



# CASE STUDY

---

A closer look at two Strength Based Assessments

# STRENGTH BASED ASSESSMENTS

## CASE STUDY



# Profile

Rita is a young woman within her early 30's. She is passionate about her family, work, art, faith and helping others. Rita has spent numerous years in and out of the hospital receiving different diagnosis and experimenting with different medications. With a history of mental illness in the family in addition to experiencing the trauma of losing loved ones as a result of mental illness, Rita struggled to find hope in her own recovery. It wasn't until she accepted a bed in a respite facility that Rita was able to engage in her recovery in a personal and meaningful way. Learning of what the Clubhouse could offer, Rita was excited and eager to engage in her own recovery through the opportunities made available in this person-centered environment.

# Assessment Process

Build rapport

Understand Goal(s)

- “Engage in as many resources that would help in my process of recovery”
- “de-stress”
- “come up with possible solutions to dealing with family conflict before quickly approaching visit”

Select a strength based assessment which...

1. evaluates a person’s readiness and preferences for life changes;
2. assesses the person’s every day functional strengths and needs with the contexts of the person’s daily life; and
3. assess the nature of the person’s resources supports and barriers.

\*Note to facilitators: familiarize yourself with best practices and various strength based assessments so that when choosing a tool you can act proficiently within the framework of an assessment that best suits the person you are working with. Provide options of assessments, suggest tools/assessments, but enable the individual to engage in their own recovery process as an autonomous individual by including them in the process of choosing which strength based assessment to use.

# Client Self-Appraisal of Needs and Interests (CSA)

*\*Indicate priority items with an asterisk*

**In the following 29 categories identify if there are needs, interests, strengths and assets**

- **Housing** (Cost, amenities, location, security, infestations)
- **Money** (Budgeting, supports)
- **Meals** (Plan, prep, spec diet, finding free/cheap, side effects of medication, nutrition)
- **Responsibilities** (Children & parental duties, family, pets, property)
- **Supports** (Family, friends, staff support with agencies, support groups)
- **Physical Health** (Illness, disabilities, sleep, appetite, pain, women's health / men's health / trans' health, pregnancy choices, STD prevention, sexual function)
- **Mental Health** (Signs, symptoms, triggers, emotions, coping, suicidal thoughts, crisis plan, history of trauma/ abuse, disclosure, discrimination, stigma)
- **Cognition** (Concentration, planning and organization, memory, ability to learn new information, problem solving, decision making)
- **Medication** (Psychiatric & physical, lab work? Side effects/ effect on quality of life, alternative medicine)
- **Time Sensitive Needs** (Are there times of the day, night, week, month or year where you feel you need more support? Anniversary dates)
- **Shopping** (Food, clothing, personal care products, household products)
- **Transportation** (Bus pass, familiarity with bus routes, Handidart)
- **Stress Management** (Understanding of effect on health, coping strategies)
- **Activities** (A satisfying daily routine)
- **Leisure** (Interests, fun, attendance at leisure groups, physical activity)
- **Education** (Grade achieved, ESL, literacy, continued education)
- **Work** (Volunteer, paid, current, work history)
- **Personal Identity** (As a woman, man, a trans person, culture, youth, adult, older adult, disability, sexual orientation)
- **Relationships** (Family, friends, other; Developing and maintaining, quality, emotional intimacy, dating, sexual intimacy and satisfaction)
- **Spirituality** (Sense of purpose and hope, involvement with organized religion, mindfulness, yoga, meditation)
- **Self Care** (Appearance, hygiene, exercise)
- **Home Management** (House cleaning, laundry, supplies)
- **Cultural Perspective** (The meaning of mental illness)
- **Addictions** (What, when, where, with whom? Impact? Use of services)
- **Community / Cultural Connections** (Connections, issues, safety, understanding the Mental Health system in Vancouver)
- **Communication** (Challenges, language, reading, writing, hearing, vision, access to phone, expressing myself, computer literacy)
- **Legal** (Immigration, divorce, child custody, offences, victim of crime(s))

Vancouver Coastal Mental Health Services. May 2011

# Client Self-Appraisal of Needs and Interests (CSA)

1. Readiness
  - i. Need for Change or the extent to which a person is either unsuccessful or unsatisfied in his or her current situation;
  - ii. Commitment to Change or the extent to which a person is committed to making changes in his or her life;
  - iii. Personal Closeness or the extent to which he or she is open to connecting with others;\_
  - iv. Self-Awareness or the extent to which the person has some level of understanding about himself or herself; and
  - v. Environmental Awareness or the degree to which a person is aware of the difference between environments
2. Everyday functional strengths and needs within the context of person's daily life
3. The nature of person's resources supports and barriers

Adapted from Farkas et al., (2000) & Pitts & Hayes (2014)

# Client Self-Appraisal of Needs and Interests (CSA)

## Example:

### Supports:

**Is there a need?** “Yes, for sister to understand mental health needs and show support. Be apart of and engage in a support network. Have my “adopted family” be more active as supportive friends – interact more with those who can relate and understand my needs.”

**Is there an interest?** “Yes”

### Strengths and Assets:

- “Can take community and relationships group.”
- “Very aware of my mental health”
- “Good at communicating”
- “Have people who say they care and want to be there for me”
- “Have a lot of other supports in place already which could help bridge the gap”

### Activities:

**Is there a need?** “Yes, make weekly plan”

**Is there an interest?** “Yes”

### Strengths and Assets:

- “[OT] worked with me to break down [tweekly plan] more.”
- “Be accountable to [specific friend]”

### Leisure:

**Is there a need?** “Yes, include more fun me time in life”

**Is there an interest?** “Yes, painting, writing, stamp club”

### Strengths and Assets:

- Arrangement to meet with peer-facilitator of a clubhouse painting program.
- “Can attend creative writing at clubhouse”
- “Desire and feel called to write a book of my story”
- “Monthly stamp club to go to”
- “Building up [stamping up] supplies to be able create at home”
- “Help with [clubhouse newsletter] “

# Client Self-Appraisal of Needs and Interests (CSA)

**PRIORITIZED NEEDS/INTERESTS IDENTIFIED:**

Identify up to 3 needs/interests areas from the appraisal and list them below.

1. \_\_\_\_\_

**What to do? (Specifics)**

**Who will do it? (Client, therapist, etc.)**

**Review Date**

**How will it be measured?**

2. \_\_\_\_\_

**What to do? (Specifics)**

**Who will do it? (Client, therapist, etc.)**

**Review Date**

**How will it be measured?**

3. \_\_\_\_\_

**What to do? (Specifics)**

**Who will do it? (Client, therapist, etc.)**

**Review Date**

**How will it be measured?**

**Prioritize needs identified:** \_\_\_\_\_



# Action Over Inertia

## Daily Time-Use Log

In the chart below, fill in how you have recently spent a typical day.

<b>Time</b>	<b>Activity</b>	<b>Where?</b>	<b>The activity was done: alone/with someone else</b>
12 midnight	Sleep	Bed	Alone
10:00 am	Wake up	Bed	Alone
11:00 am	Shower Make-up	Bathroom	Alone
1:00 pm	TV/Breakfast	Couch	Alone with Bill Cosby
2:00 pm	TV	Couch	Alone
3:00 pm	Text friends	Couch/Home	Sue and Ashley
4:00 pm	MH Apt	MH Centre	OT
5:00 pm	Walk home	Community	Alone
6:00 pm	Snooze	Bed	Alone
7:00 pm	Dinner	Couch/Home	Alone
8:00 pm	Sort paper/ make schedule	Desk/Home	Alone
Etc.			

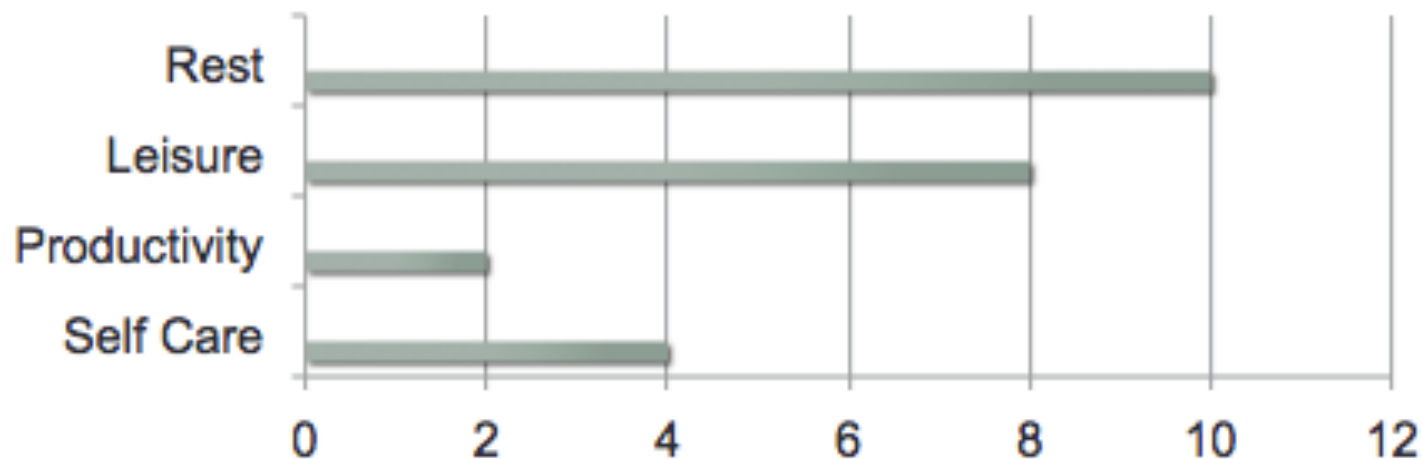
*Adapted from Krupa et al. Action Over Inertia* © CAOT PUBLICATIONS ACE 2010

# Action Over Inertia

## My Daily Time-Use

Looking at your time use logs, label each activity you recorded as self-care, productivity, or leisure. Total the hours spent in each category for one day. This will give you a visual image of the balance of your activities.

### Category:



*Adapted from Krupa et al. Action Over Inertia © CAOT PUBLICATIONS ACE 2010*

# Action Over Inertia

## Finding Meaning in my Activities

Rate the following statements in terms of how important each is to you in terms of your participation in activities (Very Important, Kind of Important, or Not Important).

I would like to participate in activities that...

- contribute to my income
- make the world better for others
- are exciting and active
- contribute to the wellbeing of people I love
- increase my mental health
- increase my physical health
- allow me to feel peaceful
- help me to find love and intimacy
- contribute to my sense of security
- are enjoyable and meet my interests
- fulfill me spiritually
- show my special skills and knowledge
- make a contribution to my community
- earn me respect and admiration
- contribute to my knowledge
- help me find friendship and social connections
- let me appreciate the natural world
- allow me to appreciate art or other creative expressions
- Other meaning:

# Action Over Inertia

## Satisfaction with Activities

Consider the activities you identified on your daily time-use logs:

- Which activities brought you feelings of satisfaction or well-being?
- Which of these activities was the least enjoyable or satisfying
- Do any of the activities bring you feelings of distress or discomfort
- Are there particular times of the day when you are most satisfied and least satisfied with your activities?
- Think of your overall activity patterns — do they bring you satisfaction?
- What activities have you done in the past that have brought you enjoyment and satisfaction?
- What changes in your activity patterns might bring you more satisfaction?

*Krupa et al. Action Over Inertia* © CAOT PUBLICATIONS ACE 2010

# Key Messages

- Process
- Dynamic
- Person Centered – Person's Words
- Develop Readiness