



ASSESSMENT TOOL

STRENGTHS

WEAKNESSES

Intrinsic, personal qualities
independent of the environment

OPPORTUNITIES

THREATS

Extrinsic, community or environmental
forces independent of the person

Name:

EDUCATION

INCOME & WORK

SOCIAL SUPPORT

HEALTH

STRENGTHS				
WEAKNESSES				
OPPORTUNITIES				
THREATS				

Sample Questions

	EDUCATION	INCOME & WORK	SOCIAL SUPPORT	HEALTH
STRENGTHS	<ul style="list-style-type: none"> • Former education? • Certifications? • Aptitude test? • GED, ACT, SAT? 	<ul style="list-style-type: none"> • Work experience? • Budget knowledge? • Positive source of income? 	<ul style="list-style-type: none"> • Family nearby? • Supportive friends? 	<ul style="list-style-type: none"> • Clean medical history? • Normal basic function?
WEAKNESSES	<ul style="list-style-type: none"> • Repeated failed tests? • Length of time since last education? 	<ul style="list-style-type: none"> • Time since last employed? • Criminal history? • Poor work ethic? 	<ul style="list-style-type: none"> • Single parent? • Estranged? • No church family? 	<ul style="list-style-type: none"> • Any addictions? • Any current diagnoses? • Disabled? • Uninsured?
OPPORTUNITIES	<ul style="list-style-type: none"> • Community classes? • Scholarships? • GED prep classes? • Work prep classes? 	<ul style="list-style-type: none"> • Job openings? • New industry? • Labor finder help? • Career training? 	<ul style="list-style-type: none"> • Community meals? • Church gatherings? • Support groups? 	<ul style="list-style-type: none"> • Nutrition or cooking classes? • Fitness center scholarships? • 12-step meetings?
THREATS	<ul style="list-style-type: none"> • Poor study environment? • Restricted community funding? 	<ul style="list-style-type: none"> • Economic outlook? • Large company layoffs? 	<ul style="list-style-type: none"> • History of unhealthy dependency? • History of abusive relationships? 	<ul style="list-style-type: none"> • Poor living standards? • Environmental or situational stress? • Poor medical care?

Sample Answers

	EDUCATION	INCOME & WORK	SOCIAL SUPPORT	HEALTH
STRENGTHS	Auto tech certification	<ul style="list-style-type: none"> • 7 year 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	<ul style="list-style-type: none"> • No work in the last 3 years • 2 felonies 	<ul style="list-style-type: none"> • Single mom with 5 kids • No church 	<ul style="list-style-type: none"> • Smoking • Bi-polar
OPPORTUNITIES	<ul style="list-style-type: none"> • Free GED classes starting March 1 • Possible tutoring available 	Ford plant moving into town in May	Open neighborhood dinner at nearby church	<ul style="list-style-type: none"> • Free YMCA membership for single moms • Smoking cessation classes
THREATS	Legislation passed eliminating school loans to felons	<ul style="list-style-type: none"> • 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

1. Belong to the client
2. Involve clear action steps
3. Can be verified
4. Are time-driven
5. Always point toward the vision

GOAL 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.

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

1. Will be instructed in
2. Will be assisted with
3. Will be provided a