

## What does Discovery measure?

We look at your progress before, during and after your treatment to structure your journey to lasting recovery. We have identified wellness indicators that will help reduce relapse and keep you on track long after you leave treatment:

	On Admission	During Treatment	At Discharge	48 Hours After Discharge	Weekly (Month 1)	Monthly (Year 1)
<b>PHQ-9 (Patient Health Questionnaire-9)</b> A short questionnaire that helps measure symptoms of depression and how much they affect daily life.	✓			✓	✓	
<b>Recovery Assessment Score</b> A score that shows how much progress someone is making in their recovery, including mental health, functioning, and well-being.	✓			✓		
<b>DASS (Depression, Anxiety, and Stress Scale)</b> A self-report survey that measures levels of depression, anxiety, and stress.	✓			✓		
<b>SASE (Substance Abuse Self-Efficacy Scale)</b> A questionnaire that measures a person's confidence in their ability to avoid substance use in different situations.	✓			✓		
<b>Medical</b> Physical health and medical conditions.		✓	✓			
<b>Clinical</b> Personal assessment and diagnosis.		✓	✓			
<b>C-SSRS (Columbia-Suicide Severity Rating Scale)</b> A screening tool used to assess thoughts about suicide and related behaviors to help determine risk and safety needs.				✓		
<b>NPS (Net Promoter Score)</b> An indicator of engagement.				✓		
<b>CSAT (Customer Satisfaction Score)</b> A score of satisfaction with care provided.				✓		
<b>HEDIS (Healthcare Effectiveness Data and Information Set)</b> A standardized set of measures used to track the quality and effectiveness of healthcare services.					✓	
<b>GAD-V</b> Measures symptoms of generalized anxiety.					✓	
<b>PCL-V</b> Measures trauma indicators.					✓	
<b>Biomarkers</b> Physical or biological indicators of stress or struggle including vocal inflection, rate of speech, "always/never" language.					✓	✓
<b>Recovery Quotient</b> A combined score that reflects overall recovery progress, including mental health, functioning, and quality of life.						✓