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Adult Needs and Strengths Assessment

An Information Integration Tool for Adults with Mental Health Challenges

ANSA Manual

Version 2.0

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Along with the **ANSA**, versions for children and adolescents have been developed. These tools include the Child and Adolescent Needs and Strengths-Mental Health (**CANS-MH**), the Child and Adolescents Needs and Strengths-Developmental Disability (**CANS-DD**), the Child and Adolescent Needs and Strengths-Juvenile Justice (**CANS-JJ**), and the Child and Adolescent Needs and Strengths-Sexual Development (**CANS-SD**). These information integration tools have been designed to support individual case planning and the planning and evaluation of service systems. For more information on any of the tools for children and adolescents contact:

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Introduction

When the ANSA is administered, each of the dimensions is rated on its own 4-point scale after the initial intake interview, routine service contact, or following the review of a case file. Even though each dimension has a numerical ranking, **the ANSA assessment tool is designed to provide a profile of the needs and strengths of the individual and family.** It is a reliable aid to the service planning process and allows for the monitoring of outcomes.

The basic structure of the ANSA is:

Life Domain Functioning

Physical/Medical
Family
Employment
Social Functioning
Recreational
Intellectual
Sexuality
Living Skills
Residential Stability
Legal
Sleep
Self Care
Medication Compliance

Strengths

Family
Social Connections
Optimism
Educational
Job History
Talents/Interests
Spiritual/Religious
Community Connection
Natural Supports
Resiliency
Resourcefulness
Volunteering

Acculturation

Language
Identity

Ritual
Cultural Stress

Mental Health Needs

Psychosis
Impulse Control
Depression
Anxiety
Interpersonal Problems
Antisocial Behavior
Adjustment to Trauma
Anger Control
Substance Use
Eating Disturbance

Risk Behaviors

Suicide Risk
Self Injurious Behavior
Other Self Harm
Exploitation
Danger to Others
Sexual Aggression
Criminal Behavior

Caregiver Strengths and Needs

(optional)
Physical/Behavioral
Involvement
Knowledge
Social Resources
Family Stress
Safety

Unless otherwise specified, *each rating is based on the last 30 days*. Each of the dimensions is rated on a 4-point scale after routine service contact or following review of case files.

The basic design for rating NEEDS is:

A rating of ‘0’ reflects *no evidence*,

A rating of ‘1’ reflects a *mild degree of the dimension*,

A rating of ‘2’ reflects a *moderate degree of the dimension*, and

A rating of ‘3’ reflects a *severe or profound or dangerous or disabling level*.

Another way to conceptualize these ratings is:

A ‘0’ indicates *no need for action*,

A ‘1’ indicates a *need for watchful waiting to see whether action is needed* (i.e., flag it for later review to see if any circumstances change),

A ‘2’ indicates a *need for action*, and

A ‘3’ indicates the *need for either immediate or intensive action*.

The basic design for rating STRENGTHS is:

A rating of ‘0’ reflects *a significant strength that is present*,

A rating of ‘1’ reflects *that a moderate level of the strength is present*,

A rating of ‘2’ reflects *that a mild level of the strength is present*, and

A rating of ‘3’ reflects *that the strength is not present*.

For Strengths, a rating of ‘0’ or ‘1’ reflects *a strength that can be used to build around*, while a rating of ‘2’ or ‘3’ reflects *a strength that needs to be developed or identified*.

The rating of ‘NA’ for ‘not applicable’ should be use with cases in the *rare instances where an item does not apply to that particular client*. The rating of ‘U’ for ‘unknown’ can be considered *a flag for a need to find this information* for a complete profile or picture of the needs and strengths of the individual and their family.

The ANSA is an effective assessment tool for used in either the development of individual plans of care or for use in designing and planning systems of care for adults with mental health challenges. To administer the ANSA assessment tool found at the end of this manual, the care coordinator or other service provider should read the anchor descriptions for each dimension and then record the appropriate rating on the ANSA assessment form. One ANSA assessment tool is completed for each case reviewed.

Coding Criteria FUNCTIONING

PHYSICAL/MEDICAL

This rating includes both health problems and chronic/acute physical conditions.

- 0 No evidence of physical or medical problems.
- 1 Mild or well-managed physical or medical problems. This might include well-managed chronic conditions like diabetes or asthma.
- 2 Chronic physical or moderate medical problems.
- 3 Severe, life threatening physical or medical conditions.

FAMILY FUNCTIONING

The definition of family should be from the perspective of the individual (i.e., who does the individual consider to be family). Family functioning should be rated independently of the problems experienced or stimulated by the individual currently assessed.

- 0 No evidence of family problems.
- 1 A mild to moderate level of family problems including marital difficulties and problems between siblings.
- 2 A significant level of family problems including frequent arguments, difficult separation and/or divorce, and siblings with significant mental health, developmental or criminal justice problems.
- 3 A profound level of family disruption including significant criminality or domestic violence.

EMPLOYMENT FUNCTIONING

This rates the performance of the individual in work settings. This performance can include issues of behavior, attendance or productivity.

- 0 No evidence of problems at work. Individual is gainfully employed.
- 1 A mild degree of problems with work functioning. Individual may have some problems in work environment involving attendance, productivity or relations with others.
- 2 A moderate degree of work problems including disruptive behavior and/or difficulties with performing required work. Supervisors likely have warned individual about problems with his/her work performance.

- 3 A severe degree of school or work problems including aggressive behavior toward peers or superiors or severe attendance problems. Individual may be recently fired or at very high risk of firing (e.g. on notice).

SOCIAL FUNCTIONING

This item refers to the individual's current status in getting along with others in his/her life.

- 0 Individual has good relations with others.
- 1 Individual is having some minor problems with his/her social functioning.
- 2 Individual is having some moderate problems with his/her social functioning. Problems with relationships are current interfere with functioning in other life domains.
- 3 Individual is experiencing severe disruptions in his/her social functioning. Individual is current socially disabled. Either he/she has no relations with others or all relationships are currently conflictual.

RECREATIONAL

This item is intended to reflect the individual's access to and use of leisure time activities.

- 0 Individual has and enjoys positive recreation activities on an ongoing basis.
- 1 Individual is doing adequately with recreational activities although some problems may exist.
- 2 Individual is having moderate problems with recreational activities. Individual may experience some problems with effective use of leisure time.
- 3 Individual has no access to or interest in recreational activities. Individual has significant difficulties making positive use of leisure time.

INTELLECTUAL/DEVELOPMENTAL

This rating is intended to capture a functioning problem such as low IQ, mental retardation, or other developmental disability.

- 0 No evidence of intellectual or developmental impairment.
- 1 Low IQ (i.e., 71 to 85) or mild developmental delay.
- 2 Mild mental retardation (i.e., 50 to 70).

- 3 Moderate to severe mental retardation (less than 50) or severe or Pervasive Developmental Disorder.

SEXUALITY

This rating describes issues around sexual development including developmentally inappropriate sexual behavior and problematic sexual behavior. Sexual orientation or gender identity issues could be rated here if they are leading to difficulties.

- 0 No evidence of any problems with sexuality.
- 1 Mild to moderate problems with sexuality. May include concerns about sexual identity or anxiety about the reactions of others.
- 2 Significant problems with sexuality. May include multiple older partners or high-risk sexual behavior.
- 3 Profound problems with sexuality. This level would include prostitution, very frequent risky sexual behavior, or sexual aggression.

LIVING SKILLS

This rating focuses on the presence or absence of short or long-term risks associated with impairments in independent living abilities.

- 0 This level indicates a person who is fully capable of independent living. No evidence of any deficits that could impede maintaining own home.
- 1 This level indicates a person with mild impairment of independent living skills. Some problems exist with maintaining reasonable cleanliness, diet and so forth. Problems with money management may occur at this level. These problems are generally addressable with training or supervision.
- 2 This level indicates a person with moderate impairment of independent living skills. Notable problems with completing tasks necessary for independent living are apparent. Difficulty with cooking, cleaning, and self-management when unsupervised would be common at this level. Problems are generally addressable with in-home services.
- 3 This level indicates a person with profound impairment of independent living skills. This individual would be expected to be unable to live independently given their current status. Problems require a structured living environment.

RESIDENTIAL STABILITY

This item is used to rate the caregiver's current and likely future housing circumstances for the individual. If the individual lives independently, their history of residential stability can be rated.

- 0 There is no evidence of residential instability. The individual has stable housing for the foreseeable future.
- 1 The individual has relatively stable housing but has either moved in the past three months or there are indications that housing problems could arise at some point within the next three months. Also, a mild degree of residential instability if living independently, characterized by the potential loss of housing due to the person's difficulty with self-care, disruptive behavior, financial situation, or other psychosocial stressor. A recent move for any reason that the individual found stressful would be rated here.
- 2 The individual has moved multiple times in the past year. Also, a moderate degree of residential instability if the person is living independently, characterized by recent and temporary lack of permanent housing.
- 3 The individual has experienced periods of homelessness in the past six months. Also, significant degree of residential instability if living independently, characterized by homelessness for at least 30 days as defined by living on the streets, in shelters, or other transitional housing.

LEGAL

This item involves only the individual's involvement with the legal system.

- 0 Individual has no known legal difficulties.
- 1 Individual has a history of legal problems but currently is not involved with the legal system.
- 2 Individual has some legal problems and is currently involved in the legal system.
- 3 Individual has serious current or pending legal difficulties that place him/her at risk for incarceration.

SLEEP

- 0 Individual gets a full night's sleep each night.
- 1 Individual has some problems sleeping. Generally, individual gets a full night's sleep but at least once a week problems arise. This may include occasionally have difficulties falling asleep or awakening early or in the middle of the night.
- 2 Individual is having problems with sleep. Sleep is often disrupted and child seldom obtains a full night of sleep
- 3 Individual is generally sleep deprived. Sleeping is difficult for the individual and they are not able to get a full night's sleep.

SELF-CARE

This rating focuses on current status of self-care functioning.

- 0 No evidence of self-care impairments. This is characterized by the ability to independently complete all activities of daily living such as bathing, grooming, dressing, cooking, and managing personal finances.
- 1 A mild degree of impairment with self-care. This is characterized by self-care difficulties that impair the individual's level of functioning, but do not represent a significant short or long-term threat to the person's well-being.
- 2 A moderate degree of self-care impairment. This is characterized by an extreme disruption in one self-care skill or moderate disruption in more than one self-care skill. The person's self-care does not represent an immediate threat to the person's safety but has the potential for creating significant long-term problems if not addressed.
- 3 A significant degree of self-care impairment. This is characterized by extreme disruptions in multiple self-care skills. The person's self-care abilities are sufficiently impaired that he/she represents an immediate threat to himself/herself

and requires 24-hour supervision to ensure safety. (Suicidal or homicidal ideation or behavior would not be coded here, however, an acute eating disorder would be coded here).

MEDICATION COMPLIANCE

This rating focuses on the level of the individual's willingness and participation in taking prescribed medications.

- 0 This level indicates a person who takes psychotropic medications as prescribed and without reminders, or a person who is not currently on any psychotropic medication.
- 1 This level indicates a person who will take psychotropic medications routinely, but who sometimes needs reminders to maintain compliance. Also, a history of medication noncompliance but no current problems would be rated here.
- 2 This level indicates a person who is somewhat non-compliant. This person may be resistant to taking psychotropic medications or this person may tend to overuse his or her medications. He/she might comply with prescription plans for periods of time (1-2 weeks) but generally does not sustain taking medication in prescribed dose or protocol.
- 3 This level indicates a person who has refused to take prescribed psychotropic medications during the past 30 day period or a person who has abused his or her medications to a significant degree (i.e., overdosing or over using medications to a dangerous degree).

TRANSPORTATION

This item is used to rate the level of transportation required to ensure that the individual could effectively participate in his/her own treatment.

- 0 The individual has no transportation needs.
- 1 The individual has occasional transportation needs (e.g., appointments). These needs would be no more than weekly and not require a special vehicle.
- 2 The individual has occasional transportation needs that require a special vehicle or frequent transportation needs (e.g., daily to work or therapy) that do not require a special vehicle.
- 3 The individual requires frequent (e.g., daily to work or therapy) transportation in a special vehicle.

STRENGTHS

FAMILY

All family with whom the individual remains in contact, along with other individuals in relationships with these family members.

- 0 Significant family strengths. This level indicates a family with much love and mutual respect for each other. Family members are central in each other's lives.
- 1 Moderate level of family strengths. This level indicates a loving family with generally good communication and ability to enjoy each other's company. There may be some problems between family members.
- 2 Mild level of family strengths. Family is able to communicate and participate in each other's lives, however, family members may not be able to provide significant emotional or concrete support for each other.
- 3 This level indicates an individual with no known family strengths.

SOCIAL CONNECTEDNESS

This item is used to refer to the interpersonal skills of the individual as they relate to others.

- 0 Significant interpersonal strengths. The individual is seen as well liked by others and has significant ability to form and maintain positive relationships. The individual has multiple close friends and is friendly with others.
- 1 Moderate level of interpersonal strengths. The individual has formed positive interpersonal relationships with peers and other non-caregivers. The individual may currently have no friends, but has a history of making and maintaining friendships with others.
- 2 Mild level of interpersonal strengths. The individual has some social skills that facilitate positive relationships with peers but may not have any current healthy relationships, but has a history of making and maintaining healthy friendships with others.
- 3 This level indicates an individual with no known interpersonal strengths. The individual currently does not have any friends nor has he/she had any friends in the past.

OPTIMISM

This rating should be based on the individual's sense of him/herself in his/her own future. This is intended to rate the child's positive future orientation.

- 0 Individual has a strong and stable optimistic outlook on his/her life. Individual is future oriented.
- 1 Individual is generally optimistic. Individual is likely able to articulate some positive future vision.
- 2 Individual has difficulties maintaining a positive view of him/herself and his/her life. Individual may vary from overly optimistic to overly pessimistic.
- 3 Individual has difficulties seeing any positives about him/herself or his/her life.

EDUCATIONAL

This item is used to refer to the strengths of the school/vocational training environment and may or may not reflect any specific educational/work skills possessed by the individual.

- 0 This level indicates an individual who is in school or a training program and is involved with an educational plan or work environment that appears to exceed expectations. The school works exceptionally well with the individual and family to create an effective learning environment.
- 1 This level indicates an individual who is in school or a training program, however, there have been problems such as tardiness, absenteeism, reductions in productivity, or conflict with supervisors or teachers.
- 2 This level indicates an individual who is either in school but has a plan that does not appear to be effective.
- 3 This level indicates an individual who has dropped out of school or is in a school setting that does not further his/her education. Completing school or a vocational program is required to meet individual's career aspirations.
- NA Participation in a educational or vocational training program is not necessary for the individual to achieve his/her career aspirations.

JOB HISTORY

- 0 Individual has significant job history with positive outcomes. Individual is currently employed as a valued employee.
- 1 Individual has held jobs for a reasonable period of time and has former employers willing to recommend him/her for future employment.
- 2 Individual has some work history.
- 3 Individual has no work history.

TALENTS/INTERESTS

This rating should be based broadly on any talent, creative or artistic skills an individual may have including art, theater, music, athletics, and so forth.

- 0 This level indicates an individual with significant creative/artistic strengths. An individual who receives a significant amount of personal benefit from activities surrounding a talent would be rated here.
- 1 This level indicates an individual with a notable talent. Fore example, an individual who is involved in athletics or plays a musical instrument would be rated here.
- 2 This level indicates an individual who has expressed interest in developing a specific talent or talents even if they have not developed that talent to date.
- 3 This level indicates an individual with no known talents, interests or hobbies.

SPIRITUAL/RELIGIOUS

This rating should be based on the individual's involvement in spiritual or religious beliefs and activities.

- 0 This level indicates an individual with strong religious and spiritual strengths. The individual may be very involved in a religious community or may have strongly held spiritual or religious beliefs that can sustain or comfort him/her in difficult times.
- 1 This level indicates an individual with some religious and spiritual strengths. The individual may be involved in a religious community.
- 2 This level indicates an individual with few spiritual or religious strengths. The individual may have little contact with religious institutions.
- 3 This level indicates an individual with no known spiritual or religious involvement.

COMMUNITY CONNECTION

This rating should be based on the individual's level of involvement in the cultural aspects of life in his/her community.

- 0 This level indicates an individual with extensive and substantial long-term ties with the community. For example, involvement in a community group for more than one year, may be widely accepted by neighbors, or involved in other community activities or informal networks.
- 1 This level indicates an individual with significant community ties although they may be relatively short-term (i.e., past year).
- 2 This level indicates an individual with limited ties and/or supports from the community.
- 3 This level indicates an individual with no known ties or supports from the community.

NATURAL SUPPORTS

This rating refers to unpaid individuals other than family members.

- 0 Individual has significant natural supports who contribute to helping support his or her health and well-being
- 1 Individual has identified natural supports who provide some assistance in supporting the his/her health and well-being.
- 2 Individual has some identified natural supports however they are not actively contributing to his/her health or well-being.
- 3 Individual has no known natural supports (outside of family and paid caregivers).

RESILIENCY

This rating should be based on the individual's ability to identify and use strengths in managing their lives.

- 0 This level indicates a individual who is able to both identify and use strengths to better themselves and successfully manage difficult challenges.
- 1 This level indicates a individual who able to identify most of his/her strengths and is able to partially utilize them
- 2 This level indicates a individual who is able to identify strengths but is not able to utilize them effectively
- 3 This level indicates a individual who is not yet able to identify personal strengths.

RESOURCEFULNESS

- 0 Individual is quite skilled at finding the necessary resources required to aid him/her in his/her managing challenges.
- 1 Individual is some skills at finding necessary resources required to aid him/her in a healthy lifestyle but sometimes requires assistance at identifying or accessing these resources.
- 2 Individual has limited skills at finding necessary resources required to aid in achieving a healthy lifestyle and requires temporary assistance both with identifying and accessing these resources.
- 3 Individual has no skills at finding the necessary resources to aid in achieving a healthy lifestyle and requires ongoing assistance with both identifying and accessing these resources.

VOLUNTEERING

- 0 Individual understands the importance of giving back to others and actively seeks out and engages in volunteer activities on a regular basis (e.g., at least once a month).
- 1 Individual understands the importance of giving back to others, but does not actively seek out volunteer activities. The individual only engages in volunteer activities sporadically (e.g., once or twice per year).
- 2 Individual is starting to understand the importance of giving back to others. The individual has never engaged in any volunteer activities.
- 3 Individual does not value giving back to others and refuses to engage in volunteer activities.

ACCULTURATION

For **Acculturation**, the following categories and action levels are used:

- 0** indicates a dimension where there is no evidence of any needs.
- 1** indicates a dimension that requires monitoring, watchful waiting, or preventive activities.
- 2** indicates a dimension that requires action to ensure that this identified need or risk behavior is addressed.
- 3** indicates a dimension that requires immediate or intensive action.

LANGUAGE

This item includes both spoken and sign language.

- 0** Individual and significant others speak English well.
- 1** Individual and significant others speak some English but potential communication problems exist due to limits on vocabulary or understanding of the nuances of the language.
- 2** Individual and/or significant others do not speak English. Translator or native language speaker is needed for successful intervention but qualified individual can be identified within natural supports.
- 3** Individual and/or significant others do not speak English. Translator or native language speaker is needed for successful intervention and no such individual is available from among natural supports.

IDENTITY

Cultural identity refers to the individual's view of his/herself as belonging to a specific cultural group. This cultural group may be defined by a number of factors including race, religion, ethnicity, geography or lifestyle.

- 0** Individual has clear and consistent cultural identity and is connected to others who share his/her cultural identity.
- 1** Individual is experiencing some confusion or concern regarding cultural identity.
- 2** Individual has significant struggles with his/her own cultural identity. Child may have cultural identity but is not connected with others who share this culture.
- 3** Individual has no cultural identity or is experiencing significant problems due to conflict regarding his/her cultural identity.

RITUAL

Cultural rituals are activities and traditions that are culturally including the celebration of culturally specific holidays such as kwanza, cinco de mayo, etc. Rituals also may include daily activities that are culturally specific (e.g. praying toward Mecca at specific times, eating a specific diet, access to media)

- 0 Individual and significant others are consistently able to practice rituals consistent with their cultural identity
- 1 Individual and significant others are generally able to practice rituals consistent with their cultural identity; however, they sometimes experience some obstacles to the performance of these rituals.
- 2 Individual and significant others experience significant barriers and are sometimes prevented from practicing rituals consistent with their cultural identity.
- 3 Individual and significant others are unable to practice rituals consistent with their cultural identity.

CULTURAL STRESS

Culture stress refers to experiences and feelings of discomfort and/or distress arising from friction (real or perceived) between an individual's own cultural identify and the predominant culture in which he/she lives.

- 0 No evidence of stress between individual's cultural identify and current living situation.
- 1 Some mild or occasional stress resulting from friction between the individual's cultural identify and his/her current living situation.
- 2 Individual is experiencing cultural stress that is causing problems of functioning in at least one life domain.
- 3 Individual is experiencing a high level of cultural stress that is making functioning in any life domain difficult under the present circumstances.

MENTAL HEALTH NEEDS

PSYCHOSIS

This item is used to rate symptoms of psychiatric disorders with a known neurological base. DSM-IV disorders included on this dimension are Schizophrenia and Psychotic disorders (unipolar, bipolar, NOS). The common symptoms of these disorders include hallucinations, delusions, unusual thought processes, strange speech, and bizarre/idiosyncratic behavior.

- 0 This level indicates an individual with no evidence of thought disturbances. Both thought processes and content are within normal range.
- 1 This rating indicates an individual with evidence of mild disruption in thought processes or content. The individual may be somewhat tangential in speech or evidence somewhat illogical thinking. This also includes persons with a history of hallucinations but none currently. The category would be used for individuals who are below the threshold for one of the DSM diagnoses listed above.
- 2 This rating indicates an individual with evidence of moderate disturbance in thought process or content. The individual may be somewhat delusional or have brief or intermittent hallucinations. The person's speech may be at times quite tangential or illogical. This level would be used for individuals who meet the diagnostic criteria for one of the disorders listed above.
- 3 This rating indicates an individual with severe psychotic disorder. The individual frequently is experiencing symptoms of psychosis and frequently has no reality assessment. There is evidence of ongoing delusions or hallucinations or both. Command hallucinations would be coded here. This level is used for extreme cases of the diagnoses listed above.

IMPULSE CONTROL

Symptoms of Impulse Control problems that might occur in a number of disorders including Intermittent Explosive Disorder or Borderline Personality Disorder would be rated here.

- 0 This rating is used to indicate an individual with no evidence of impulse problems. Individual is able to regulate and self-manage behavior and affect.
- 1 This rating is used to indicate an individual with evidence of mild problems with impulse control problems. An individual may have some difficulties with sitting still or paying attention or may occasionally engage in impulsive behavior.
- 2 This rating is used to indicate an individual with moderate impulse control problems. An individual who meets DSM-IV diagnostic criteria for impulse control disorder would be rated here. Persons who use poor judgement or put themselves in jeopardy would be rated here (e.g., picking fights).
- 3 This rating is used to indicate an individual with severe impulse control. Frequent impulsive behavior is observed or noted that carries considerable safety risk (e.g., running into the street and dangerous driving).

DEPRESSION

Symptoms included in this dimension are depressed mood, social withdrawal, anxious mood, sleep disturbances, weight/eating disturbances, and loss of motivation. This dimension can be used to rate symptoms of the following psychiatric disorders as specified in DSM-IV: Depression (unipolar, dysthymia, NOS), Bipolar)

- 0 This rating is given to an individual with no evidence of depression.
- 1 This rating is given to an individual with mild depression. Brief duration of depression, irritability, or impairment of peer, family, vocational or academic function that does not lead to gross avoidance behavior.
- 2 This rating is given to an individual with a moderate level of depression. This level is used to rate individuals who meet the criteria for an affective disorder as listed above.
- 3 This rating is given to an individual with a severe level of depression. This would include a person who stays at home or in bed all day due to depression or whose emotional symptoms prevent any participation in school/work, social settings, or family life. More severe forms of depressive diagnoses would be coded here. This level is used to indicate a person who is disabled in multiple life domains by his/her depression.

ANXIETY

- 0 This rating is given to an individual with no evidence of problems with anxiety.
- 1 This level is used to rate either a mild phobia or anxiety problem or a level of symptoms that is below the threshold for the other listed disorders.
- 2 This could include major conversion symptoms, frequent anxiety attacks, obsessive rituals, flashbacks, hypervigilance, or school/work avoidance.
- 3 This rating is given to an individual with a severe level of anxiety This would include a person who stays at home or in bed all day due to anxiety or whose emotional symptoms prevent any participation in school/work, social settings, or family life. More severe forms of anxiety disorder diagnoses would be coded here. This level is used to indicate a person who is disabled in multiple life domains by his/her depression

INTERPERSONAL PROBLEMS

This rating identifies problems with relating to other people including significant manipulative behavior, social isolation, or significant conflictual relationships.

- 0 No evidence of notable interpersonal problems.
- 1 Evidence of mild degree, probably sub-threshold for the diagnosis of a personality disorder. For example, mild but consistent dependency in relationships might be rated here. Or, some evidence of mild antisocial or narcissistic behavior. Also, an unconfirmed suspicion of the presence of a diagnosable personality disorder would be rated here.
- 2 Evidence of sufficient degree of interpersonal problems. Individual's relationship problems may warrant a DSM-IV Axis II diagnosis.
- 3 Evidence of a severe interpersonal problems that has significant implications for the individual's long-term functioning. Interpersonal problems are disabling and block the individual's ability to function independently.

ANTISOCIAL BEHAVIOR (Compliance with Society's Rules)

These symptoms include antisocial behaviors like shoplifting, lying, vandalism, cruelty to animals, and assault.

- 0 This rating indicates an individual with no evidence of antisocial disorder.
- 1 This rating indicates an individual with a mild level of conduct problems. Some difficulties in school/work and home behavior. Problems recognizable but not notably deviant. This might include occasional lying or petty theft from family.
- 2 This rating indicates an individual with a moderate level of conduct disorder. This could include episodes of planned aggression or other antisocial behavior.
- 3 This rating indicates an individual with a severe Antisocial Personality Disorder. This could include frequent episodes of unprovoked, planned aggression or other antisocial behavior.

ADJUSTMENT TO TRAUMA

This rating covers the reactions of individuals to a variety of traumatic experiences. This dimension covers both adjustment disorders and post traumatic stress disorder from DSM-IV.

- 0 The individual has not experienced any trauma or has adjusted well to significant traumatic experiences.
- 1 The individual has some mild adjustment problems and exhibits some signs of distress.
- 2 The individual has marked adjustment problems and is symptomatic in response to a traumatic event (e.g., anger, depression, and anxiety).
- 3 The individual has post traumatic stress difficulties. Symptoms may include intrusive thoughts, hyper-vigilance, constant anxiety, and other common symptoms of Post Traumatic Stress Disorder (PTSD).

ANGER CONTROL

This item captures the individual's ability to identify and manage their anger when frustrated.

- 0 This rating indicates an individual with no evidence of any significant anger control problems.
- 1 This rating indicates an individual with some problems with controlling anger. He/she may sometimes become verbally aggressive when frustrated. Peers and family members are aware of and may attempt to avoid stimulating angry outbursts.
- 2 This rating indicates an individual with moderate anger control problems. His/her temper has gotten him/her in significant trouble with peers, family, and/or work. This level may be associated with some physical violence. Others are likely quite aware of anger potential and may be intimidated by the individual.
- 3 This rating indicates an individual with severe anger control problems. His/her temper is likely associated with frequent fighting that is often physical. Others likely fear him/her.

SUBSTANCE ABUSE

These symptoms include use of alcohol and illegal drugs, the misuse of prescription medications and the inhalation of any substance for recreational purposes. This dimension is rated consistent with DSM-IV Substance Related Disorders.

- 0 This rating is for an individual who has no notable substance use difficulties at the present time. If the person is in recovery for greater than 1 year they should be coded here.
- 1 This rating is for an individual with mild substance use problems that might occasionally present problems of living for the person (i.e., intoxication, loss of money, and reduced work performance). This rating would be used for someone early in recovery (less than 1 year) who is currently maintaining abstinence for at least 30 days.
- 2 This rating is for an individual with a moderate substance abuse problem that both requires treatment and interacts with and exacerbates the psychiatric illness. A substance abuse problem that consistently interferes with the ability to function optimally, but does not completely preclude functioning in an unstructured setting.
- 3 This rating is for an individual with a severe substance dependence condition that presents a significant complication to the mental health management (e.g., need for detoxification) of the individual.

EATING DISTURBANCES

These symptoms include problems with eating including disturbances in body image, refusal to maintain normal body weight and recurrent episodes of binge eating. These ratings are consistent with DSM-IV Eating Disorders.

- 0 This rating is for an individual with no evidence of eating disturbances.
- 1 This rating is for an individual with a mild level of eating disturbance. This could include some preoccupation with weight, calorie intake, or body size or type when of normal weight or below weight. This could also include some binge eating patterns.
- 2 This rating is for an individual with a moderate level of eating disturbance. This could include a more intense preoccupation with weight gain or becoming fat when underweight, restrictive eating habits or excessive exercising in order to maintain below normal weight, and/or emaciated body appearance. This level could also include more notable binge eating episodes that are followed by compensatory behaviors in order to prevent weight gain (e.g., vomiting, use of laxatives, excessive exercising). This child may meet criteria for a DSM-IV Eating Disorder (Anorexia or Bulimia Nervosa).
- 3 This rating is for an individual with a more severe form of eating disturbance. This could include significantly low weight where hospitalization is required or excessive binge-purge behaviors (at least once per day).

RISK BEHAVIORS

DANGER TO SELF

A rating of '2' or '3' would indicate the need for a safety plan.

- 0 No evidence or history of suicidal or self-injurious behaviors.
- 1 The individual has a history of suicidal or self-injurious behavior but no self-injurious behavior during the past 30 days.
- 2 The individual has expressed recent (last 30 days), but not acute (today) suicidal ideation or gesture. Self-injurious behavior in the past 30 days (including today) without suicidal ideation or intent.
- 3 Current suicidal ideation and intent in the past 24 hours.

SELF-MUTILATION

This rating includes repetitive physically harmful behavior that generally serves a self-soothing functioning with the child.

- 0 No evidence of any forms of self-mutilation (e.g. cutting, burning, face slapping, head banging)
- 1 History of self-mutilation but none evident in the past 30 days.
- 2 Engaged in self mutilation that does not require medical attention.
- 3 Engaged in self mutilation that requires medical attention.

OTHER SELF HARM

This rating includes reckless and dangerous behaviors that while not intended to harm self or others, place the child or others at some jeopardy. Suicidal or self-mutilative behavior is NOT rated here.

- 0 No evidence of behaviors that place the child at risk of physical harm.
- 1 History of behavior other than suicide or self-mutilation that places child at risk of physical harm. This includes reckless and risk-taking behavior that may endanger the child.
- 2 Engaged in behavior other than suicide or self-mutilation that places him/her in danger of physical harm. This includes reckless behavior or intentional risk-taking behavior.
- 3 Engaged in behavior other than suicide or self-mutilation that places him/her at immediate risk of death. This includes reckless behavior or intentional risk-taking behavior.

EXPLOITATION

This item is used to examine a history and level of current risk for exploitation.

- 0 This level indicates a person with no evidence of recent exploitation and no significant history of exploitation within the past year. The person may have been robbed or burglarized on one or more occasions in the past, but no pattern of exploitation exists. Person is not presently at risk for re-exploitation.
- 1 This level indicates a person with a history of exploitation but who has not been victimized to any significant degree in the past year. Person is not presently at risk for re-exploitation.
- 2 This level indicates a person who has been recently exploited (within the past year) but is not in acute risk of re-exploitation. This might include physical or sexual abuse, significant psychological abuse by family or friend, extortion or violent crime.
- 3 This level indicates a person who has been recently exploited and is in acute risk of re-exploitation. Examples include working as a prostitute and living in an abusive relationship.

DANGER TO OTHERS

This includes actual and threatened violence. Imagined violence, when extreme, may be rated here. A rating of '2' or '3' would indicate the need for a safety plan.

- 0 No evidence or history of aggressive behaviors or significant verbal aggression towards others (includes people and animals).
- 1 A history of aggressive behavior or verbal aggression towards others but no aggression during the past 30 days. A history of fire setting (not in the past year) would be rated here.
- 2 Occasional or moderate level of aggression towards others including aggression during the past 30 days or more recent verbal aggression.
- 3 Frequent or dangerous (significant harm) level of aggression to others. Any fire setting within the past year would be rated here. The individual is an immediate risk to others.

GAMBLING

This item includes all forms of gambling—legal and illegal, organized and social.

- 0 Individual has no evidence of any problem gambling
- 1 Individual has either a history or suspicion of problems with gambling; however, currently gambling behavior is not known to impact his/her functioning.
- 2 Individual has problems with gambling that impact his/her functioning and/or wellbeing.
- 3 Individual has problems with gambling that dramatically impacts his/her life and make functioning difficult or impossible in at least one life domain.

SEXUAL AGGRESSION

This includes all sexual offending that could result in charges be made against the individual. Sexual aggression includes the use or threat of physical force or taking advantage of a power differential to engage in non-consenting sexual activity.

- 0 No evidence of problems with sexual aggression.
- 1 History of sexual aggression but no known sexually aggressive behavior in the past year.
- 2 Recent sexual aggression but not at immediate risk of re-offending
- 3 Recent sexual aggression with acute risk of re-offending due to attitude, behavior, or circumstances.

CRIMINAL BEHAVIOR

This rating includes both criminal behavior and status offenses that may result from the individual failing to follow required behavioral standards. This category does not include drug usage but it does include drug sales and other drug related activities. Sexual offenses should be included as criminal behavior.

- 0 No evidence or history of criminal behavior.
- 1 A history of criminal behavior but none in the past year.
- 2 A moderate level of criminal activity. This level indicates a person who has been engaged in criminal activity during the past year, but the criminal activity does not represent a significant physical risk to others in the community. Examples would include vandalism and shoplifting.
- 3 A severe level of criminal activity. This level indicates a person who has been engaged in violent criminal activity during the past year which represent a significant physical risk to others in the community. Examples would include rape, armed robbery, and assault.

OPTIONAL

Family/Caregiver Capacity

Caregiver refers to parent(s) or other adult with primary care-taking responsibilities for the individual. This dimension would not be applicable to an individual living in an institutionalized setting, however would apply to someone living in group homes.

PHYSICAL/BEHAVIORAL HEALTH

Physical and Behavioral Health includes medical, physical, mental health, and substance abuse challenges faced by the caregiver(s).

- 0 The caregiver(s) has no physical or behavioral health limitations that impact assistance or attendant care.
- 1 The caregiver(s) has some physical or behavioral health limitations that interfere with provision of assistance or attendant care.
- 2 The caregiver(s) has significant physical or behavioral health limitations that prevent them from being able to provide some needed assistance or that make attendant care difficult.
- 3 The caregiver(s) is unable to provide any needed assistance or attendant care.

INVOLVEMENT WITH CARE

This item is used to rate the level of involvement the caregiver(s) has in the planning and provision of mental health related services.

- 0 This level indicates a caregiver(s) who is actively involved in the planning and/or implementation of services and is able to be an effective advocate on behalf of the individual.
- 1 This level indicates a caregiver(s) who is consistently involved in the planning and/or implementation of services for the individual but is not an active advocate on their behalf.
- 2 This level indicates a caregiver(s) who is minimally involved in the care of the individual. Caregiver(s) may visit the individual when living in an out-of-home placement, but does not become involved in service planning and implementation.
- 3 This level indicates a caregiver(s) who is uninvolved with the care of the individual. The caregiver(s) may want the individual out of home or fails to visit the individual when in residential placement.

KNOWLEDGE

This item is used to rate the caregiver's knowledge of the specific strengths of the individual and any problems experienced by the individual and their ability to understand the rationale for the treatment or management of these problems.

- 0 This level indicates that the present caregiver(s) is fully knowledgeable about the individual's psychological strengths and weaknesses, talents, and limitations.
- 1 This level indicates that the present caregiver(s), while being generally knowledgeable about the individual, has some mild deficits in knowledge or understanding of either the person's psychological condition or his/her talents, skills, and assets.
- 2 This level indicates that the caregiver(s) does not know or understand the individual well and that significant deficits exist in the caregiver's ability to relate to the person's problems and strengths.
- 3 This level indicates that the present caregiver(s) has little or no understanding of the individual's current condition. The caregiver(s) is unable to cope with the individual given his/her status at the time, not because of the needs of the person but because the caregiver(s) does not understand or accept the situation.

SOCIAL RESOURCES

This item is used to refer to the financial and social assets (extended family) and resources that the caregiver(s) can bring to bear in addressing the multiple needs of the individual and family.

- 0 The caregiver(s) has sufficient resources so that there are few limitations on what can be provided for the individual.
- 1 The caregiver(s) has the necessary resources to help address the individual's major and basic needs, but those resources might be stretched.
- 2 The caregiver(s) has limited resources (e.g., a relative living in the same town who is sometimes available to assist with the individual).
- 3 The caregiver(s) has severely limited resources that are available to assist in the care and treatment of the individual.

FAMILY STRESS

This item reflects the degree of stress or burden experienced by the family as a result of the individual's needs as described elsewhere in the assessment.

- 0 Caregiver able to manage the stress of individual's needs.
- 1 Caregiver has some problems managing the stress of individual's needs.
- 2 Caregiver has notable problems managing the stress of individual's needs. This stress interferes with their capacity to give care
- 3 Caregiver is unable to manage the stress associated with child/children's needs. This stress prevents caregiver from providing care.

SAFETY

This item is used to refer to the safety of the assessed individual. It does not refer to the safety of other family or household members. The presence of an individual (family or stranger) that presents a safety risk to the individual should be rated. This item does not refer to the safety of the physical environment in which the individual lives (e.g., a broken or loose staircase).

- 0 This rating indicates that the current placement presents no risk to the safety of the individual in his/her present condition.
- 1 This rating indicates that the current placement presents some mild risk of neglect or exposure to drug use, but that no immediate risk is present.
- 2 This rating indicates that there is risk to the individual including such things as the risk of abuse or exposure to individuals who could harm the individual.
- 3 This rating indicates that the current placement presents a significant risk to the well-being of the individual. Risk of harm is imminent and immediate.