



ASSESSMENT TOOL

STRENGTHS

Intrinsic, personal qualities
independent of the environment

WEAKNESSES

OPPORTUNITIES

Extrinsic, community or environmental forces
independent of the person

THREATS

EDUCATION

INCOME & WORK

SOCIAL SUPPORT

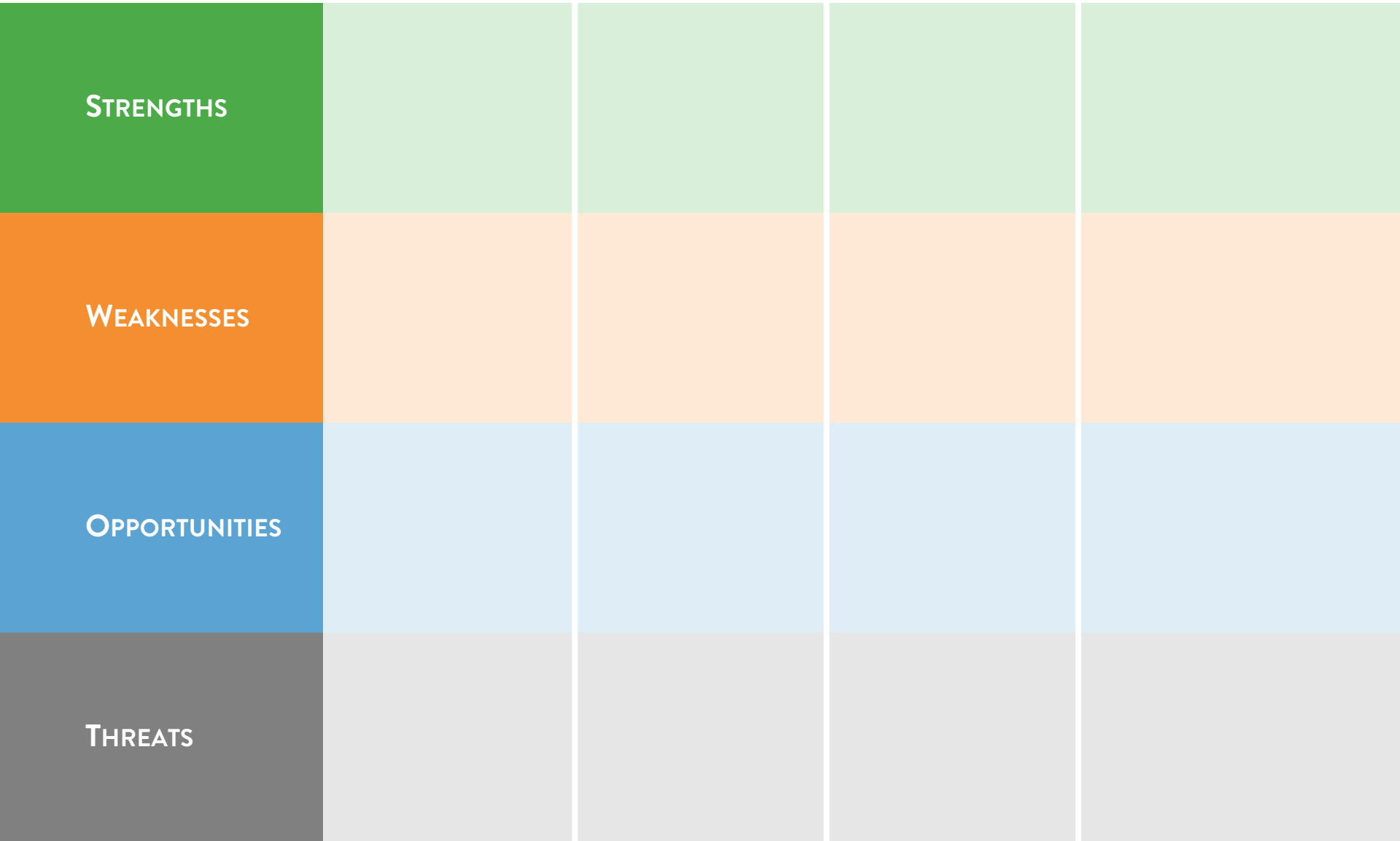
HEALTH

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS



SAMPLE QUESTIONS

EDUCATION

INCOME & WORK

SOCIAL SUPPORT

HEALTH

STRENGTHS

- Former education? Certifications?
- Aptitude Tests?
- GED, ACT, SAT?

- Work experience?
- Budget knowledge?
- Positive source of income?

- Family nearby?
- Supportive Friends?

- Clean medical history?
- Normal basic function?

WEAKNESSES

- Repeat failed tests?
- Length of time since last education?

- Time since last employed?
- Criminal history?
- Poor work ethic?

- Single parent?
- Estranged?
- No church family?

- Any addictions?
- Any current diagnoses?
- Disabled?
- Uninsured?

OPPORTUNITIES

- Community classes?
- Scholarships?
- GED Prep classes?
- Work prep classes?

- Job openings?
- New Industry?
- Labor finder help? Career training?

- Community meals?
- Church gatherings?
- Support groups?

- Nutrition or cooking classes?
- Fitness center scholarships?
- 12-step meetings?

THREATS

- Poor study environment?
- Restricted community funding?

- Economic Outlook?
- Large company layoffs?

- History of unhealthy dependency?
- History of abusive relationships?

- Poor living standards?
- Environmental or situational stress?
- Poor medical care?

SAMPLE ANSWERS

EDUCATION

INCOME & WORK

SOCIAL SUPPORT

HEALTH

STRENGTHS

Auto Tech Certification

- 7 years' auto mechanic experience
- No debt
- Working budget

- Dad is still alive and lives locally

- Independent with all basic activities of daily living

WEAKNESSES

No Diploma or GED

- No work in last 3 years
- 2 felonies

- Single mom with 5 kids
- No church

- Smoking
- Bi-polar

OPPORTUNITIES

- Free GED classes starting March 1
- Possible tutoring available

- Ford plant moving into town in May

- Open neighborhood dinner at nearby church

- Free YMCA membership for single moms
- Smoking cessation classes

THREATS

Legislation passed eliminating school loans to felons

- Unstable economy
- Consistent rise in unemployment

Boyfriend released from prison in 5 months

Recent natural disaster causes rise in stress level

IMPRESSION STATEMENT

Definition: a one-line statement of potential that summarizes primary strengths, weaknesses, opportunities, and threats.

Purpose: To prepare yourself and the client to focus on "the biggies," for direction in writing goals and a plan of care.

Example: Jane is a 47 year-old, chronically homeless woman with a strong gifting in art and a graphic design degree, but struggling with a 15-year opiate addiction.

VISION STATEMENT

Definition: a dream with enough detail that it's attainable

Purpose: to motivate (“I can see the light at the end of the tunnel!”) and to direct you and the client in goal writing.

Example: Jane’s vision is to be free from addiction and to be living in an apartment working for a rescue mission as a graphic design artist.

GOALS

Belong to the client

Involve clear action steps

Can be verified

Are time-driven

Always point toward the vision

GOALS EXAMPLES

Dave continues to look for work daily. He will present 5 completed job applications within 1 week.

Sue will enroll in GED classes and present her personal GED schedule within 2 weeks.

Debbie will quit smoking marijuana and will pass a UA drug test on site in 30 days.

GOALS EXAMPLES

Jack will start reading the Bible and return the Book of John study guide, “Now What?”, at his next appointment in 2 weeks.

Ralph will attend a 12-step recovering meeting weekly. He will bring an instructor-signed attendance slip from the meeting to our next 12 appointments.

Marge will save money from her first paycheck for rent and deposit. She will present us with a savings deposit receipt equaling 75% of her first paycheck in 2 weeks.

PLAN OF CARE

Definition: the points of intervention you will take to help the client reach his or her goals.

Purpose: to guide your portion of partnership with the client.

Example: Gretta/We Care will:

- Provide a list of 12-step programs in the community
- Provide the phone number for the Crawford County Department of Vital Statistics
- Print and provide a budget template
- Contact First United Methodist as a neighbor church to visit and invite the client
- See client again in one month

PLAN OF CARE PREDICATES

Will be instructed in

Will be assisted with

Will be provided a