

From Crisis to Thriving

A Comprehensive Framework for Assessing Personal and Family Development

Instruments that capture the life circumstances of adults participating in programs are used throughout the US. Tools of this kind can help identify barriers and establish readiness to commit to a program and persist. It also serves as documentation of program responses to an established need.

Administration:

1. The instrument is used during intake to establish students' life circumstances are stable enough to participate to the degree required. Students who are in crisis or too vulnerable to commit to a program are connected to social services and invited to return to the program at a later time.
2. Once students are in a program, a teacher, navigator or case manager meets with students individually and through ongoing observation, discussions and interviews marks the appropriate level for each category (e.g., education, housing, employment).
3. Staff meet as a group to discuss challenges a student faces and brainstorm strategies for helping students overcome barriers. Students in need are referred to appropriate family support agencies.
4. A program director or other staff follows up to ensure a student has received services.
5. Teachers or a case manager check in on a regular basis to inquire about the well-being of a student and his/her family.

<i>Personal and family development factors</i>	Risk level		Growth level		
	<i>In crisis</i>	<i>Vulnerable</i>	<i>Stable</i>	<i>Safe</i>	<i>Thriving</i>
Shelter					
Food and clothing					
Transportation and mobility					
Health and safety					
Social and emotional health and well-being					
Finances					
Family relations					
Children's education and development					
Community involvement					
Adult education and training					
Language and literacy					
Employment					
Immigration and resettlement					

Example: Social and Emotional Well-Being

General indicators:

- Quality of social support system
- Presence, degree, of substance abuse
- Sense of personal responsibility
- Quality of mental health

Ability and willingness to identify needs and access resources

THRIVING

- Family has good problem-solving skills and strong and healthy relationships.
 - Has no history of substance abuse or are in long-term recovery.
 - Has a strong support system.
 - Uses resources to enhance personal and community relations.
Has access to social and mental health counseling if needed.
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STABLE

- Has some personal and family support system or creates it through care.
 - Acknowledges substance abuse and/or behavior problems and is receiving help.
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VULNERABLE

- Has limited communication, poor relations, within family unit.
 - Family is overwhelmed by activities of daily life.
 - Is unable to access mental health care.
 - Has limited knowledge of resources or fails to use them.
 - Apathy or denial causes distorted sense of reality.
 - Abuses illegal or prescription drugs and/or alcohol; may be seeking help.
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IN CRISIS

- Lacks support system; frequently needs emergency assistance
 - Is in total denial of present condition.
 - Has unclear thought process and history of mental disturbance.
 - Abuses drugs or alcohol and/or is involved in negative relationships.
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