

How can I use the ratings?

Outcome measurement is designed to measure individual progress by showing changes that have occurred over time. This is important to you as a parent or someone who has a young person in their care.

Keep a copy of the ratings to track their progress.

Discussing HoNOSCA scores with the young person and the clinicians involved in their care is encouraged.

Talking about HoNOSCA

- » Discuss with the young person any changes they've noticed or changes showing in their ratings, why they think that is, and any goals they have for their wellbeing.
- » Talk with their clinician about the ratings – this can be part of recovery planning.
- » Discuss changes in ratings over time – what has changed and why?
- » Talk with the young person about how they see their progress and the service they're receiving.

If you don't agree with the ratings you can:

- » ask their clinician questions about the scores and discuss why they think this way
- » request that your point of view is recorded in their clinical notes.

Young people can access and use their HONOSCA ratings themselves to track their progress, plan their recovery, ask questions or request a rating when they notice changes.



Find out more

Talk to

- » Their clinician.
- » Their mental health team.
- » A consumer worker or advocate.

Online

- » Te Pou – www.tepou.co.nz
- » PRIMHD – www.moh.govt.nz/primhd

Email

- » The Ministry of Health – information@moh.govt.nz

HoNOS
■■■■■

You, your young person's HoNOS and their recovery

Information about the **Health of the Nation
Outcome Scales for Children and Adolescents
(HoNOSCA)** for parents and carers.

HoNOSCA

**Te Pou o te
Whakaaro Nui**



What is HoNOSCA?

Health of the Nation Outcome Scales for Children and Adolescents:

A tool that measures changes in health, wellbeing and circumstances over time.

HoNOSCA is completed by registered mental health professionals (clinicians). The ratings are based on their perception of what the young person's needs are at that time.

This information can be used to support recovery planning and progress.

Ratings are completed when:

- » a young person enters a service
- » every three months while they receive a service
- » when a young person leaves a service.

Additional ratings can be completed any time and can be helpful for reviewing the young person's progress. These are recommended if there is a significant event or change in their life that's positive or challenging.

HoNOSCA

is designed for children and adolescents aged 4 to 17 years.



HoNOSCA ratings

HoNOSCA has 15 items which are rated.

The ratings look at behaviour, symptoms, daily activities and care.

All areas will be rated. If there are no issues identified then a rating of 0 will be used – indicating that there is no problem in this area.

1. Disruptive, antisocial or aggressive behaviour
2. Over-activity, attention or concentration
3. Non-accidental self-injury
4. Alcohol, substance or solvent misuse
5. Scholastic or language skills (speaking as well as expected)
6. Physical illness or disability
7. Hallucinations, delusions or abnormal perceptions (seeing, thinking or hearing things that may seem odd)
8. Non-organic somatic symptoms (feeling physical things that are not there or seem strange)
9. Emotional and related symptoms
10. Peer relationships
11. Self-care and independence
12. Family life and relationships
13. School attendance
14. Knowledge or understanding about the nature of the young person's difficulties (in the previous two weeks)
15. Lack of information about services or management of difficulties

HoNOSCA items are rated from 0-4.

0 = no problem

1 = minor problem requiring no action

2 = mild problem but definitely present

3 = moderately severe problem

4 = severe to very severe problem

High scores are an indication of where you, the young person and their clinician might focus some attention and look for solutions.

At times, a rating of 7 may be used – this is only when the clinician does not have enough information.

Who sees the ratings?

- » Young people and their family or people that care for them
- » Their clinician
- » Their mental health team
- » Anyone they choose to allow

After this, their ratings are protected so that no one else knows which ratings are theirs.

Then the information may be used by the Ministry of Health and mental health and addiction services to understand how services are being used and delivered.