

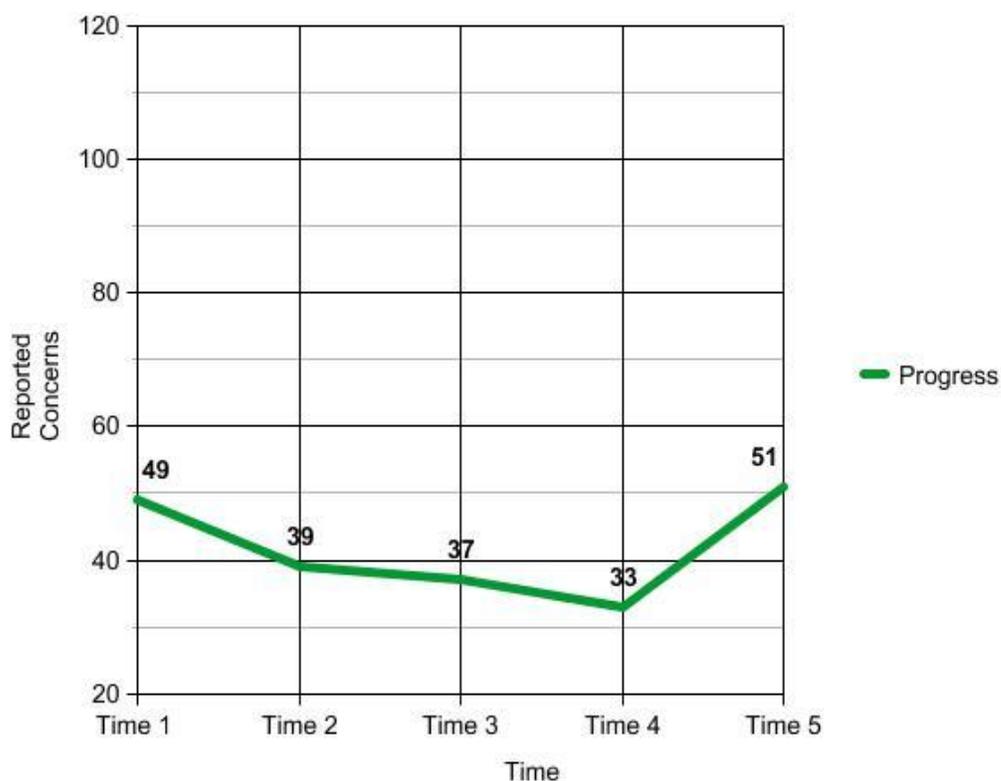
Y-OQ® and Y-O-U

What is Y-OQ®?

- Stands for: “Youth Outcome Questionnaire.”
- There are two versions, the 64 question and 30 question version. They take 7-15 minutes to do.
- It’s a routine measure of how your child is doing.
- The Y-OQ® checks your child’s mental health vital signs. Think of it like you’d think of a blood pressure test or thermometer at the regular doctor.
- It’s a conversation-starter between you, your provider, and when age-appropriate, your child.
- It helps your child’s mental health treatment to be tailored to their specific needs at any given time.
- It produces a snapshot of your child’s symptoms and how they are changing.

The Youth Outcomes Questionnaire (also called Y-OQ®) is a quick way to measure improvement in your child’s mental health, and to help identify when their services aren’t working for them. It’s one way that you, your provider, and your child can make sure treatment is on track. Y-OQ® is a way to make sure your voices are

Sample YOQ Outcomes Graph



This is a sample snapshot of what you’ll see after five times of taking the Y-OQ®. You, your provider, and when age-appropriate, your child will be able to see when your child’s symptoms improve, and to notice when you may need to make some changes if your child’s symptoms are not improving.

You will also be able to see which items specifically need more attention and how treatment may need to change.

You can look at the report together and discuss the results, adjusting your child’s treatment plan if necessary.

Things you should know about the Y-OQ®

You will be taking the Y-OQ®. If you have a child between the ages of 12 and 18, they will probably also be taking the Y-OQ®-SR, which means the Y-OQ® “Self-Report.” All the answers will be used to figure out the best course of treatment.

There are no wrong answers.

Y-OQ® is intended to give you and your child more voice, greater choice, and greater control over treatment.

You are strongly encouraged to take the Y-OQ® because it helps your provider make your child’s services tailored to what your family wants and how your child is doing. However, you should know that your participation is voluntary & will not affect eligibility for treatment.

All of your answers and results have the same confidentiality as the rest of your mental health records.

We’re counting on your feedback about this tool since we are in the pilot (try-out) phase of using it in Maine. From time to time, you and/or your child (if age-appropriate) may be asked to provide feedback on the Y-OQ®. A collective workgroup of youth, families, providers & policy makers, called the Pilot Advisory Group, will use your feedback to make the experience of using the Y-OQ® as helpful and positive as possible.

If you have any questions or concerns about this tool, please address them with your child’s provider.

For electronic copies of this document, or for more information about family voice in YOQ, please visit:

www.gearparentnetwork.org and www.mpf.org

This document was created by youth and families who are assisting with Maine’s implementation of Youth Outcomes Questionnaire, along with clinicians, administrators and policy-makers who form the “Pilot Advisory Group,” helping to guide the way the Y-OQ® is implemented in Maine.