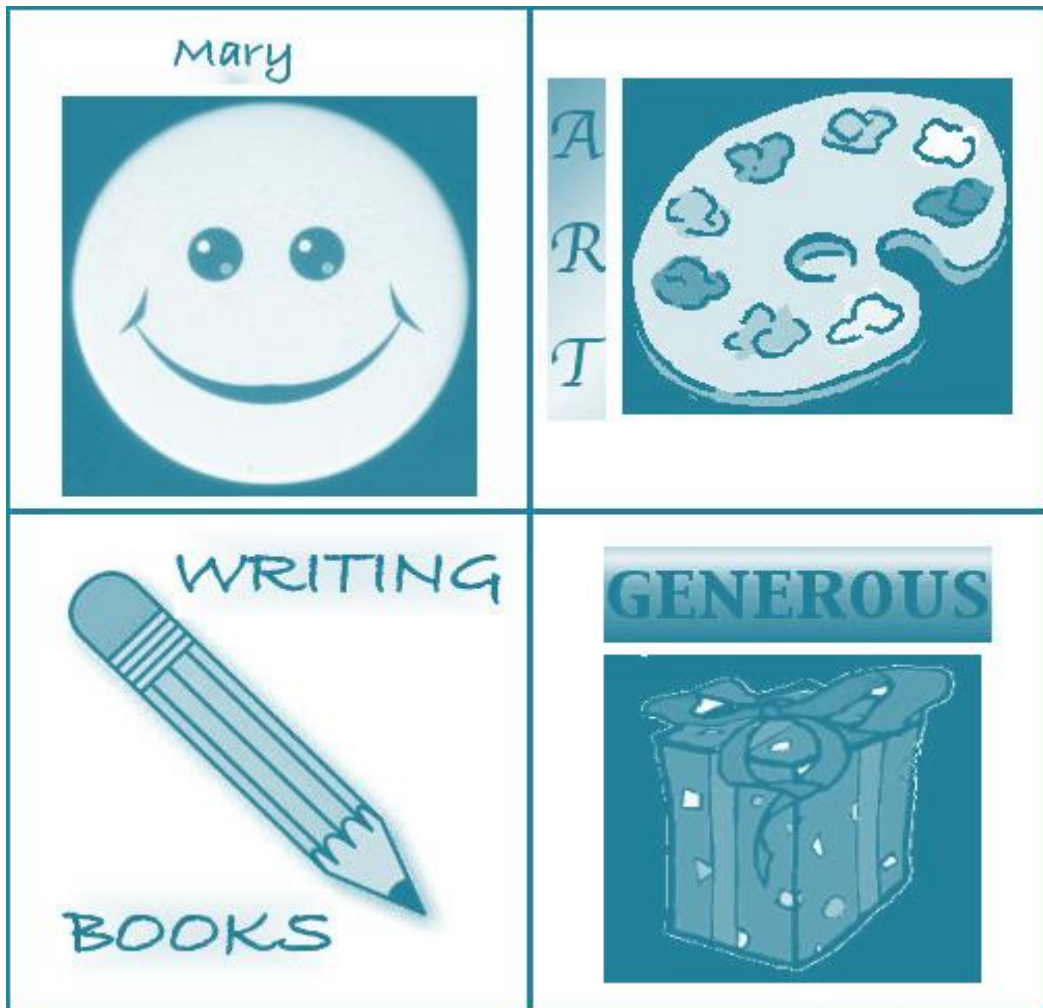


A GUIDE TO COMPLETING YOUR STRENGTHS ASSESSMENT



St. Vincent's Mental Health Service

Every Case Manager at St. Vincent's Hospital Mental Health Service works within the Strengths Model: A Recovery-Oriented Approach to Mental Health Services. St. Vincent's adopted this model in 2006.

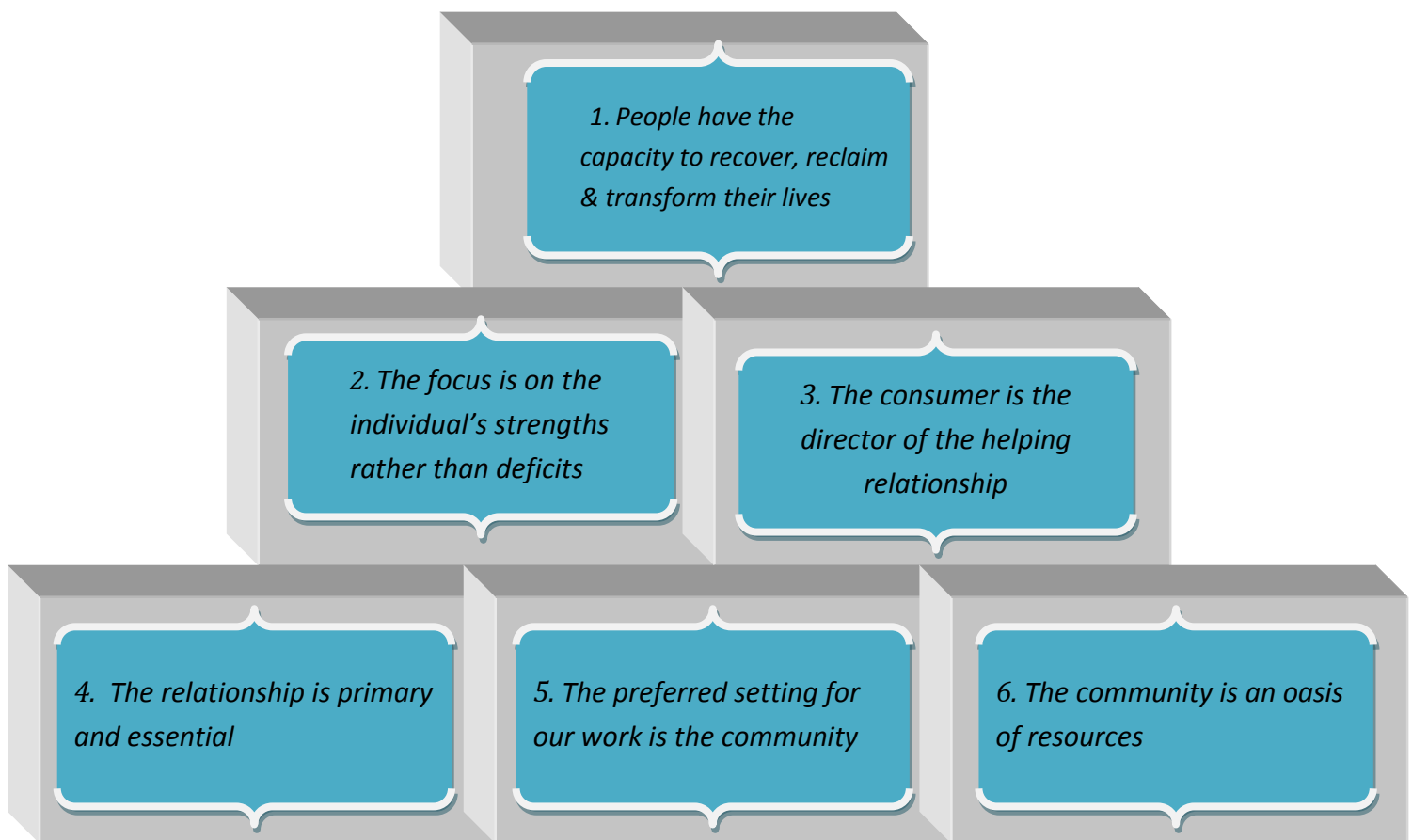
The Strengths Assessment was developed by Rapp & Goscha (2006) and is part of the tools we use to help you to identify your strengths to help you on your recovery journey and make your own choices and decisions.

The Department of Health Victoria also has set Recovery Principles for each mental health service or agency to implement.

The Strengths Model has 6 Principles that underpin all the work that you do with your Case Manager.

The Principles are on the following page!

The 6 Strengths Principles



Rapp & Goscha, 2006

The Strengths Assessment helps you to:

- Identify what your strengths are
- Gain awareness of who you are
- Encourage you to take control of your life and make choices and decisions
- Learn about yourself from past and current experiences
- Understand what you want in the future
- Helps you to focus on what is positive in your life and not dwell on the things that are not so good
- Know what resources you have within yourself and around you
- Enables you to look at what community resources there are where you live
- Give you hope when you feel you have lost a sense of direction or purpose

Your Case Manager will help you to complete your Strengths Assessment. You may be asked about some of your strengths they have noticed or learned from you and think have helped you in the past and would help you in the future.

What are your strengths?

Strengths can be in many forms:

- Personal qualities & characteristics
- Talents
- Skills
- Interests
- Hopes and wishes
- Environmental

Personal qualities and characteristics

Honest

Caring

Hopeful

Hard Working

Easy to talk to



Sensitive

Intelligent

Reliable

Friendly

Generous

Talents and skills

Good card player

Good at budgeting

Can repair engines

Computer wizard

Good with numbers



Good memory

Knows a lot about music

Good cook

Good at writing poetry

Environmental strengths

A safe and comfortable home you really like

An older brother who goes with you to appointments

Being part of the local church

A pet you are very fond of



Have a good relationship with the local shop keeper

Use local library service

A neighbour you get on well with

Links to local mental health facility/PDRS

Personal Interests and Aspirations

Love to go fishing

Enjoy watching old movies

Would like to be an electrician

Would like to have your own car one day

Be happy and settled



Would like to have a paid job

Would like to be free of MH services

Would like to learn how to cook

Would like to be a successful musician

It is very important that you are able to tell the story about your life so far. You may have experienced a lot of painful times. You may have struggled with many things.

Your Case Manager will listen and acknowledge what has happened to you, both good and not so good! You will then be helped to look at what strengths you have drawn on in the past to help you through bad times.



It is up to you what goes in to your document. Your Case Manager and members of your treating team will see it and a copy will be kept in your file.

You can sit and chat with your Case Manager; write it down; use Art; chat over a coffee; while taking a walk; doing something you enjoy.... you



can take it away and work on it yourself and with family and friends if you wish.

Your Case Manager will start the Strengths Assessment for you if you are not in a place where you want to think about it. Then it will be discussed with you when you are ready to. It is then up to you what you want to be included in it.

My Strengths Assessment

STEP 1 When you start working on your Strengths Assessment, think about some of the things you would like now. For example:

- A satisfying job
- A relationship
- Some spare money to enjoy yourself
- Good relationships with friends and family
- A good place to live
- A good social life

These go in the middle column (future wishes)

You don't need to know the detail or understand what you want or why. You will be helped to explore these things when you begin working on your goal plan



STEP 2 Think about what has been good in your life; what has made you happy and worked for you before? These things go in the last column (past strengths)

STEP 3 Think about what is good in your life now; what is making you happy or content, what and who are the people who are positive and make life better for you (current strengths)?



STEP 4 What is most important to you from all the hopes and dreams that you have now? Try and list them 1-3 with number 1 being the most important

You can develop your Strengths Assessment over time, when you are ready and as your life changes.



You may decide that some of your current strengths become your past ones for the moment. Circumstances, people and things around us change as well as within ourselves. You may like to start a fresh one so it shows what is really meaningful for you at any point in time.

Your dreams, wants and needs will change over time too. Maybe even from day to day.

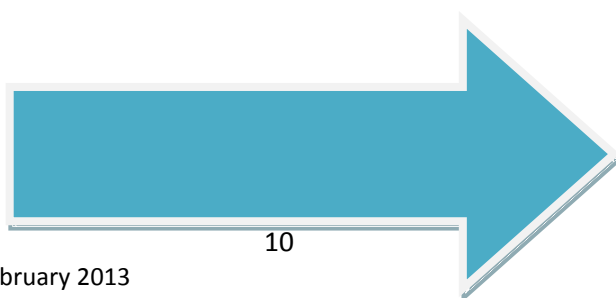
Your Case Manager will continue to help you identify your strengths and help you to write them down in your own words and the language you would normally use. You can use pictures, drawings, photos in it! Whatever you like.....



Whilst continuously working on your Strengths Assessment, you will also be working on your Goal Plan.

Your Case Manager will explain to you what this is about and how it fits in with your Strengths Assessment.

This is what your Strengths Assessment will look like....



Strengths Assessment

1	Current Status: What's going on today? What's available now?	Future Wishes: Desires, aspirations. What do I want?	Past Experiences: Personal, social, resources. What have I used in the past?
Daily Living Situation			
Financial Situation			
Work/Education			

2	Current Status: What's going on today? What's available now?	Future Wishes: Desires, aspirations. What do I want?	Past Resources: Personal, social. What have I used in the past?
Social/ spiritual Support			
Health			
Leisure/ Recreation			

Personal Qualities

What are my priorities?

- 1.
- 2.
- 3.

Consumer's comments:	Case Manager/worker's comments:
Consumer's signature:	Case Manager/worker's signature: