

Self-Sufficiency Matrix for Recovery Coaching Participants

Participant Name: _____

Coach: _____

Assessment Date: _____

Domain	In Crisis/Not Self-Sufficient Score:1	Unstable Score:2	At Risk Score:3	Stable/Safe Score:4	Self Sufficient Score:5	Score	Participant goal? (✓)
Access to Services	Doesn't know needs; barriers to access; needs help	Assistance required to access services on their own	Knows what is needed; options are limited	Receiving services; barriers to access may limit choices	Is receiving a full range of services to meet needs		
Health Insurance	No coverage; barriers to access; needs help	At risk of losing coverage; limited resources/ requires help in accessing services	Has coverage; financial barriers; doesn't meet needs	Has limited coverage, meets needs.	Has full coverage to meet needs		
Housing	Homeless or threatened with eviction.	In transitional, temporary or substandard housing; and/or current rent/mortgage payment is unaffordable (over 30% of income).	In stable housing that is safe but only marginally adequate.	Household is in safe, adequate subsidized housing.	Household is safe, adequate, unsubsidized housing.		
Basic Needs(food, heat etc.)	Basic needs not met; barriers to access; needs help	Basic needs not met; has limited access to help	Lacks resources to meet basic needs; help available	Resources are adequate; meets most needs	Basic needs are being met		
Transportation	No access to transportation, public or private; may have car that is inoperable.	Transportation is available, but unreliable, unpredictable, unaffordable; may have care but no insurance, license, etc.	Transportation is available and reliable, but limited and/or inconvenient; drivers are licensed and minimally insured.	Transportation is generally accessible to meet basic travel needs.	Transportation is readily available and affordable; car is adequately insured.		
Physical Health	Has health problems, barriers to access to help; needs help	Has health problems; treatment inadequate; limited access to help	Health problems treated inadequately	Treatment of health problems is adequate; meets most needs	No problem or health needs are being met		
Social Network	Has no social network; barriers to increase; needs help	Social network is very limited(has 1 friend who cares);and has no one to add	Social network is insufficient (less than 2-3 friends who care)	Social network is sufficient(has at least 3 friends who care)	Social network is more than sufficient(3-5 friends who care)		
Family/partner relationships	Family is in crisis; barriers to access help; needs help	Family and relationships are very unstable; have limited resources	Family and relationships are unstable; inadequate resources/help	Family and relationships are somewhat stable; adequate resources/help	Family and relationships are stable; no help is needed		
Spirituality/optimism	In crisis-No belief in spirituality; no optimism for future	Questioning spirituality considering others who have optimism for future	Considering belief in spirituality and better future	Actively pursuing spirituality and developing optimism	Maintaining spirituality and optimism		

Recovery Supports	In crisis-No belief that things can get better-flight risk	Disconnected but aware of possible benefits from recovery support	Meeting peer supporters and professionals	Actively pursuing recovery in multiple ways (not necessarily helping others at this stage)	Pursuing recovery in multiple ways including helping others		
Alcohol and Drug Treatment	Doesn't know what treatment needs are; needs help	Doesn't know options; Assistance required to access services on their own	Wants services and is familiar with services; options are limited; faces barriers	Receiving services; barriers to access may be limiting	Receiving adequate drug and alcohol treatment services		
Medication Assisted Treatment(MAT)	Doesn't know what treatment needs are; needs help	Doesn't know options; Assistance required to access MAT on their own	Wants MAT services and is familiar with services; options are limited; faces barriers	Receiving MAT services; barriers to access may be limiting	Receiving adequate MAT services		
Mental Health	Danger to self or others; recurring suicidal ideation; experiencing severe difficulty in day-to-day life due to psychological problems.	Recurrent mental health symptoms that may affect behavior, but not a danger to self/others; persistent problems with functioning due to mental health symptoms.	Mild symptoms may be present but are transient; only moderate difficulty in functioning due to mental health problems.	Minimal symptoms that are expectable responses to life stressors; only slight impairment in functioning.	Symptoms are absent or rare; good or superior functioning in wide range of activities; no more than every day problems or concerns		
Legal	Current outstanding tickets or warrants.	Current charges/trial pending, noncompliance with probation/parole.	Fully compliant with probation/parole terms.	Has successfully completed probation/parole within past 12 months, no new charges filed.	No active criminal justice involvement in more than 12 months and/or no felony criminal history.		
Education	Literacy problems and/or no high school diploma/GED are serious barriers to employment.	Enrolled in literacy and/or GED program and/or has sufficient command of English to where language is not a barrier to employment.	Has high school diploma/GED.	Needs additional education/training to improve employment situation and/or to resolve literacy problems to where they are able to function effectively in society.	Has completed education/training needed to become employable. No literacy problems.		
Employment	No job.	Temporary, part-time or seasonal; inadequate pay, no benefits.	Employed full time; inadequate pay; few or no benefits.	Employed full time with adequate pay and benefits.	Maintains permanent employment with adequate income and benefits.		
Parenting Skills	There are safety concerns regarding parenting skills.	Parenting skills are minimal.	Parenting skills are apparent but not adequate.	Parenting skills are adequate.	Parenting skills are well developed.		
Safety	Home or residence is not safe; immediate level of lethality is extremely high; possible CPS involvement.	Safety is threatened/temporary protection is available; level of lethality is high.	Current level of safety is minimally adequate; ongoing safety planning is essential.	Environment is safe, however, future of such is uncertain; safety planning is important	Environment is apparently safe and stable.		
Wellness	Inadequate wellness in all dimensions; doesn't know wellness goals; needs help	Inadequate wellness in most dimensions; has barriers to setting wellness goals; needs assistance to set goals	Inadequate wellness in some dimensions; has barriers to achieving wellness goals	Sufficient wellness in most dimensions; actively pursuing wellness goals	Identifies as maintaining sufficient wellness in all dimensions (emotional, financial, environmental, intellectual, spiritual, social, occupational, physical)		