



DLA-20 Self Report

Instructions for Providers

Providers using the DLA-20 have an important new tool to enrich their measurement and assessment efforts while increasing consumer engagement in the treatment process.

The DLA-20 Adult Self Report is a rating scale consisting of the same 20 areas of functioning as the DLA-20 Adult Assessment Tool. The questions are designed to enhance the dialogue between you and your patients and to help confirm their current level of functioning.

By completing the Self Report, patients can more fully understand their disorder and changes in their problem severity over time. The process also gives patients a new role in their treatment by encouraging communication with their providers.

The DLA-20 Self Report invites important clinical discussions about progress, goals and ongoing treatment planning, which can help patients feel more involved in clinical decision making.

Instructions

The DLA-20 Adult Self Report tool does not take the place of the clinician administered DLA-20 Adult Assessment Tool. It is to be used in conjunction with the Clinician Administered Tool and takes about 10 minutes to complete by the patient.

The patient should complete the Self Report upon admission, treatment plan reviews and discharge. If the patient is unable to complete the Self Report independently, then the clinician can assist in reading and recording the patient's scores.

The patient will check the column of the number that most closely represents the frequency of occurrence for each activity. If the patient scores a "usually" (4) or "yes, always" (5), that item is a strength for the patient. If the patient scores a "no, not at all" (1) through "sometimes" (3), that item will be an area of need. The clinician will complete the clinician administered Adult DLA-20 and review the results with the patient as it compares to the patient's Self Report as part of an enhanced clinical discussion regarding treatment.

For questions regarding administering the DLA-20 Self Report, please contact Annie Jensen at annie.jensen@mtmservices.org or to schedule a planning meeting, contact Marian Bradley at marian.bradley@mtmservices.org.