



1 What is your overall stress level right now? (FILL IN A CIRCLE)

I AM VERY STRESSED! I AM NOT STRESSED AT ALL.

2 Where do you feel you and your family currently are in these Life Areas? (FILL IN A CIRCLE IN EACH ROW)

	THRIVING	JUST OK	IN CRISIS
Housing	▶ Stable, safe, secure and affordable shelter that meets our needs		Homeless, living in substandard or unsafe housing or with friends/family
Transportation	▶ Safe, consistent, reliable transportation and a backup plan		No transportation options through public transit, car or rides from others
Child Care	▶ Able to select quality child care of their choice		Need child care but none is available or child is not eligible
Health	▶ Seeks care appropriately, follows doctor's orders, makes lifestyle changes		Acute/chronic physical condition without diagnosis and treatment currently or in past 6 months
Mental Health	▶ No symptoms OR symptoms are controlled		Severe symptoms impacting daily living skills, parenting work, etc.
Substance Use	▶ No history or current use or abuse or currently clean or in recovery program		Chronic and continued history of drug or alcohol abuse
Legal	▶ No active criminal involvement in 12+ months and/or no felony criminal history		Current outstanding tickets or warrants
Parenting	▶ Parents are loving, responsive, praise child(ren), and able to regulate them well		Parents are unable to nurture, bond or love child(ren) and are not very responsive
Child Development	▶ Able to anticipate child development changes and use appropriate activities with child(ren) daily		Poor knowledge of child development and/or unrealistic expectations or refuse information
Relationship With Partner	▶ In a supportive, loving, and committed relationship with one another		Partner is not supportive, loving or committed.
Support Network	▶ Consistent support from formal and informal sources that are able to help and is reciprocal		Lacks necessary formal or informal support including family, friends, and resources
Education	▶ Has the necessary level of education or training to get the job they want		Has less than a 12th grade education
Language <small>(non-native English speakers only)</small>	▶ Fully bi-lingual		Low or no literacy in any language
Employment	▶ Maintained employment for 3+ months, enjoys current job enough to continue		Adult(s) in family are unemployed
Income	▶ Stable income, current on bills, and has money for saving and spending		Household income is between 0%-100% FPL

3 Is there anything that you want to discuss in your next meeting?