

# **For The State: A Proposal For A DHS Post-Psych Unit Survey For The Individual**

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I recommend that each State DHS (Department Of Human Services) conduct a survey like this, for each individual having gone through a psych unit stay, one month and one year and five years after the psych unit stay.

This survey would give a dimension read to the individual experience. It's a draft version, but is intended to offer a 'complete-scope' feel to it, stating or indicating the breadth and depth and type of material.

The State needs to know more about the individual experience, and currently the individual experience is not really represented, by the psych unit or the psych unit psychiatrist, in dimension, practical, realism-based, accessible terms.

Once this is in place, aspects of mvo-p could be introduced, wherein all parties – including the individual and person A, person B, person C – are included as participant, and able to represent and have dimensional representations of them formed. In addition, each situation has a standpoint, and context. It is an unfolding world-space. The data must be dimensional.

This would be a shift in psychiatric theory and praxis, to mvo-p.

**Section 1. Several introductory questions on orientation, connection, and the psych unit.**

*Put an X beside beside the answer you feel most represents your view.*

Do you feel you were more oriented, had some degree of disorientation going into the psych unit, or that it was a genuine crisis?

More oriented    Some degree of disorientation    Genuine crisis

Do you feel more oriented or less oriented than just before you found yourself in the psych unit?

More oriented    Less oriented

Did you feel the opportunity to represent yourself as an individual, or to have your standpoint recognized, or to explain yourself, within the psych unit? Or perhaps you feel that none of these were the case. Check all that apply.

- I felt the opportunity to represent myself as an individual, within the psych unit
- I had the opportunity to have my standpoint recognized
- I had the opportunity to explain myself
- None of these were the case

Do you feel more connected with or more isolated from the world, as a result of your psych unit stay?

More connected with the world    More isolated from the world

Do you feel that the psych unit was helpful, helpful with other factors, or that the psych unit was unhelpful and that it was other factors, that helped you to re-orient or explain? Or, perhaps you feel you haven't fully re-oriented.

- The psych unit was helpful
- The psych unit was helpful, with other factors
- The psych unit was unhelpful, and other factors were helpful
- I still feel I haven't re-oriented fully
- I feel I am able to explain

Would you agree or disagree or partly agree with the following statement: "Any given moment, and moment-to-moment, is a mutually co-arising of person A, person B, person C, the world, things in the world, and their relational."

- Agree
- Disagree
- Partly agree

**Section 2. An itemized list relating several things, that may or may not have been helpful.**

*For the ratings below, fill in the appropriate number from the following legend:*

- 3 Harmful
- 2 Detrimental
- 1 Unhelpful
- 0 Neutral
- 1 Somewhat Helpful
- 2 Very Helpful
- 3 Key

Use this legend for most answers; some questions are y/n and are indicated.

In the following ratings, ask the question, “What was helpful or not, in life, in the domains of life, in orientation, in re-orientation, in having my view represented, or in justification; or in any way that you see as relevant?”

The domains of life are: the mental, the existential, the social, the societal, the experiential, and the physical.

Remember, rate -3, -2, -1, 0, 1, 2, or 3.

Rate the psych unit.

Rate the psych unit psychiatrist.

Rate a followup psychiatrist.

Rate the psych unit staff.

Rate the psych unit classes and class leaders.

Rate any meds you were put on.

Rate a statement by a friend.

Rate friends overall.

Rate family.

Rate work productivity.

Rate philosophy or philosophical statements. Include study-philosophy and informal philosophy (say, 'philosophy of life').

Was any of this (the preceding) new to you? (y/n)

Rate spirituality and religion.

Was any of this (the preceding) new to you? (y/n)

Rate psychology.

Was any of this (the preceding) new to you? (y/n)

Did you feel any psychology you received was practical and proven? (y/n)

Rate speculation on how we think and why, and act.

Rate narrative (including other people's stories, features, and literature).

Rate mediation.

Rate open dialogues and the dialogic.

Rate 'talking things out'.

Rate state, agency, private, and organizational resources.

Rate a gym or workout trainer, or other exercise trainer.

Rate nutrition awareness.

Rate an advocate.

Rate an attorney.

Rate your own efforts.

Rate your own change.

Rate your own ability to justify or to explain.

### **Section 3. The domains of life.**

*This is a section for you to assess for yourself your own state, in each of several possibly interconnected categories.*

Answer the questions below with the following scale:

- 3 Crisis dilemma or disorientation
- 2 Significant dilemma or disorientation
- 1 Part dilemma or disorientation
- 0 Neutral
- 1 No dilemma, and reasonable orientation
- 2 No-dilemma, and significant orientation

For each of the domains of life listed here, rate yourself or your situation with the above scale as you see yourself now:

The mental

The existential

The social

The societal

The experiential

The physical

For each of the domains of life listed here, rate yourself or your situation with the above scale as you see yourself at the time just before you found yourself in a psych unit:

The mental

The existential

The social

The societal

The experiential

The physical

**Section 4. Basic metrics.**

*This section covers just a few basic metrics.*

Did you find yourself in a psych unit under involuntary commitment, or did you voluntarily commit yourself?

Committed under involuntary commitment

Voluntarily committed myself