

# Vermont Adult Needs and Strengths Assessment

## Introduction

The Communitric approach to measurement is modular and contextual. Items have been developed based on their usefulness and meaning for practitioners as they do the work of personal transformation. Measures are designed with validity and efficiency in mind. By validity we mean that they have a meaning that is readily understandable and able to be consistently described and rated. They also meaningfully relate to, or directly measure, the personally meaningful outcomes we are working to achieve with the people we serve.

Efficiency refers to the amount of information we collect. Because we are working towards achieving specific meaningful goals (personal transformation), the information we collect must inform the process of change. The information we collect and communicate must help us know *what to act on*.

The items included in the Core Item Set represent the minimum set of information needed to facilitate personal transformation in a behavioral health context. They are the minimum set of items we need to do our work. These items also have been among the most frequently referenced in the research literature on the ANSA.

The Core Item Set is presented in the groupings or domains most typically used. Despite being listed here under particular domains, the items can be moved from one domain to another. People in most service systems also choose to use additional items appropriate to their local populations and their strengths and needs. This is consistent with the design and intended use of the CANS. Other items for use must meet a set of formal criteria before they are used. They must have a commonly understood description. They must also be described in terms of action levels common to all ANSA items (0, 1, 2, 3). Finally, they must be able to be scored reliably by practitioners in both testing (vignette) and practice settings.

The work we do is best done when we all work together. We have developed Core Item Sets for the CANS 6+ and the CANS Early Childhood (0-5). We are developing Core Item Sets for other TCOM tools, Family Advocacy and Support Tool, and Crisis Assessment Tool. These common items provide us with a shared language for talking about and acting on strengths and needs.

We look forward to hearing and learning from your voice in this ongoing journey towards mutual transformation.

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*The Praed Foundation*



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## Life Functioning Domain (16)

### FAMILY FUNCTIONING

This item evaluates and rates the individual's relationships with those who are in their family. It is recommended that the description of family should come from the individual's perspective (i.e. who the individual describes as their family). In the absence of this information, consider biological relatives and their significant others with whom the individual is still in contact.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of problems in relationships with family members, and/or individual is doing well in relationships with family members.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
History or suspicion of problems. Individual might be doing adequately in relationships with family members, although some problems may exist. For example, some family members may have problems in their relationships with individual. Arguing may be common but does not result in major problems.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual is having problems with parents, children, siblings and/or other family members that are impacting the individual's functioning. Frequent arguing, difficulty maintaining positive relationships may be observed.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is having severe problems with parents, children, siblings, and/or other family members. This would include problems of domestic violence, absence of any positive relationships, etc.

### MEDICAL/PHYSICAL

This item includes both health problems and chronic/acute physical conditions.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence that the individual has any medical or physical problems, and/or the individual is healthy.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has mild, transient or well-managed physical or medical problems. These include well-managed chronic conditions like diabetes or asthma.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has serious medical or physical problems that require medical treatment or intervention. Or individual has a chronic illness or a physical challenge that requires ongoing medical intervention.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has life-threatening illness or medical/physical condition. Immediate and/or intense action should be taken due to imminent danger to individual's safety, health, and/or development.

### COGNITION

This item is used to rate cognitive functioning such as forgetfulness, confusion, and lack of engagement in life activities. Dementia and brain injury could be rated here.

Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
Individual has evidence of problems with cognitive functioning.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has some concerns about cognitive functioning but no clear evidence that cognitive functioning is currently impacting their life. Early stages of dementia might be rated here.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual whose cognitive functioning is interfering with their ability to fully engage in life activities. Dementias might be rated here if they are not dangers. Traumatic Brain Injury could be rated here.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual whose cognitive functioning results in situations or behavior either dangerous or disabling.
-

## EMPLOYMENT FUNCTIONING

This item rates the performance of the individual in work settings. This performance can include issues of behavior, attendance or productivity.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of problems at work. Individual is gainfully employed.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Problems with work functioning. Individual may have some problems in work environment involving attendance, productivity or relations with others.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Work problems including disruptive behavior and/or difficulties with performing required work. Supervisors likely have warned individual about problems with their work performance.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Work problems including aggressive behavior toward peers or superiors or severe attendance problems. Individual may be recently fired or at very high risk of firing (e.g. on notice).

**NA Individual is homemaker, student or retired.**

## SOCIAL FUNCTIONING

This item rates social skills and relationships. It includes age appropriate behavior and the ability to make and sustain relationships.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of problems and/or individual has developmentally appropriate social functioning.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There is a history or suspicion of problems in social relationships. Individual is having some difficulty interacting with others and building and/or maintaining relationships.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual is having some problems with social relationships that interfere with functioning in other life domains.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is experiencing significant disruptions in social relationships. Individual may have no friends or have constant conflict in relations with others, or have maladaptive relationships with others. The quality of the individual's social relationships presents imminent danger to the individual's safety, health, and/or development.

## DEVELOPMENTAL/INTELLECTUAL

This item describes the presence of any developmental or intellectual disabilities. It includes Intellectual Developmental Disorder (IDD) and the Autism Spectrum Disorders.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of developmental or intellectual disability.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There are concerns about possible developmental needs. Individual may have low IQ, or documented borderline intellectual disability (i.e. FSIQ 70-85). Mild deficits in adaptive functioning are indicated.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has developmental needs (e.g., deficits in social functioning, inflexibility of behavior causing functional problems in one or more settings) and/or mild to moderate Intellectual Disability/Intellectual Disability Disorder. (If available, FSIQ 55-69.) IDD or Autism impacts communication, social functioning, daily living skills, judgment, and/or risk of manipulation by others.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has severe to profound intellectual disability (FSIQ, if available, less than 55) and/or Autism Spectrum Disorder with marked to profound deficits in adaptive functioning in one or more areas: communication, social participation and independent living across multiple environments.

## SEXUAL DEVELOPMENT

This item looks at broad issues of sexual development including sexual behavior or sexual concerns, and the reactions of others to any of these factors.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of issues with sexual development.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
History or suspicion of problems with sexual development, but does not interfere with functioning in other life domains. May include the individual's concerns about sexual orientation, gender identity and expression (SOGIE), or anxiety about the reaction of others.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Problems with sexual development that interferes with the individual's life functioning in other life domains.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Severe problems with sexual development. This would include very frequent risky sexual behavior, sexual aggression, or victim of sexual exploitation.

## INDEPENDENT LIVING SKILLS

This item focuses on the presence or absence of short- or long-term risks associated with impairments in independent living abilities.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
This level indicates an individual who is fully capable of independent living. No evidence of any issues that could impede independent living.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
This level indicates an individual with an impairment of independent living skills. Some problems exist with maintaining reasonable cleanliness, diet and so forth. Problems with money management may occur at this level. These problems are generally addressable with training or supervision.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
This level indicates an individual with an impairment of independent living skills. Notable problems with completing tasks necessary for independent living are apparent. Difficulty with cooking, cleaning, and self-management when unsupervised would be common at this level. Problems are generally addressable with in-home services.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
This level indicates an individual with an impairment of independent living skills. This individual would be expected to be unable to live independently due to their current status. Problems require a structured, staffed living environment .

## RESIDENTIAL STABILITY

This item is used to rate the individual's current and likely future housing circumstances. If the individual lives independently, their history of residential stability can be rated.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
There is no evidence of residential instability. The individual has stable housing for the foreseeable future.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
The individual has relatively stable housing but has either moved in the past three months or there are indications that housing problems could arise at some point within the next three months. Also, a mild degree of residential instability if living independently, characterized by the potential loss of housing due to the individual's difficulty with self-care, disruptive behavior, financial situation, or other psychosocial stressor. A recent move for any reason that the individual found stressful would be rated here.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
The individual has moved multiple times in the past year. Also, a moderate degree of residential instability if the individual is living independently, characterized by recent and temporary lack of permanent housing.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
The individual has experienced periods of homelessness in the past six months. Also, significant degree of residential instability if living independently, characterized by homelessness for at least 30 days as defined by living on the streets, in shelters, or other transitional housing.

## LEGAL

This item rates only the individual's involvement with the legal system.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual has no known legal difficulties.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has a history of legal problems but currently is not involved with the legal system.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has some legal problems and is currently involved in the legal system.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has serious current or pending legal difficulties that place them at risk for incarceration.

## SLEEP

This item rates the individual's sleep patterns. This item is used to describe any problems with sleep, regardless of the cause including difficulties falling asleep or staying asleep as well as sleeping too much.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual gets a full night's sleep each night.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has some problems sleeping. Generally, individual gets a full night's sleep but at least once a week problems arise. This may include occasionally awakening or having nightmares.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual is having problems with sleep. Sleep is often disrupted and individual seldom obtains a full night of sleep.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is generally sleep deprived. Sleeping is almost always difficult and the individual is not able to get a full night's sleep.

## SELF-CARE

This item focuses on current status of self-care functioning.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of self-care impairments. This is characterized by the ability to independently complete all activities of daily living such as bathing, grooming, dressing, cooking, and managing personal finances.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has an impairment with self-care. This is characterized by self-care difficulties that impair the individual's level of functioning, but do not represent a significant short- or long-term threat to the person's well-being.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has an impairment with self-care. This is characterized by a disruption in more than one self-care skill. The individual's self-care does not represent an immediate threat to their safety but has the potential for creating significant long-term problems if not addressed.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has an impairment with self-care. This is characterized by disruptions in multiple self-care skills. The individual's self-care abilities are sufficiently impaired that they represent an immediate threat to themselves and require 24-hour supervision to ensure safety. (Suicidal or homicidal ideation or behavior would not be captured here, however, an acute eating disorder would be captured here).

## DECISION MAKING

This item describes the individual's ability to make decisions and understanding of choices and consequences. This rating should reflect the degree to which an individual can concentrate on an issue, think through decisions, anticipate consequences of decisions, and follow through on decisions.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of problems with judgment or poor decision-making that result in harm to development and/or well-being.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There is a history or suspicion of problems with judgment in which the individual makes decisions that are in some way harmful to their development and/or well-being.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Problems with judgment in which the individual makes decisions that are in some way harmful to their development and/or well-being. As a result, more supervision is required.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Problems with judgment that place the individual at risk of significant physical harm. Individual is currently unable to make decisions. Therefore, individual requires intense and constant supervision.

## INVOLVEMENT IN RECOVERY

This rating focuses on the level of the individual's active participation in treatment and self-management of behavioral health needs.

### Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
Individual is fully involved in their recovery. They have identified treatment choices and fully participates.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual is generally involved in their recovery. They participate in treatment but does not actively exercise choice.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual is marginally involved in their recovery. They are minimally involved in treatment.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is uninvolved in their recovery. They are currently not making effort to address needs.

**MEDICATION SUPPORT** This item is intended to assess the level of need for individuals who have chosen to take medication through a person-centered agreement with their prescribing clinician but need support (such as bubble packs, delivery plans) to take them as prescribed.

### Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
This level indicates an individual who takes psychotropic medications as prescribed and without reminders or supports, or an individual who is not currently prescribed any psychotropic medication (this does not include a person occasionally missing a dose).
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, observation, self-report, or lab findings.*  
This level indicates an individual who will take psychotropic medications routinely, but who sometimes needs reminders to maintain use as prescribed would be rated here.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
This level indicates an individual who is taking medication somewhat inconsistently or not as prescribed. They might follow prescription plans for periods of time (1-2 weeks) but generally do not sustain taking medication in prescribed dose, or there may be concerns about misuse.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
This level indicates an individual who has not taken prescribed psychotropic medications during the past 30 day period or who has abused their medications to a significant degree (i.e., overdosing or over using medications to a dangerous degree).

**MEDICATION CONSENT-** This item focuses on use of medications when there is a difference of opinion about treatment approach. This item focuses on instances where consent may not be achieved/clear regarding medication because of power differences or formal mandated treatment structures (i.e.- ONH)

## Ratings and Descriptions

**0** *No evidence of any needs; no need for action.*

This level indicates an individual understands the risks and benefits (is informed and has consented) of prescribed medication and is not currently on an ONH or otherwise mandated to treatment.

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**1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, observation or self report*

This level indicates a situation where the person has consented but has not expressed understanding of the risks/benefits or hasn't been fully informed.

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**2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*

This level indicates a situation in which the prescriber/treatment team and the individual disagree about the use/benefit/risks of medication and the person reports experiencing feeling pressured to use medication.

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**3** *Need is dangerous or disabling; requires immediate and/or intensive action.*

This level indicates the existence of court ordered use of medication and the person would otherwise not choose to use medication or the kind of medication or dosage that is prescribed to them.

## TRANSPORTATION

This item is used to rate the level of transportation required to ensure that the individual could effectively participate in their own treatment. This is intended to measure transportation needs the individual cannot meet without support

### Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
The individual has no transportation needs.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
The individual has occasional transportation needs (e.g., appointments). These needs would be no more than weekly and do not require a specialized vehicle.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
The individual has occasional transportation needs that require a special vehicle or frequent transportation needs (e.g., daily to work or therapy) that do not require a specialized vehicle.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
The individual requires frequent (e.g., daily to work or therapy) transportation in a specialized vehicle.

## PARENTAL/CAREGIVING ROLE

This item focuses on an individual in any parental/caregiving role.

### Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
Individual has a parenting or caregiving role, and they are functioning appropriately in that role. An individual that does not have a parental or caregiving role would be rated here.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has responsibilities as a parent/caregiver and occasionally experiences difficulties with this role.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has responsibilities as a parent/caregiver, and they currently struggle to meet these responsibilities; these responsibilities are currently interfering with the individual's functioning in other life domains.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has responsibilities as a parent/caregiver and is currently unable to meet these responsibilities, or these responsibilities are making it impossible for the individual to function in other life domains. The individual has the potential of abuse or neglect in their parenting/ caregiving role.

## LONELINESS

This item describes the individual's feelings or perception of loneliness. This is not exclusively a social isolation item, as some individuals are comfortable with or seek out some level of social isolation that others might find uncomfortable.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
There is no evidence that the individual is experiencing any loneliness.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual experiences some loneliness but it does not interfere with their life, or the individual might be socially isolated but not reporting any feeling of loneliness.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has expressed a level of loneliness that is interfering with functioning in at least one life domain.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is experiencing severe loneliness. This may be either a symptom of or a cause of depression or other mental health challenges. The individual's experience of loneliness is either disabling or so severe as to create worries about the individual's personal safety.

## Psychiatric Hospitalizations

### NUMBER OF PSYCHIATRIC HOSPITALIZATIONS IN THE PAST 12 MONTHS

This item describes the individual's recent utilization of inpatient hospital level of care.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
This rating indicates zero hospitalizations in the past 180 days.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
This rating indicates one hospitalization in the past 180 days.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
This rating indicates two hospitalizations in the past 180 days.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
This rating indicates three or more hospitalizations in the past 180 days.

### NUMBER OF PSYCHIATRIC HOSPITALIZATIONS IN THE PAST TWO YEARS

This item describes the individual's history of utilization of inpatient hospital level of care

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
This rating indicates zero hospitalizations in the past two years.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
This rating indicates one hospitalization in the past two years.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
This rating indicates two hospitalizations in the past two years.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
This rating indicates three or more hospitalizations in the past two years.

## Medical Domain

### PRIMARY CARE CONNECTED

This item describes the individual's connection with a Primary Care physician who can meet their needs.

#### Ratings and Descriptions

- 4 No evidence of any needs; no need for action.*  
Individual has a PCP and connects with them as needed and for regular wellness check-ups.
- 
- 5 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has PCP but may not connect with them regularly or is unsure they feel well connected to them.
- 
- 6 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has a PCP but does not know the doctor's name, has not been seen for over a year or does not know when last seen.
- 
- 7 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual does not have a PCP.

### CHRONIC HEALTH CONDITIONS

This item indicates the presence of chronic health conditions for which the client needs support to manage.

Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual has no known chronic health conditions
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has chronic health condition(s) but reports being able to manage effectively
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has chronic health condition(s) but reports difficulty managing alone.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has chronic health condition(s) that are not being managed, putting them at risk.

**NON-PSYCHIATRIC MEDICAL HOSPITALIZATION OR EMERGENCY ROOM (ER) VISITS**

This item describes the individual's level of utilization of non-psychiatric hospital or Emergency Room services.

Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual has no known hospitalization or ER visits in past year.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual reports one hospitalization or ER visit in past year.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual reports between 2 to 5 hospitalizations or ER visits in the past year.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual reports more than 5 hospitalizations or ER visits in the past year, or multiple visits in the past 30 days.

## Strengths (9)

### FAMILY STRENGTHS

This item refers to the presence of a sense of family identity as well as love and communication among family members.

#### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Family has strong relationships and significant family strengths. This level indicates a family with much love and respect for one another. There is at least one family member who has a strong loving relationship with the individual and is able to provide significant emotional or concrete support. Individual is fully included in family activities.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Family has some good relationships and good communication. Family members are able to enjoy each other's company. There is at least one family member who has a strong, loving relationship with the individual and is able to provide limited emotional or concrete support.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Family needs some assistance in developing relationships and/or communications. Family members are known, but currently none are able to provide emotional or concrete support.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Family needs significant assistance in developing relationships and communications, or individual has no identified family. Individual is not included in normal family activities.

### INTERPERSONAL

This item is used to identify an individual's social and relationship skills. Interpersonal skills are rated independently of Social Functioning because an individual can have social skills but still struggle in their relationships at a particular point in time.

#### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Significant interpersonal strengths. Individual has well-developed interpersonal skills and healthy friendships.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual has good interpersonal skills and has shown the ability to develop healthy friendships.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual requires strength building to learn to develop good interpersonal skills and/or healthy friendships. Individual has some social skills that facilitate positive relationships with peers but may not have any current healthy friendships.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of observable interpersonal skills or healthy friendships at this time and/or individual requires significant help to learn to develop interpersonal skills and healthy friendships.

## OPTIMISM

This refers to the individual's orientation toward the future.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual has a strong and stable optimistic outlook for their future.
- 
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual is generally optimistic about their future.
- 
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has difficulty maintaining a positive view of themselves and their life. Individual's outlook may vary from overly optimistic to overly pessimistic.
- 
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of optimism at this time and/or individual has difficulties seeing positive aspects about themselves or their future.

## EDUCATIONAL/VOCATIONAL SETTING

This item is used to evaluate the nature of the educational or vocational setting's relationship with the individual and family, as well as, the level of support the individual receives from the setting.

### Ratings and Descriptions

- NA Individual is not in an educational or vocational setting.
- 
- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
The educational or vocational setting works closely with the individual and family to identify and successfully address the individual's educational needs; OR the individual excels in the educational or vocational setting.
- 
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Educational or vocational setting works with the individual and family to address the individual's educational needs; OR the individual likes the educational or vocational setting.
- 
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
The educational or vocational setting is currently unable to adequately address the individual's academic/vocational or behavioral needs.
- 
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of the educational or vocational setting working to identify or successfully address the individual's needs at this time and/or the educational or vocational setting is unable and/or unwilling to work to identify and address the individual's needs and/or there is no school to partner with at this time.

## JOB HISTORY

This item describes the individual's experience with paid employment.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual has significant job history with positive outcomes. Individual is currently employed as a valued employee.
- 
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual has held jobs for a reasonable period of time and has former employers willing to recommend them for future employment
- 
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has some work history.
- 
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Individual has no work history.

## TALENTS AND INTERESTS

This item refers to hobbies, skills, artistic interests and talents that are positive ways that individuals can spend their time, and also give them pleasure and a positive sense of self.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual has a talent that provides pleasure and/or self-esteem. Individual with significant creative/artistic/athletic strengths would be rated here.
- 
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual has a talent, interest, or hobby that has the potential to provide pleasure and self-esteem. This level indicates an individual with a notable talent. For example, an individual who is involved in athletics or plays a musical instrument would be rated here.
- 
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has expressed interest in developing a specific talent, interest or hobby even if that talent has not been developed to date, or whether it would provide the individual with any benefit.
- 
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of identified talents, interests or hobbies at this time and/or individual requires significant assistance to identify and develop talents and interests.

## SPIRITUAL/RELIGIOUS

This item refers to the individual's experience of receiving comfort and support from religious or spiritual involvement. This item rates the presence of beliefs that could be useful to the individual; however an absence of spiritual/religious beliefs does not represent a need for the family.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual is involved in and receives comfort and support from spiritual and/or religious beliefs, practices and/or community. Individual may be very involved in a religious community or may have strongly held spiritual or religious beliefs that can sustain or comfort the individual in difficult times.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual is involved in and receives some comfort and/or support from spiritual and/or religious beliefs, practices and/or community.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has expressed some interest in spiritual or religious belief and practices.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of identified spiritual or religious beliefs, nor does the individual show any interest in these pursuits at this time.

## COMMUNITY LIFE

This item reflects the individual's connection to people, places or institutions in their community.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual is well integrated into their community. The individual is a member of community organizations and has positive ties to the community. For example, individual may be a member of a community group for more than one year, may be connect with neighbors, or involved in other community activities, informal networks, etc.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual is somewhat involved with their community. This level can also indicate an individual with significant community ties although they may be relatively short term.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has an identified community but has only limited, or unhealthy, ties to that community.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
There is no evidence of an identified community of which individual is a member at this time.

## NATURAL SUPPORTS

This item refers to unpaid helpers in the individual's natural environment. All family members and paid caregivers are excluded.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual has significant natural supports that contribute to helping support the individual's healthy development.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual has identified natural supports that provide some assistance in supporting the individual's healthy development.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has some identified natural supports, however those supports are not actively contributing to the individual's healthy development.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Individual has no known natural supports (outside of family and paid caregivers).

**Please Note: Resiliency is the core item. For an alternate, please see Addendum: Alternate Items (page 35).**

## RESILIENCY

This item refers to the individual's ability to recognize their internal strengths and use them in times of need and in managing daily life. Resilience also refers to the individual's ability to bounce back from stressful life events.

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual is able to both identify and use strengths to better themselves and successfully manage difficult challenges. The individual expresses confidence in being able to handle the challenges adversity brings or has demonstrated an ability to do so over time.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual is to identify most of their strengths and is able to partially utilize them. The individual is able to handle the challenges adversity brings in specific situations or at certain time periods in life, or has examples when the individual was able to do so.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual is able to identify strengths but is not able to utilize them effectively. The individual currently has limited confidence in the ability to overcome setbacks.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Individual is not yet able to identify personal strengths and has no known evidence of being able to overcome adverse life situations. An individual who currently has no confidence in the ability to overcome setbacks should be rated here.

## CULTURAL IDENTITY

Cultural identity refers to the individual's view of self as belonging to a specific cultural group. This cultural group may be defined by a number of factors including race, religion, ethnicity, geography, sexual orientation or gender identity and expression (SOGIE).

### Ratings and Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
The individual has defined a cultural identity and is connected to others who support the individual's cultural identity.

---

- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
The individual is developing a cultural identity and is seeking others to support the individual's cultural identity.

---

- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
The individual is searching for a cultural identity and has not connected with others.

---

- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
The individual does not express a cultural identity.

## Cultural Factors (3)

### LANGUAGE

This item looks at whether the individual and family need help with communication to obtain the necessary resources, supports and accommodations (e.g., translator). This item includes spoken, written, and sign language, as well as issues of literacy.

#### Ratings and Descriptions

**0** *No evidence of any needs; no need for action.*

No evidence that there is a need or preference for an interpreter and/or the individual and family speak and read the primary language where the individual or family lives.

**1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*

Individual and/or family speak or read the primary language where the individual or family lives, but potential communication problems exist because of limited vocabulary or comprehension of the nuances of the language.

**2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*

Individual and/or significant family members do not speak the primary language where the individual or family lives. Translator or family's native language speaker is needed for successful intervention; a qualified individual(s) can be identified within natural supports. [continues]

**3** *Need is dangerous or disabling; requires immediate and/or intensive action.*

Individual and/or significant family members do not speak the primary language where the individual or family lives. Translator or family's native language speaker is needed for successful intervention; no such individual is available from among natural supports.

### TRADITIONS AND RITUALS

This item rates the individual and family's access to and participation in cultural tradition, rituals and practices, including the celebration of culturally specific holidays such as Kwanza, Dia de los Muertos, Yom Kippur, Quinceanera, etc. This also may include daily activities that are culturally specific (e.g., wearing a hijab, praying toward Mecca at specific times, eating a specific diet, access to media), and traditions and activities to include newer cultural identities.

#### Ratings and Descriptions

**0** *No evidence of any needs; no need for action.*

Individual and/or family are consistently able to practice their chosen traditions and rituals consistent with their cultural identity.

**1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*

Individual and/or family are generally able to practice their chosen traditions and rituals consistent with their cultural identity; however, they sometimes experience some obstacles to the performance of these practices.

**2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*

Individual and/or family experience significant barriers and are sometimes prevented from practicing their chosen traditions and rituals consistent with their cultural identity.

**3** *Need is dangerous or disabling; requires immediate and/or intensive action.*

Individual and/or family are unable to practice their chosen traditions and rituals consistent with their cultural identity.

## CULTURAL STRESS

This item identifies circumstances in which the individual and family's cultural identity is met with hostility or other problems within their environment due to differences in attitudes, behavior, or beliefs of others (this includes cultural differences that are causing stress between the individual and his/her family). Racism, negativity toward sexual orientation, gender identity and expression (SOGIE) and other forms of discrimination would be rated here.

### Ratings and Descriptions

- 0** *No evidence of any needs; no need for action.*  
No evidence of stress between the individual's cultural identity and current environment or living situation.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Some mild or occasional stress resulting from friction between the individual's cultural identity and current environment or living situation.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual is experiencing cultural stress that is causing problems of functioning in at least one life domain. Individual needs support to learn how to manage culture stress.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual is experiencing a high level of cultural stress that is making functioning in any life domain difficult under the present circumstances. Individual needs immediate plan to reduce culture stress.

## Behavioral/Emotional Needs (11)

### PSYCHOSIS (THOUGHT DISORDER)

This item rates the symptoms of psychiatric disorders, including schizophrenia spectrum and other psychotic disorders.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of psychotic symptoms. Both thought processes and content are within typical range.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Evidence of disruption in thought processes or content. Individual may be somewhat tangential in speech or evidence somewhat illogical thinking. This also includes an individual with a history of hallucinations but none currently. Use this category for an individual who is below the threshold for one of the DSM diagnoses listed above.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Evidence of disturbance in thought process or content that may be impairing the individual's functioning in at least one life domain. Individual may be somewhat delusional or have brief intermittent hallucinations. Speech may be at times quite tangential or illogical.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Clear evidence of dangerous hallucinations, delusions, or behavior associated with some form of psychotic disorder that places the individual or others at risk of physical harm.

### IMPULSE CONTROL

This item refers to symptoms of Impulse Control problems that might occur in a number of disorders including Intermittent Explosive Disorder, Attention Deficit Hyperactivity Disorder or Borderline Personality Disorder.

#### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual is able to regulate and self-manage behavior with no evidence of impulse problems..
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There is a history or evidence of mild levels of impulsivity evident in action or thought that place the individual at risk of future functioning difficulties. Evidence of mild problems with impulse control. An individual may have some difficulties with sitting still or paying attention or may occasionally engage in impulsive behavior.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Clear evidence of problems with impulsive, distractible, or hyperactive behavior that interferes with the individual's functioning in at least one life domain. An individual who meets DSM criteria for an impulse control disorder would be rated here.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Clear evidence of a dangerous level of hyperactivity and/or impulsive behavior that places the individual at risk of physical harm. This indicates an individual with frequent and significant levels of impulsive behavior that carries considerable safety risk (e.g., running into the street, dangerous driving).

## DEPRESSION

This item rates symptoms such as irritable or depressed mood, social withdrawal, sleep disturbances, weight/eating disturbances, and loss of motivation, interest or pleasure in daily activities.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of problems with depression.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
History or suspicion of depression or evidence of depression associated with a recent negative life event with minimal impact on life domain functioning. Brief duration of depression, irritability, or impairment of peer, family, or vocational or academic functioning that does not lead to pervasive avoidance behavior.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Clear evidence of depression associated with either depressed mood or significant irritability. Depression has interfered significantly in individual's ability to function in at least one life domain.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Clear evidence of disabling level of depression that makes it virtually impossible for the individual to function in any life domain. This rating is given to an individual with a severe level of depression. This would include an individual who stays at home or in bed all day due to depression or one whose emotional symptoms prevent any participation in work, social settings, or family life. Disabling forms of depressive diagnoses would be rated here.

## MANIA/MOOD DISTURBANCE

Symptoms included in this item are symptoms of mania or hypomania, or depressed mood preceded by hypomania, or mania.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual with no evidence of mood lability such as hypomania, mania or bipolar related depression.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual with prolonged emotional/mood problems. Evidence of depression, irritability, or other issues of mood, including mood swings with some evidence of hypomania. These problems are not yet impacting the individual's functioning.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual with mood disturbance problems that interfere with their functioning. This would include episodes of mania, depression, social withdrawal, school avoidance, or inability to experience happiness.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual with mood disturbance problems that are dangerous or disabling. This would include an individual whose emotional symptoms prevent appropriate participation in work, social settings, or family life.

## ANXIETY

This item rates symptoms associated with DSM-5 anxiety disorders characterized by excessive fear and anxiety and related behavioral disturbances (including avoidance behaviors).

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of anxiety symptoms.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There is a history, suspicion, or evidence of mild anxiety associated with a recent negative life event. This level is used to rate either a mild phobia or anxiety problem that is not yet causing the individual significant distress or markedly impairing functioning in any important context.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Clear evidence of anxiety associated with either anxious mood or significant fearfulness. Anxiety has interfered in the individual's ability to function in at least one life domain.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Clear evidence of debilitating level of anxiety that makes it virtually impossible for the individual to function in any life domain.

## INTERPERSONAL PROBLEMS

This item identifies problems with relating to other people including significant manipulative behavior, social isolation, or significant conflictual relationships. The presence of any DSM personality disorder may be rated here.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of notable interpersonal problems identified.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
History or evidence of some interpersonal problems; behavior is probably sub-threshold for the diagnosis of personality disorder. Mild but consistent antisocial or narcissistic behavior is rated here.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual's relationship problems are beginning to interfere with their life functioning and may warrant a DSM personality disorder diagnosis.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual's interpersonal problems have a significant impact on the individual's long-term functioning. Interpersonal problems are disabling and block the individual's ability to function independently.

## ANTISOCIAL BEHAVIOR

This item rates the degree to which an individual engages in behavior that is consistent with the presence of an Antisocial Disorder.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual shows no evidence of antisocial behavior.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
There is a history, suspicion or evidence of some problems associated with antisocial behavior including but not limited to lying, stealing, manipulation of others, acts of sexual aggression, or violence towards people, property or animals. The individual may have some difficulties in school and home behavior. Problems are recognizable but not notably deviant for age, sex and community.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Clear evidence of antisocial behavior including but not limited to lying, stealing, manipulating others, sexual aggression, violence towards people, property, or animals. An individual rated at this level will likely meet criteria for a diagnosis of Antisocial Personality Disorder.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Evidence of a severe level of aggressive or antisocial behavior, as described above, that places the individual or community at significant risk of physical harm due to these behaviors. This could include frequent episodes of unprovoked, planned aggressive or other antisocial behavior.

## ADJUSTMENT TO TRAUMA

This item is used to describe the individual who is having difficulties adjusting to a traumatic experience, as defined by the individual.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence that individual has experienced a traumatic life event, OR individual has adjusted well to traumatic/adverse experiences.
- 
- 1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
The individual has experienced a traumatic event and there are some changes in their behavior that are currently sufficiently managed. These symptoms are expected to ease with the passage of time and therefore no current intervention is warranted. Individual may be in the process of recovering from a more extreme reaction to a traumatic experience, which may require a need to watch these symptoms or engage in preventive action.
- 
- 2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Clear evidence of adjustment problems associated with traumatic life event(s). Symptoms can vary widely and may include sleeping or eating disturbances, regressive behavior, or behavior problems. Adjustment is interfering with individual's functioning in at least one life domain.
- 
- 3** *Need is dangerous or disabling; requires immediate and/or intensive action.*  
Clear evidence of debilitating level of trauma symptoms that makes it virtually impossible for the individual to function in any life domain including symptoms such as flashbacks, nightmares, significant anxiety, intrusive thoughts, and/or re-experiencing trauma (consistent with PTSD).

## ANGER CONTROL

This item captures the individual's ability to identify and manage their anger when frustrated.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
No evidence of any anger control problems.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
History, suspicion of, or evidence of some problems with controlling anger. Individual may sometimes become verbally aggressive when frustrated. Peers and family are aware of and may attempt to avoid stimulating angry outbursts.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual's difficulties with controlling anger are impacting functioning in at least one life domain. Individual's temper has resulted in significant trouble with peers, family and/or work. Anger may be associated with physical violence. Others are likely quite aware of anger potential.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual's temper or anger control problem is dangerous. Individual frequently gets into fights that are often physical. Others likely fear the individual.

## SUBSTANCE USE

This item describes problems related to the use of alcohol and illegal drugs, the misuse of prescription medications, and the inhalation of any chemical or synthetic substance by an individual.

### Ratings and Descriptions

- 0 No evidence of any needs; no need for action.*  
Individual has no notable substance use difficulties at the present time.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*  
Individual has substance use problems that occasionally interfere with daily life (e.g., intoxication, loss of money, reduced work performance, concern from family). History of substance use problems without evidence of current problems related to use is rated here.
- 
- 2 Action is required to ensure that the identified need is addressed; need is interfering with functioning.*  
Individual has a substance use problem that consistently interferes with the ability to function optimally, but does not completely preclude functioning in an unstructured setting.
- 
- 3 Need is dangerous or disabling; requires immediate and/or intensive action.*  
Individual has a substance use problem that represents complications to functional issues that may result in danger to self, public safety issues, or the need for detoxification of the individual.

## EATING DISTURBANCES

This item includes problems with eating including disturbances in body image, refusal to maintain normal body weight and recurrent episodes of binge eating. These ratings are consistent with DSM Eating Disorders.

### Ratings and Descriptions

**0** *No evidence of any needs; no need for action.*

This rating is for an individual with no evidence of eating disturbances.

**1** *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement.*

This rating is for an individual with a mild level of eating disturbance. This could include some preoccupation with weight, calorie intake, or body size or type when of normal weight or below weight. This could also include some binge eating patterns.

**2** *Action is required to ensure that the identified need is addressed; need is interfering with functioning.*

This rating is for an individual with a moderate level of eating disturbance. This could include a more intense preoccupation with weight gain or becoming fat when underweight, restrictive eating habits or excessive exercising in order to maintain below normal weight, and/or emaciated body appearance. This level could also include more notable binge eating episodes that are followed by compensatory behaviors in order to prevent weight gain (e.g., vomiting, use of laxatives, excessive exercising). This individual may meet criteria for a DSM Eating Disorder (Anorexia or Bulimia Nervosa).

**3** *Need is dangerous or disabling; requires immediate and/or intensive action.*

This rating is for an individual with a more severe form of eating disturbance. This could include significantly low weight where hospitalization is required or excessive binge-purge behaviors (at least once per day).

## Risk Behaviors (8)

### SUICIDE RISK

This item is intended to describe the presence of thoughts or behaviors aimed at taking one's life. This rating describes both suicidal and significant self-injurious behavior. This item rates overt and covert thoughts and efforts on the part of an individual to end their life.

#### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence of suicidal ideation.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
History of suicidal ideation, but no recent ideation or gesture. History of suicidal behaviors or significant ideation but none during the recent past.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Recent, but not acute, suicidal ideation or gesture.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Current suicidal ideation and intent OR command hallucinations that involve self-harm.

### NON-SUICIDAL SELF-INJURIOUS BEHAVIOR (SELF-MUTILATION)

This item rates repetitive, physically harmful behavior that generally serves as a self-soothing function to the individual (e.g., cutting, carving, burning self, face slapping, head banging, etc.).

#### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence of any forms of self-injury.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
A history or suspicion of self-injurious behavior.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Engaged in self-injurious behavior (cutting, burns, piercing skin with sharp objects, repeated head banging) that does not require medical attention.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Engaged in self-injurious behavior requiring medical intervention (e.g., sutures, surgery) and that is significant enough to put the individual's health at risk.

### OTHER SELF HARM (RECKLESSNESS)

This item rates reckless and dangerous behaviors that, while not intended to harm self or others, place the individual or others in some jeopardy.

#### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence of behaviors (other than suicide or self-mutilation) that place the individual at risk of physical harm.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
There is a history or suspicion of or mild reckless or risk-taking behavior (other than suicide or self-mutilation) that places individual at risk of physical harm.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Engaged in reckless or intentional risk-taking behavior (other than suicide or self-mutilation) that places the individual in danger of physical harm.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Engaged in reckless or intentional risk-taking behavior (other than suicide or self-mutilation) that places the individual at immediate risk of death.

### VICTIMIZATION/EXPLOITATION

This item describes an individual who has been victimized by others. This item is used to examine a history and pattern of being the object of abuse and/or whether the person is at current risk for re-victimization or exploitation. It would also include individuals who are victimized in other ways (e.g., being bullied, sexual abuse, sexual exploitation, etc.).

#### Ratings and Descriptions

- 0 No evidence of any needs*  
No evidence that the individual has experienced victimization or exploitation. They may have been bullied, robbed or burglarized on one or more occasions in the past, but no pattern of victimization exists. Individual is not presently at risk for re-victimizations or exploitation.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
Suspicion or history of victimization or exploitation, but the individual has not been victimized to any significant degree in the past year. Individual is not presently at risk for re-victimization or exploitation.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Individual has been recently victimized (within the past year) and may be at risk of re-victimization. This might include physical or sexual abuse, significant psychological abuse by family or friend, sexual exploitation, or violent crime.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Individual has been recently or is currently being victimized or exploited, including human trafficking (e.g., labor or sexual exploitation including the production of pornography, sexually explicit performance, sexual activity) or living in an abusive relationship.

## DANGER TO OTHERS

This item rates the individual's violent or aggressive behavior. The intention of this behavior is to cause significant bodily harm to others.

### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence or history of aggressive behaviors or significant verbal threats of aggression towards others (including people and animals).
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
History of aggressive behavior or verbal threats of aggression towards others. History of fire setting would be rated here.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Occasional or moderate level of aggression towards others. Individual has made verbal threats of violence towards others.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Acute homicidal ideation with a plan, frequent or dangerous (significant harm) level of aggression to others. Individual is an immediate risk to others.

## ADDICTIVE BEHAVIORS

This item describes behaviors, or a stimulus related to a behavior that is both rewarding and reinforcing to an individual and leads to an addiction. The presence of an addictive behavior requires evidence of loss of control over the behavior, craving to engage in the behavior, withdrawal symptoms when the behavior is unavailable, and a need for an increasing frequency or intensity in the behavior. Addictive behaviors rated here include (but not limited to) sex, gambling, gaming, social media, etc. Addictions related to drugs or alcohol are rated in the Substance Use item.

### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence that the individual experiences any behaviors that might be considered addictive.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
Individual has a history of engaging in specific behaviors that were addictive for that individual, OR there is suspicion that the individual is experiencing an addiction to a specific behavior.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Individual is engaging in addictive behaviors that are interfering with their functioning.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Individuals is engaging in addictive behaviors that are either very dangerous or that prevent functioning in at least one life domain.

## SEXUAL AGGRESSION

This item is intended to describe both aggressive sexual behavior and sexual behavior in which the individual takes advantage of a vulnerable or less powerful individual. The severity and recency of the behavior provide the information needed to rate this item.

### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence of sexually aggressive behavior.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
History or suspicion of sexually aggressive behavior and/or sexually inappropriate behavior within the past year that troubles others such as harassing talk or public excessive masturbation.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
Individual engages in sexually aggressive behavior that impairs their functioning. For example, frequent inappropriate sexual behavior (e.g., inappropriate touching of others). Frequent disrobing would be rated here only if it was sexually provocative.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
Individual engages in a dangerous level of sexually aggressive behavior. This would indicate the rape or sexual abuse of another person involving sexual penetration.

## CRIMINAL BEHAVIOR

This item includes both criminal behavior and status offenses that may result from the individual failing to follow required behavioral standards. This category does not include drug usage but it does include drug sales and other drug related activities. Sexual offenses should be included as criminal behavior.

### Ratings and Descriptions

- 0 No evidence of any needs.*  
No evidence or history of criminal behavior.
- 
- 1 Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
A history of criminal behavior but none in the past year.
- 
- 2 Action or intervention is required to ensure that the identified need is addressed.*  
A moderate level of criminal activity. This level indicates an individual who has been engaged in criminal activity during the past year, but the criminal activity does not represent a significant physical risk to others in the community. Examples would include vandalism and shoplifting.
- 
- 3 Intensive and/or immediate action is required to address the need or risk behavior.*  
A severe level of criminal activity. This level indicates an individual who has been engaged in violent criminal activity during the past year which represent a significant physical risk to others in the community. Examples would include rape, armed robbery, and assault.

## COMMAND HALLUCINATIONS

This includes hallucinations in which an individual with psychosis believes they are being commanded to perform an act that may result in harm to self or others.

Ratings and Descriptions

- 0 *No evidence of any needs.*  
No evidence of hallucinations, either command or otherwise.
- 
- 1 *Need that requires monitoring, watchful waiting, or preventive action. This may have been a risk behavior in the past.*  
History of command hallucinations but not within the past year, or commands are not compelling client to act (e.g. easily ignored by client) or which do not involve harm to self or others.
- 
- 2 *Action or intervention is required to ensure that the identified need is addressed.*  
Recent command hallucinations that have threatening content, but which the individual is able to resist acting on.
- 
- 3 *Intensive and/or immediate action is required to address the need or risk behavior.*  
Recent command hallucinations which individual feels they are (or shortly will be) compelled to react. Enacting the commands would result in harm to self or other.

## Caregiver Resources and Needs (9) – Optional Domain

### INVOLVEMENT WITH CARE

This item is used to rate the level of involvement the caregiver(s) has in the planning and provision of mental health related services.

Ratings and Descriptions

- 0 *No current need; no need for action. This may be a resource for the individual.*  
No evidence of problems with caregiver involvement in services or interventions, and/or caregiver is able to act as an effective advocate for the individual.
- 
- 1 *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver is consistently involved in the planning and/or implementation of services for the individual but is not an active advocate on behalf of the individual. Caregiver is open to receiving support, education, and information.
- 
- 2 *Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Caregiver is not actively involved in the individual's services and/or interventions intended to assist the individual.
- 
- 3 *Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver wishes for individual to be removed from their care.

### KNOWLEDGE

This item identifies the caregiver's knowledge of the individual's strengths and needs, and the caregiver's ability to understand the rationale for the treatment or management of these problems.

Ratings and Descriptions

- 0 *No current need; no need for action. This may be a resource for the individual.*  
No evidence of caregiver knowledge issues. Caregiver is fully knowledgeable about the individual's psychological strengths and weaknesses, talents and limitations.
- 
- 1 *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver, while being generally knowledgeable about the individual, has some mild deficits in knowledge or understanding of the individual's psychological condition, talents, skills and assets.
- 
- 2 *Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Caregiver does not know or understand the individual well and significant deficits exist in the caregiver's ability to relate to the individual's problems and strengths.
- 
- 3 *Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver has little or no understanding of the individual's current condition. Caregiver's lack of knowledge about the individual's strengths and needs place the individual at risk of significant negative outcomes.
-

## SOCIAL RESOURCES

This item is used to refer to the financial and social assets (extended family) and resources that the caregiver(s) can bring to bear in addressing the multiple needs of the individual and family.

### Ratings and Descriptions

- 0 *No current need; no need for action. This may be a resource for the individual.*  
Caregiver has significant social and family networks that actively help with caregiving.
- 
- 1 *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver has some family or friend or social network that actively helps with caregiving.
- 
- 2 *Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Work needs to be done to engage family, friends or social network in helping with caregiving.
- 
- 3 *Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver has no family or social network to help with caregiving.

## RESIDENTIAL STABILITY

This item rates the housing stability of the caregiver(s) and does not include the likelihood that the individual will be removed from the household.

### Ratings and Descriptions

- 0 *No current need; no need for action. This may be a resource for the individual.*  
Caregiver has stable housing with no known risks of instability.
- 
- 1 *Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver has relatively stable housing but either has moved in the recent past or there are indications of housing problems that might force housing disruption.
- 
- 2 *Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Caregiver has moved multiple times in the past year. Housing is unstable.
- 
- 3 *Need prevents the provision of care; requires immediate and/or intensive action.*  
Family is homeless, or has experienced homelessness in the recent past.

## MEDICAL/PHYSICAL

This item refers to medical problems and/or physical limitations that the caregiver(s) may be experiencing that prevent or limit their ability to provide care for the child/youth. This item does not rate depression or other mental health issues.

### Ratings and Descriptions

- 0 No current need; no need for action. This may be a resource for the individual.*  
No evidence of medical or physical health problems. Caregiver is generally healthy.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
There is a history or suspicion of, and/or caregiver is in recovery from medical/physical problems.
- 
- 2 Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Caregiver has medical/physical problems that interfere with the capacity to parent the child/youth.
- 
- 3 Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver has medical/physical problems that make parenting the child/youth impossible at this time.

## BEHAVIORAL HEALTH

This item includes developmental, mental health and substance use challenges faced by the caregiver(s).

### Ratings and Descriptions

- 0 No current need; no need for action. This may be a resource for the individual.*  
The caregiver(s) has no physical or behavioral health limitations that impact assistance or attendant care.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
The caregiver(s) has some physical or behavioral health limitations that interfere with provision of assistance or attendant care.
- 
- 2 Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
The caregiver(s) has significant physical or behavioral health limitations that prevent them from being able to provide some needed assistance or that make attendant care difficult.
- 
- 3 Need prevents the provision of care; requires immediate and/or intensive action.*  
The caregiver(s) is unable to provide any needed assistance or attendant care.

## SAFETY

This item is used to refer to the safety of the assessed individual. It does not refer to the safety of other family or household members. The presence of an individual (family or stranger) that presents a safety risk to the individual should be rated. This item does not refer to the safety of the physical environment in which the individual lives (e.g., a broken or loose staircase).

### Ratings and Descriptions

- 0 No current need; no need for action. This may be a resource for the individual.*  
No evidence of safety issues. Household is safe and secure. Individual is not at risk from others.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Household is safe but concerns exist about the safety of the individual due to history or others who might be abusive.
- 
- 2 Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Individual is in some danger from one or more individuals with access to the home.
- 
- 3 Need prevents the provision of care; requires immediate and/or intensive action.*  
Individual is in immediate danger from one or more individuals with unsupervised access.

## FAMILY STRESS

This item reflects the degree of stress or burden experienced by the family as a result of the individual's needs as described elsewhere in the assessment.

### Ratings and Descriptions

- 0 No current need; no need for action. This may be a resource for the individual.*  
Caregiver is able to manage the stress of the individual's needs.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver has some problems managing the stress of the individual's needs.
- 
- 2 Need is interfering with the provision of care; action is required to ensure that the identified need is addressed.*  
Caregiver has notable problems managing the stress of the individual's needs. This stress interferes with their capacity to give care.
- 
- 3 Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver is unable to manage the stress associated with the individual's needs. This stress prevents caregiver from providing care.

## ORGANIZATION

This item rates the caregiver's ability to manage their household within the context of community services.

### Ratings and Descriptions

- 0 No current need; no need for action. This may be a resource for the individual.*  
Caregiver is well organized and efficient.
- 
- 1 Identified need that requires monitoring, watchful waiting, or preventive action based on history, suspicion or disagreement. This may be an opportunity for resource building.*  
Caregiver has minimal difficulties with organizing and maintaining household to support needed services. For example, may be forgetful about appointments or occasionally fails to return case manager calls.
- 
- 2 Problem is interfering with functioning; requires action or intervention to ensure that the need is addressed.*  
Caregiver has moderate difficulty organizing and maintaining household to support needed services.
- 
- 3 Need prevents the provision of care; requires immediate and/or intensive action.*  
Caregiver is unable to organize household to support needed services.

## Addendum: Alternate Items

The items below can be substituted for the Core Items as indicated.

### Strengths: Resiliency

#### Alternate to Resiliency item: Resilience and Resourcefulness

**RESILIENCE** - This rating refers to the individual's ability to recognize their internal strengths and use them in times of stress and in managing daily life. Resilience also refers to the individual's ability to bounce back from stressful life events.

##### Ratings & Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual's internal strength in overcoming or the ability to bounce back is a core part of identity and associated with a well-developed and recognizable set of supports and strengths for dealing with challenges.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual uses internal strengths in overcoming or the ability to bounce back for healthy development, problem solving, or dealing with stressful life events.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has limited ability to recognize and use internal strengths in overcoming or the ability to bounce back to effectively to support the youth's healthy development, problem solving or dealing with stressful life events.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Individual is currently unable to identify internal strengths for preventing or overcoming negative life events or outcomes.

**RESOURCEFULNESS** - This rating should be based on the individual's ability to identify and use external/ environmental strengths in managing daily life.

##### Ratings & Descriptions

- 0 *Well-developed centerpiece strength; may be used as a centerpiece in an intervention/ action plan.*  
Individual is quite skilled at finding the necessary resources required to aid them in managing challenges.
- 1 *Identified and useful strength. Strength will be used, maintained or built upon as part of the plan. May require some effort to develop strength into a centerpiece strength.*  
Individual has some skills at finding necessary resources required to aid them in a healthy lifestyle but sometimes requires assistance at identifying or accessing these resources.
- 2 *Strengths have been identified but require strength-building efforts before they can be effectively utilized as part of a plan. Identified but not useful.*  
Individual has limited skills at finding necessary resources required to aid in achieving a healthy lifestyle and requires temporary assistance both with identifying and accessing these resources.
- 3 *An area in which no current strength is identified; efforts may be recommended to develop a strength in this area.*  
Individual has no skills at finding the necessary resources to aid in achieving a healthy lifestyle and requires ongoing assistance with both identifying and accessing these resources.