APA Recovery to Practice Curriculum

3. Assessment
Assessment

“The cornerstone of any good treatment plan is a thorough assessment of a person’s strengths and weaknesses”

(Silverstein, 2000)
Assessment

“... every individual, no matter how severe the person’s illness might be, has the capacity to continue to learn and develop.”  (Davidson, et al., 2008)

- Skills
- Talents
- Personal virtues & traits
- Interpersonal skills
- Knowledge gained from adversities, occupational or parenting roles
- Cultural knowledge
- Family stories
- Spirituality
Assessment

Traditional Clinical Assessments

- Psychiatric diagnosis
- Problematic symptoms and behaviors
- Failures in social, educational & vocational pursuits
- Difficulties in life

Strengths Based Ecological Assessments

- Cultural knowledge
- Family stories
- Spirituality
- Knowledge gained from adversities, occupational or parenting roles
Assessment

Components of a Strengths Based, Ecological & Functional Assessment

- Continual process of seeking information
- Information gathered from several life domains
- Cultural influences are incorporated
- Focused on positive aspects of a person’s life
- Develops skills and resources needed to facilitate recovery
Assessment

Strengths Based Assessment:

- Approaches each person from the standpoint of determining:
  - Capabilities
  - Accomplishments
  - Potential

- Considers positive factors in the person’s surrounding environment:
  - Natural support network (family strengths, community supports, social service system network)
  - Each person has the potential for future accomplishments that will facilitate continuing to attain the life he or she wishes to achieve
Assessment

Some Questions to Ask:

- What do you call your challenge and what caused it?
- What are you most proud of in your life?
- What is one thing you would NOT change about yourself?
- What are the most important things to you when deciding where to live?
- With what cultural group(s) do you identify?
- What kinds of things have you liked learning about?
- What are your hopes and dreams for the future?
- Have you ever been treated inappropriately or in ways that were harmful to you?
- What are the things that matter most to you?
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Citation for the full Curriculum:


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