FROM CRISIS TO THRIVING

A Comprehensive Framework For Assessing Personal and Family Development Adapted for Immigrants and Refugees

The framework identifies key categories related to immigrant personal and family well-being and describes a continuum of indicators from "in-crisis" to "thriving". The assessment can serve as a guide to identifying the categories of services that are needed to effect stability and remove barriers to immigrant integration and family well being. The current framework is adapted from the original California. A key difference from the California matrix is the addition of a category for Immigration and Resettlement and Language and Literacy with a focus on Biliteracy.

	Risk Level		Growth Level		el
Personal and Family Development Factors	In-Crisis	Vulnerable	Stable	Safe	Thriving
Shelter					
Food and Nutrition					
Transportation and Mobility					
Health and Safety					
Social/Emotional Health and Competence					
Finances					
Family Relations					
Children's Education and Development					
Community Involvement					
Adult Education and Training					
Language and Literacy					
Employment					
Immigration and Resettlement		_		_	_

SHELTER

General Indicators: ☐ Security of housing over time □ Safety of housing ☐ Stability of housing over time Condition of housing Income and resources for housing **THRIVING** Owns home or has long term tenancy ☐ Able to comfortably afford housing costs ☐ Family feels housing is safe and appropriate for their needs Savings are sufficient to cover two months housing costs SAFE/SELF-SUFFICIENT □ Owns home or tenancy is secure for at least a year Able to pay rent or mortgage each month and have enough income for other expenses ☐ Housing is safe and not over-crowded □ Savings for occasional unexpected expenses **STABLE** Living in permanent housing, or temporary situation that will last at least six months ☐ Able to pay rent each month ☐ Housing is not hazardous, unhealthy, overcrowded ☐ Some savings or resources to draw on in an emergency **VULNERABLE** ☐ Lives in temporary or transitional housing and is not certain where next shelter is to be found ☐ Unable to pay rent on time every month ☐ Housing is unsafe or seriously over-crowded **IN-CRISIS** ☐ Homeless or on the verge of homelessness Primary source of income has ceased, no resources to cover housing Living in dangerous conditions

FOOD AND CLOTHING

General Indicators:

	Ability to afford adequate food and clothing			
	Quality of diet; adequacy of clothing Nutritional value of meals			
	Conditions of food preparation resources (utensils, space, appliances, sanitation)			
	Conditions of food preparation resources (diensils, space, appliances, sanitation)			
ТН	THRIVING			
	Has sufficient healthy food of choice			
	Everyone in the family eats a nutritious diet			
	Has clean, durable clothing appropriate to full range of individual and family activities			
SA	FE/SELF-SUFFICIENT			
	Always has resources to provide sufficient and nutritious food for all family members			
	Has clean, appropriate clothing for all critical activities such as school or work			
ST	ABLE			
	Has sufficient personal or community resources to obtain and prepare food			
	Meals have some nutritional balance			
	Clothing is clean and appropriate most of the time			
VU	LNERABLE			
	Limited resources to obtain food for family			
	Meals lack quality, important nutrients			
	Insufficient utensils, appliances, for meal preparation			
	Clothing is ill-fitting, inadequate, or inappropriate for school or work			
IN-	CRISIS			
	Serious lack of resources to obtain food			
	No one is preparing meals			
	Health problems due to poor nutrition			
	Unsanitary conditions for cooking, preparing meals			
	Lack of adequate clothing for warmth, comfort, may seriously impede necessary activity			
	activity			

TRANSPORTATION AND MOBILITY

General Indicators: Access to or availability of transportation ☐ Safety, condition of transportation ☐ Affordability of transportation ☐ Legal status of driver, vehicle (license, insurance, etc.) **THRIVING** ☐ Has choice of transportation ☐ Has current driver license with good driving record ☐ Car insurance with comprehensive coverage ☐ Able to repair vehicle when needed; vehicle is safe SAFE/SELF-SUFFICIENT ☐ Has and maintains own vehicle Car in good condition Has fair driving and accident record □ Basic car insurance and license **STABLE** ☐ Has access to some form of transportation when needed ☐ Has valid license and insurance Car needs some repair but runs well □ Able to afford gas when needed **VULNERABLE** □ Limited access to transportation ☐ Driving with restricted license, no insurance, poor driving record ☐ Driving unsafe, unreliable or illegal car **IN-CRISIS** □ No car or access to public transportation ☐ Driving without a license, registration or insurance ☐ Has outstanding or excessive tickets

HEALTH AND SAFETY

General Indicators: Environmental conditions Health habits ☐ Access to health resources Status of physical health ☐ Ability to afford health care **THRIVING** Has a variety of health care choices ☐ Has comprehensive health insurance and adequate financial resources to pay for it Practices optimal health behaviors ☐ Lives and works in safe and healthy environment Identifies own health needs and consistently seeks treatment when needed SAFE/SELF-SUFFICIENT Can get medical care when needed ☐ Has some alternatives regarding form of treatment Insurance covers most of the cost of care and family can make arrangements to cover remaining cost Practices preventive health behaviors, accessing community health services ☐ Free of chronic disease **STABLE** Able to access health care, but with difficulty (some gaps in care) ☐ Major medical insurance coverage and/or adequate income to pay balance over time ☐ Practices safe behaviors in most environments ☐ Receiving treatment for on-going conditions **VULNERABLE** □ Very limited access to high quality health care □ No health insurance, not financially equipped to handle medical emergency ☐ Engages in poor self care and/or unsafe behaviors ☐ Current untreated or poorly treated health problem(s) ☐ Health status effects other areas of life (job, education) Exposed to environmental hazards **IN-CRISIS** ☐ Has no access to medical care □ Needs immediate medical care ☐ Has dangerous and/or self-destructive behaviors Lives or works in environment that poses immediate threat to health and safety

SOCIAL & 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 members have good problem solving skills and strong and healthy relationships □ No history of substance abuse or long-term recovery ☐ Strong support system ☐ Uses resources to enhance personal and community relations ☐ Have access to social and mental health counseling if needed SAFE/SELF-SUFFICIENT ☐ Family members have healthy relationships ☐ Good support system □ Not using substances as a coping mechanism or successfully recovering ☐ Use resources to prevent or overcome known challenges **STABLE** Have some personal and family support system or create it through community resources and some community involvement Have Medi-cal or use community resources to access mental health care ☐ Acknowledge substance abuse and/or behavior problems and is receiving help **VULNERABLE** ☐ Limited communication, poor relations within family unit ☐ Family members are overwhelmed by activities of daily life Unable to access mental health care ☐ Limited knowledge of resources or lacking use of them ☐ Apathy or denial causing distorted sense of reality □ Abuse of illegal or prescription drugs and/or alcohol, may be seeking help **IN-CRISIS** □ Lack of support system ☐ Total denial of present condition ☐ Unclear thought process and history of mental disturbance ☐ Abusing drugs or alcohol and/or involved in negative relationships Frequent need for emergency assistance

FINANCES

General Indicators: □ Income level in context of local cost of living Long and short-term financial goals ☐ Budgeting skills and financial discipline ☐ Knowledge and understanding of financial institutions and resources **THRIVING** ☐ Sufficient income to allow family choices for non-essential purchases ☐ Able to save desired funds ☐ Established relationship with financial institution Expect continued income at current level or better for at least next year SAFE/SELF-SUFFICIENT □ Sufficient earned income to meet basic family needs, outings, emergencies ☐ Plan and stick to monthly budget, save when possible ☐ Pay bills on time, delay purchases to handle debt load ☐ Anticipate continuation of income level for next six months **STABLE** ☐ Minimally adequate income to meet basic needs ☐ Plan monthly budget, not able to save money ☐ Generally pay bills on time ☐ Aware of and use appropriate resources for help No foreseen major decrease in family income **VULNERABLE** □ Occasionally unable to meet basic needs ☐ Spontaneous, inappropriate spending, no savings Unable to obtain credit or bank account ☐ Limited knowledge of and access to resources for help Unpaid bills **IN-CRISIS**

□ No money; cannot meet basic needs

No knowledge of available resources for help

Overwhelming debt load

FAMILY RELATIONS

Ge	General Indicators:	
	Family health	
	Ability to resolve conflict Intra family communication skills	
	Parenting skills	
	Extended family relationships	
_		
TH	RIVING	
	Strong supportive family with positive family identity	
	Mutually agreed upon rules and expectations; conflicts easily negotiated due to good	
	communication within family	
	Nurturing; consistently care for family members	
	Children socially well-adjusted	
SA	FE/SELF-SUFFICIENT	
	Supportive family relations	
	Realistic rules; manageable conflict	
	Usually sound nurturing care for family members Children and parents able to relate and communicate	
et.	ABLE	
31	Learning positive family dynamics	
	Care of family members adequate	
	Children and parents are usually able to relate	
	Parents generally set realistic boundaries	
	Family able to resolve conflicts with or without assistance	
	LNERABLE	
	Outside placement threatened or children have run away from home	
	Unrealistic or non-existent rules; constant conflict, threat of violence	
	Inadequate care; risk of abuse of neglect	
	Children unhappy, withdrawn, or aggressive; poor communication	
	Negative influences by extended family	
IN-	CRISIS	
	Existence of child or spousal abuse, neglect, violence with possible intervention by	
	criminal justice system	
	Foster care or other placement of child	
	Lack of communication among family members	
	Children engaged in violence or criminal activity	
	Foster care or other placement of child	
	Lack of communication among family members	

CHILDREN'S EDUCATION AND DEVELOPMENT

General Indicators: ☐ Age-appropriate development—physical, cognitive, emotional Age-appropriate behavior: social skills Verbal communication ☐ Parents value child's education Parent/child interaction □ School behavior; attendance and readiness to learn **THRIVING** ☐ Seeks opportunities to promote enrichment for child's development ☐ Parent actively engages child in developmentally appropriate ways Child meets all age appropriate developmental benchmarks, exceeding some ☐ Maintains progress in school; maintains good relations with teachers and peers SAFE/SELF-SUFFICIENT ☐ Parent regularly uses age appropriate materials to encourage child's development ☐ Child meets developmental benchmarks in all areas ☐ Child communicates needs and desires in appropriate ways ☐ Requires age appropriate adult supervision Parent responds in developmentally appropriate ways to child's attempts to engage him/her ☐ Good progress in school **STABLE** ☐ Meets developmental benchmarks in most areas ☐ Parent attempts to respond to child's needs ☐ Requires some adult intervention to moderate behavior ☐ Child usually communicates basic needs and desires Adequate progress in school; possible behavior problems, but accessing supportive services **VULNERABLE** ☐ Child is not meeting appropriate developmental benchmarks ☐ Acting out or other behaviors require significant adult intervention Child has difficulty communicating ☐ Parent often feels unable to cope with child's needs or behavior ☐ Parent attempts to work with child are unsuccessful High absenteeism ☐ Inappropriate behavior, resulting in disciplinary actions **IN-CRISIS** ☐ Serious developmental delays or deficiencies ☐ Child is hurting other children; acting out or other symptoms ☐ Child has serious difficulty communicating due to developmental problems; no verbal communication skills ☐ Parent regularly feels unable to cope with child's needs or behavior Excessive absenteeism Acting out behavior in school, resulting in expulsion from the classroom

COMMUNITY INVOLVEMENT

Ge	eneral Indicators:
	Knowledge of and access to community resources Participation in the community (i.e. school, church, clubs, etc.) Social conditions in the neighborhood Ability to communicate with others Type of relationship with family, friends and neighbors
TH	IRIVING
	Strong and positive relationships with family, friends, neighbors; can take action to
	prevent problems
	Excellent knowledge of resources
	Feels safe and is active in neighborhood and community
SA	AFE/SELF-SUFFICIENT
	Working knowledge of resources; accesses as needed
	Good relationships with family, friends, neighbors; can solve problems as they arise
	Engages in some form of volunteer activity (e.g. ongoing involvement with child's
	school) or helps and receives help from others in the community
OT	Family is in safe living conditions, children have safe place to play
	ABLE
	Adequate relationships with family, friends and neighbors
	Engages in occasional community/extended family helping behaviors
	Family is aware of and appropriately uses community resources
VI	Feels safe in neighborhood JLNERABLE
	Limited knowledge of resources and accesses few services
	Some negative relationships with family, friends and neighbors; creates problems
	Engaged in some negative behaviors, potentially life-threatening
	Does not lend or receive needed help from other community members
	Some problems in neighborhood
	-CRISIS
	No knowledge of resources; not accessing services
	Many negative relationships with family, friends and neighbors (racism,
	discrimination, etc.)
	Family feels neighborhood is unsafe, some crime
	Engaged in many negative behaviors, life threatening
	Involved in or victim of criminal activity

ADULT EDUCATION AND TRAINING

General Indicators: Level of education and training Level of English fluency and literacy ☐ Involvement in continuing education and training History of success or failure in education **THRIVING** ☐ Has post-secondary education or training Actively pursuing program of lifelong learning Pursues educational goals without additional resources Has and can afford high quality child care/child development services, and additional supportive services SAFE/SELF-SUFFICIENT ☐ Is pursuing post-secondary education, training or credentials Recognizes value of continuing formal and informal education and training ☐ Can set and pursue education goals with assistance Has ability to learn independently with limited support **STABLE** ☐ Has high school diploma or GED Considering continuing education Has some fluency in English but not enough for higher levels of education or training **VULNERABLE** ☐ Has not completed high school education Recognizes value of education and is pursuing high school diploma or GED ☐ If limited in English fluency or literacy, is pursuing some form of remediation **IN-CRISIS** □ Lacks basic skills and may be functionally illiterate ☐ Has a history of failure in school Little evidence of commitment to learning or interest in improving education or training Does not speak English and shows little confidence or motivation in learning English

BILITERACY

General Indicators: □ Literacy in the native language Proficiency in English ☐ Shared language among family members □ Language use in multiple settings THRIVING fully bilingual and biliterate in native language and in English (possibly other languages as well) family members communicate across generations in the preferred language of the individuals uses appropriate language comfortably in a variety of settings □ advocates for self and others in the appropriate language SAFE/SELF-SUFFICIENT functions adequately in both English and the native language in most domains. including an English speaking work place feels comfortable in English speaking environments as well as in bilingual environments or contexts where only the native language is spoken has positive attitude toward learning English and toward English speaking society **STABLE** able to function in both English and in the native language around every day tasks (oral communication as well as literacy tasks), but challenged when communication moves beyond the here and now; limited communication skills for work beyond entry level able to communicate with family members, but only on a limited basis somewhat integrated into English speaking society would like to learn English but has not yet had time or opportunity to do so **VULNERABLE** functions in the native language but inability to use English limits opportunities ☐ limited literacy in the native language inhibits success in learning English not able to communicate with some family members because there is not a shared language (e.g., grandchildren only speak English) ☐ lives in linguistically isolated neighborhood where opportunities to acquire English are limited convinced of own inability to learn English **IN-CRISIS** few years of schooling in the native language; no or very limited proficiency in **English** ☐ linguistically isolated, at home; no or very little shared language with family members

new to the community, socially isolated, and limited strategies for negotiating written

life circumstances too complex or confidence too low to attempt to learn English or

information in any language or for communicating in English

increase literacy skills in the native language

EMPLOYMENT

General Indicators:

	Employed or not Presence or absence of career goals, appropriateness of goals Level of education, job skills; work history Employment in field of choice Income, hours, benefits Availability and affordability of child care and other supportive services to support employment
TH	RIVING
	Constant development of new transferable skills
	Employed by secure business offering comprehensive benefit package
	Has made steady advancement in career of choice
	Has solid job search and retention skills
	Has and can afford high quality child care/child development services, and additional
	supportive services
SA	FE/SELF-SUFFICIENT
	Has marketable skills
	Employed by secure company offering some benefits or consistently knows where
	next employment is to be found
	Has employment with potential for advancement
	Has job retention skills, can easily develop job search skills
	Has and can afford choice of child care and other services
	ABLE
	Employment pays a living wage
	Considering learning more marketable skills
	Has limited advancement potential
	Has understanding of job skills, can search for job with assistance
VI	Has child care or other services
	Minimal job skills
	Part-time, temporary or minimum wage employment and/or no benefits
	Not sure where to find next job or has seasonal/temporary employment with
	inadequate hours, benefits, and/or stability
	Has inadequate childcare or other supportive services (quality or quantity)
	CRISIS
	Unemployed, no leads for next job
	No interest in working
	No positive work history
	No child care or other necessary services to support employment or training

IMMIGRATION AND RESETTLEMENT

Ge	General Indicators:	
	Sponsorship/citizenship process	
	Community resources	
	Language	
	Discrimination	
	Community institutions and systems	
	Family conflict/support	
Ш	Cultural adaptation/assimilation	
SA	FE/SELF-SUFFICIENT	
	Maintaining your culture	
	Involved in community institution	
	Becoming a citizen	
	Access resources and are able to solve problems	
	Continuing to learn language	
	Family supports each other	
	Able to advocate for themselves	
ST	ABLE	
	Participating in cultural activity	
	Legal residence	
	Communication is open/ free of conflict among family members and most needs are	
	met	
	Enrolled in language classes	
	At ease accessing community resources	
	Able to cope with others view of them	
۷U	LNERABLE	
	Citizenship and/or legal papers in process (citizenship)	
	Looking to establish self-identity through cultural involvement	
	Knowledge and beginning to access resources	
	Cannot understand person who is advocating in their behalf	
	Limited access to community agencies	
Ш	Conflict in family which acts as a barrier to resettlement	
	No access or involvement in community	
	Feel threatened because of differences and stereotypes	
_	CRISIS	
	No papers	
	No linkages with primary culture	
	No knowledge of community resources	
Ц	Unable to communicate in the community	
	Isolated and no family support Experiencing regularly acts of discrimination in neighborhood and community	