

# Strengths Assessment

For Elizabeth W.

<b>Current Strengths:</b> What are my current strengths? (i.e. talents, skills, personal and environmental strengths)	<b>Individual's Desires, Aspirations:</b> What do I want in my life?	<b>Past Resources – Personal, Social, &amp; Environmental:</b> What strengths have I used in the past?
<b>Home/Daily Living</b>		
<ul style="list-style-type: none"> <li>- Currently living with parents (nice to have someone to eat meals with and do things with)</li> <li>- has own room: a place to get away if needed</li> <li>- grocery store close by</li> <li>- “I’m able to almost everything on my own”</li> </ul>	“I want my own apartment at Hitchcock Towers”	<ul style="list-style-type: none"> <li>- Had own apartment in Stillwell, OK for 5 months in 2004</li> <li>- Did my own laundry, cooking cleaning, etc.</li> </ul>
<b>Assets - Financial/Insurance</b>		
<ul style="list-style-type: none"> <li>- Currently receives \$573 in SSI</li> <li>- Has Medicaid</li> <li>- Mom is rep payee (nice not to have to think about paying all the bills)</li> <li>- Will qualify for food stamps if I get my own place</li> </ul>	“I want to be able to make my own decisions about what I spend my money on”	<ul style="list-style-type: none"> <li>- When in own apartment was able to pay my bills on my own</li> </ul>
<b>Employment/Education/Specialized Knowledge</b>		
<ul style="list-style-type: none"> <li>- Have been searching for a job on my own</li> <li>- Knowledgeable and skilled around housekeeping responsibilities</li> <li>- Knowledgeable about basic childcare</li> <li>- Knows basic first aid</li> </ul>	“I want to get a job in a daycare center or some type of job working with kids”	<ul style="list-style-type: none"> <li>- Worked with mother doing housekeeping at several different motels</li> <li>- Graduated from high school in Mississippi</li> <li>- Took childcare course when I was a teenager</li> <li>- Has done babysitting for family members and others</li> </ul>
<b>Supportive Relationships</b>		
<ul style="list-style-type: none"> <li>- Mom (Sarah) is my biggest support (listens to me and can cheer me up)</li> <li>- Brother (Roy) can take me places if I need anything</li> <li>- Friend (Hanna in Oklahoma) – we still talk on the phone occasionally</li> </ul>	“I would like to have more friends here in Kansas”	“I have always been close with my mom and brother”  Ex-boyfriend (Kevin) used to be good support (“He helped build my confidence in myself”)

Wellness/Health		
- Lamictal helps with the depression – “I don’t feel suicidal as much”  “Talking to others about how I’m feeling helps with depression”  “Doing something active helps me feel healthy”	“I want to continue to be healthy”	“Going out and doing things made me feel better about myself” (e.g movies, sporting events, shopping, etc.)
Leisure / Recreational		
- Enjoys music (Country), listening to radio, singing, and dancing (two-step, line dancing)  - Talking on the phone	“I want to make more friends and spend time with them”	- used to be in girl scouts - went out for track and basketball in high school - used to go camping and canoeing
Spirituality/Culture		
-Spending holidays with family is important to me, especially when we visit my mom’s side of the family in Mississippi.  -I have a strong faith in God, which has helped me overcome difficult times.	“I would like to find a church home where I felt accepted”	- Having the entire family together for Easter, Thanksgiving, and Christmas dinner has always been an important part of our family.  -Going to Sunday church service as a family.

*What are my priorities?*

1. I want my own apartment
2. I want a job working with children

3. I would like to have more friends to do things with

Additional comments or important things to know about me:

*It is really important to me to have my own place. I still want my family in my life, but I want to show others I can do things on my own. Someday, I would like to have my own family.*

*This is an accurate portrait of the strengths we have identified so far in my life. We will continue to add to these over time in order to help me achieve the goals that are most important to me in my recovery journey.*

*I agree to help this person use the strengths identified to achieve goals that important and meaningful in their life. I will continue to help this person identify additional strengths as I learn more about what is important to their recovery.*

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Service Provider’s Signature

\_\_\_\_\_  
Date