

Using MyLifeTracker for Foundry Works

What is MyLifeTracker?

- a. MLT is a measurement tool that helps us to understand and capture changes in a youth's health and wellness
- b. MLT was developed and is used for measuring health and wellness outcomes in IPS programs for youth^{1,2}
- c. MLT is a validated tool that reliably tracks health and wellness outcomes

Why are we using MyLifeTracker?

- a. Understanding the health and wellness outcomes of youth in our program helps us to improve services and better meet the needs of participants
- b. Sharing a youth's health and wellness outcomes with them can be a validating and empowering experience
- c. Measuring the impact and outcomes of our services is a critical part of the Foundry Service model
- d. Will support our ability to demonstrate the impact and importance of IPS services for youth beyond gaining employment, returning to school, or starting a training program.

How do I start using MyLifeTracker in my work?

- a. MLT is completed by a youth as soon as possible upon entering the Foundry Works program (during one of their first few sessions) and again at the end of the program
- b. For in-person visits, a paper copy of MLT is provided to a youth to complete with the following instructions "Put a mark at the place on the line that shows how you have been feeling over the past week (or since your last session) in each of the following areas:". For virtual visits, the tool can be displayed on the screen, and the clinician can ask the youth to share a number between 1-100 to be transcribed onto the tool.
- c. Once the youth has completed the paper MLT, record the results in the end of service form on toolbox when you complete the registration section of the form.

¹ Kwan B, Rickwood DJ, Telford NR. Development and validation of MyLifeTracker: a routine outcome measure for youth mental health. *Psychol Res Behav Manag*. 2018;11:67-77 <https://doi.org/10.2147/PRBM.S152342>

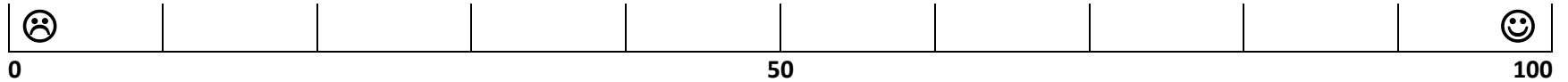
² Kwan, B, Rickwood, DJ. A routine outcome measure for youth mental health: Clinically interpreting MyLifeTracker. *Early Intervention in Psychiatry*. 2021; 15: 807– 817. <https://doi.org/10.1111/eip.13016>



MyLifeTracker

Put a mark at the place on the line that shows how you have been feeling over the past week (or since your last session) in each of the following areas:

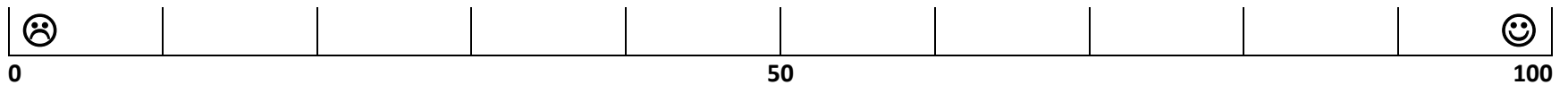
Your general well-being
(Emotional, physical, spiritual)



Your day-to-day activities
(Study, work, leisure, self-care)



Your relationship with friends



Your relationship with family



How you are coping
(Dealing with life, using your strengths)

