my life.	0	1	2	3	4
16.	My symptoms seem to be a problem for shorter periods of time each time they occur.	0	1	2	3	4
17.	I know when to ask for help.	0	1	2	3	4
18.	I am willing to ask for help.	0	1	2	3	4
19.	I ask for help, when I need it.	0	1	2	3	4
20.	Being able to work is important to me.	0	1	2	3	4
21.	I can handle stress.	0	1	2	3	4
22.	I have people I can count on.	0	1	2	3	4
23.	Even when I don't believe in myself, other people do.	0	1	2	3	4
24.	It is important to have a variety of friends.	0	1	2	3	4

TABLE 1
UCLA Loneliness Scale (Version 3)

Instructions: The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by writing a number in the space provided. Here is an example:

How often do you feel happy?

If you never felt happy, you would respond "never"; if you always feel happy, you would respond "always."

<u>NEVER</u>	<u>RARELY</u>	<u>SOMETIMES</u>	<u>ALWAYS</u>
1	2	3	4

- *1. How often do you feel that you are "in tune" with the people around you? _____
- 2. How often do you feel that you lack companionship? _____
- 3. How often do you feel that there is no one you can turn to? _____
- 4. How often do you feel alone? _____
- *5. How often do you feel part of a group of friends? _____
- *6. How often do you feel that you have a lot in common with the people around you? _____
- 7. How often do you feel that you are no longer close to anyone? _____
- 8. How often do you feel that your interests and ideas are not shared by those around you? _____
- *9. How often do you feel outgoing and friendly? _____
- *10. How often do you feel close to people? _____
- 11. How often do you feel left out? _____
- 12. How often do you feel that your relationships with others are not meaningful? _____
- 13. How often do you feel that no one really knows you well? _____
- 14. How often do you feel isolated from others? _____
- *15. How often do you feel you can find companionship when you want it? _____
- *16. How often do you feel that there are people who really understand you? _____
- 17. How often do you feel shy? _____
- 18. How often do you feel that people are around you but not with you? _____
- *19. How often do you feel that there are people you can talk to? _____
- *20. How often do you feel that there are people you can turn to? _____

Scoring:

Items that are asterisked should be reversed (i.e., 1 = 4, 2 = 3, 3 = 2, 4 = 1), and the scores for each item then summed together. Higher scores indicate greater degrees of loneliness.

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