

Strengths Assessment

For Elizabeth W.

Current Strengths: What are my current strengths? (i.e. talents, skills, personal and environmental strengths)?	Individual's Desires, Aspirations: What do I want in my life?	Past Resources – Personal, Social, & Environmental: What strengths have I used in the past?
Home/Daily Living		
<ul style="list-style-type: none"> - Has own apartment at Hitchcock Towers - apartment has small exercise room - have most things I need (bed, furniture, TV, microwave, pots/pans, silverware) - grocery store close by 	<p>“I want to slowly start replacing my current furniture with newer stuff”</p> <p>“I wouldn't mind getting a cat”</p>	<ul style="list-style-type: none"> - Had own apartment in Stillwell, OK for 5 months in 2004 - Lived with parents from 2005-2009 - Did my own laundry, cooking cleaning, etc.
Assets - Financial/Insurance		
<ul style="list-style-type: none"> - Currently receives \$573 in SSI - Has Medicaid - Receives food stamps - Mom is rep payee (nice not to have to think about paying all the bills) “I am making the decisions about my money” 	<p>“I want to earn more money so I have the freedom to do more things”</p> <p>“I would like to be my own payee”</p>	<ul style="list-style-type: none"> - When in own apartment was able to pay my bills on my own
Employment/Education/Specialized Knowledge		
<ul style="list-style-type: none"> - Knowledgeable and skilled around housekeeping responsibilities - Knowledgeable about basic childcare - Knows basic first aid - I am learning a lot about recovery “This is a new thing for me” 	<p>“I want to get a job in a daycare center or some type of job working with kids”</p> <p>“I think I would be a good peer support worker”</p>	<ul style="list-style-type: none"> - Worked with mother doing housekeeping at several different motels - Graduated from high school in Mississippi - Took childcare course when I was a teenager - Has done babysitting for family members and others
Supportive Relationships		
<ul style="list-style-type: none"> - Mom (Sarah) is my biggest support (listens to me and can cheer me up) - Brother (Roy) can take me places if I need anything - Friend (Hanna in Oklahoma) – we still talk on the phone occasionally - Neighbor (Sue) – “friendly older woman - lives in the next apartment, made me feel welcome” - Rynette (my CM) – helped me get my apt and learning about recovery 	<p>“I would like to have more friends here in Kansas”</p>	<p>“I have always been close with my mom and brother”</p> <p>Ex-boyfriend (Kevin) used to be good support (“He helped build my confidence in myself”)</p>

Wellness/Health		
<p>Lamictal helps with the depression – “I don’t feel suicidal as much”</p> <p>I am just starting to use WRAP “It has been helpful to think about what triggers my depression and what I can do about it”</p> <p>“Talking to others about how I’m feeling helps with depression”</p> <p>“I have started using the treadmill in the exercise room”</p>	<p>“I want to continue to be healthy”</p> <p>“I would like to learn pilates”</p>	<p>“Going out and doing things made me feel better about myself” (e.g. movies, sporting events, shopping, etc.)</p>
Leisure / Recreational		
<ul style="list-style-type: none"> - Enjoys music (Country), listening to radio, singing, and dancing (two-step, line dancing) - Talking on the phone - Watching Grey’s Anatomy and crime shows like CSI 	<p>“I want to make more friends and spend time with them”</p>	<ul style="list-style-type: none"> - used to be in girl scouts - went out for track and basketball in high school - used to go camping and canoeing - used to love to swim
Spirituality/Culture		
<p>-Spending holidays with family is important to me, especially when we visit my mom’s side of the family in Mississippi.</p> <p>-I have a strong faith in God, which has helped me overcome difficult times.</p>	<p>“I would like to find a church home where I felt accepted”</p>	<ul style="list-style-type: none"> - 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. Meet new people to do things with
2. I want a job working with children
3. Continue to learn more ways to deal with depression
- 4.

Additional comments or important things to know about me:

I love having my own place. I know some days life might be difficult, but I know I can do this. It’s important for me to have people in my life who believe this as well.

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