IMPORTANT!

By downloading this file you have indicated your complete agreement and willingness to abide by the terms of the **ORS/SRS Family of Measures (including the RRS) Binding License Agreement**

**1. Licensee: Y**ou are hereby licensed by PCOMS International, Inc (hereafter PCOMS) to use the ORS/SRS Family of Measures, including the RRS (hereafter the measures) for your individual use only. Any use of these measures by an agency, group practice, clinic, managed behavioral care organization, or government requires separate application for a group license and payment of appropriate fees. [Click here to apply for or obtain information regarding a group license](http://heartandsoulofchange.com/measures/group-license/).

**2. ORS/SRS Family of Measures:** The measures mean any and all paper and pencil or electronic versions of the outcome and process measures, progress and process tracking systems, outcome and process screening, and outcome and process prognosis measurement.

**3. License:** Subject to the terms and conditions of this agreement, PCOMS grants to the licensee a license to use the measures in connection with the licensee’s bona fide health care practice or for the ORS/RRS, in connection with bona fide peer support or peer recovery services. The administration and scoring manual, and any and all electronic versions or scoring products associated with the measures may NOT be copied, transmitted, or distributed by the licensee. Paper and pencil versions of the measures may be copied for use in connection with the licensee’s bona fide uses discussed above.

4**. Modifications**: The licensee may NOT modify, translate into other languages, change the context, wording, or organization of the measures or create any derivative work based on them. The licensee may put the measures into other written, non-electronic, non-computerized, non-automated formats provided that the content, wording, or organization are not modified or changed. The licensee may modify the item line length so that each prints out 10 cm.

**5. Copies, Notices, and Credits**: Any and all copies of the measures made by the licensee must include the copyright notice, trademarks, and other notices and credits on measures. Such notices may not be deleted, omitted, obscured or changed by the licensee. Since you are obtaining the license for individual use only, you may NOT distribute copies of the measures.

**6. Use, distribution, and Changes**: The measures may only be used and distributed by the licensee in connection with licensee’s bona fide uses and may not be used or distributed for any other purpose.

**7. Responsibility**: Before using or relying on the measures, it is the responsibility of the licensee to read and understand the *ORS and SRS Administration and Scoring Manual* or other publications that detail the use of the measures such as *Heroic Clients, Heroic Agencies*, or *On Becoming a Better Therapist, or if used in peer services, What’s Right With You*. It is also the responsibility of the licensee to ascertain their suitability for any and all uses made by the licensee. The measures are not diagnostic tools sand should not be used as such. The measures are not substitutes for an independent professional evaluation. Any and all reliance on the measures by the licensee is at the licensee’s sole risk and is the licensee’s sole responsibility. Licensee indemnifies PCOMS and its officers, directors, employees, representatives, and authors of the measures against, and hold them harmless from, any and all claims and law suits arising from or relating to any use of or reliance on the measures and related products provided by PCOMS. This obligation to indemnify and hold harmless includes a promise to pay any and all judgments, damages, attorney’s fees, costs and expenses arising from any such claim or lawsuit.

**8. Disclaimer**: Licensee accepts the measures and associated products “as is” without any warranty of any kind. PCOMS disclaims any and all implied warranties, including implied warranties of merchantability, fitness for a particular purpose, and non-infringement. PCOMS does not warrant that the measures are without error or defect. PCOMS shall not be liable for any consequential, indirect, special, incidental or punitive damages. The aggregate liability of PCOMS for any and all causes of action (including those based on contract, warranty, tort, negligence, strict liability, fraud, malpractice, or otherwise) shall not exceed the fee paid by the licensee to PCOMS. This license agreement, and sections 7 and 8 in particular, define a mutually agreed upon allocation of risk. The fee reflects such allocation of risk.

**9. Construction**: The language used in this agreement is the language chosen by the parties to express their mutual intent, and no rule of strict construction shall be applied against any party.

**10. Entire agreement**: This agreement is the entire agreement of the parties relating to the measures.

**11. Governing Law**: This agreement is made and entered into in the State of Florida and shall be governed by the laws of the State of Florida. In the event of any litigation or arbitration between the parties, such litigation or arbitration shall be conducted in Florida and the parties hereby agree and submit to such jurisdiction and venue.

**12. Modification**: This agreement may not be modified or amended.

**13. Transferability**: This agreement may not be transferred, bartered, loaned, assigned, leased, or sold by the licensee.

**14. Violations**: Violations of any provision or stipulation of this agreement will result in immediate revocation of this license. Punitive damages may be assessed.

**Outcome Rating Scale (ORS)**

|  |
| --- |
| Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age (Yrs):\_\_\_\_ Sex: M / FSession # \_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Who is filling out this form? Please check one: Self\_\_\_\_\_\_\_ Other\_\_\_\_\_\_\_ If other, what is your relationship to this person? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. *If you are filling out this form for another person*, *please fill out according to how you think he or she is doing.* |

**ATTENTION**: TO INSURE SCORING ACCURACY PRINT OUT THE MEASURE TO INSURE THE ITEM LINES ARE 10 CM IN LENGTH. ALTER THE FORM UNTIL THE LINES PRINT THE CORRECT LENGTH. THEN ERASE THIS MESSAGE.

**Individually**

(Personal well-being)

I----------------------------------------------------------------------I

**Interpersonally**

(Family, close relationships)

I----------------------------------------------------------------------I

**Socially**

(Work, school, friendships)

I----------------------------------------------------------------------I

**Overall**

(General sense of well-being)

I----------------------------------------------------------------------I

The Heart and Soul of Change Project

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

www.heartandsoulofchange.com

© 2000, Scott D. Miller and Barry L. Duncan

**The Relationship Rating Scale**

The following is excerpted from, *What’s Right With You*, which is strongly recommended for use in peer support or recovery services. The Relationship Rating Scale (RRS) provides a short hand way for an individual to provide feedback to a peer support or peer recovery partner on those dimensions shown by decades of research to be helpful. The four ten centimeter lines add to a total score of 40. The total score is simply the summation of the four marks on the four lines measured with a centimeter ruler to the nearest millimeter.

There is no specific cut off score between relationships that have “good” or “bad” change potential. The higher scores (above 30) reflect those relationships that have better change potential because they may naturally have the qualities deemed important by research about therapy. Relationships with lower scores can still be helpful. It may be that a simple conversation is all that is necessary to fine tune the relationship to reach its maximum change potential. Perhaps you need only make your expectations clear about what role you would prefer the person to take. Or, you may want this person regardless of

his or her score on the RRS, and feel that no conversation is warranted. Trust your instincts here. There are no absolutes here (or anywhere else). The RRS is simply a quick reference to help you in your decision process—to incorporate the research about change in therapy to build the best possible chance for growth.

**Relationship Rating Scale (RRS)**

|  |
| --- |
| Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Please rate this relationship’s change potential by placing a mark on the line nearest to the description that best fits your experience.  |

# Validation

I don’t’ feel understood, respected, and validated

I feel understood, respected, and validated

I-------------------------------------------------------------------------I

**Goals and Topics**

We did *not* work on or talk about what I wanted to work on and talk about

We worked on and talked about what I wanted to work on and talk about

I------------------------------------------------------------------------I

**Supportive/Encouraging Role**

I did not feel supported and encouraged in my change efforts; the role was not a good fit

I felt supported and encouraged in my change efforts; the role was a good fit

I-------------------------------------------------------------------------I

**Overall**

Overall, this relationship may not be the best one for my change efforts

Overall, this relationship is right for my change efforts

I------------------------------------------------------------------------I

The Heart and Soul of Change Project

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

www.heartandsoulofchange.com

© 2004, Barry L. Duncan and Scott D. Miller