

ALL ABOUT ME!
(Immediate Needs Assessment)

Social/Behavioral/Developmental

Tell us about you and your peers...

How do you get along with your peers?

If a peer is making negative decisions, how do you/will you manage your behavior?

Are you able to focus on your own treatment and allow staff to support your peers?

Are you sexually active? Have you sexually acted out with other peers in the past?

Do you understand the importance of respecting the boundaries of others?

Tell us about you and your staff...

How do you get along with staff members?

How do you get along with therapists?

Sometimes we have to tell you “no” or set limits with you...

How do you respond to hearing no or having a limit set?

In what ways have people told you no or set a limit that has UPSET you?

In what ways have people told you no or set a limit that has HELPED you?

How can we say no to you or set limits with you that will help you manage the limits?

Does it help you when people make you laugh?

Does it help you when people stay close to you and give you support?

Does it help you for people to leave you alone?

Sometimes you may feel angry...



What types of things make you feel angry?

Place a (✓) next to the things that make you angry or have made you angry before:

- | | |
|-----------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Being touched | <input type="checkbox"/> Being called names or being made fun of |
| <input type="checkbox"/> Security in uniform | <input type="checkbox"/> Being forced to do something |
| <input type="checkbox"/> Yelling | <input type="checkbox"/> Fighting or seeing others fight |
| <input type="checkbox"/> Loud noise | <input type="checkbox"/> Being isolated |
| <input type="checkbox"/> Seeing the person who is upsetting you | <input type="checkbox"/> Someone lying about my behavior |
| <input type="checkbox"/> Being restrained | <input type="checkbox"/> Being threatened |

When you get angry what does it look like?

How will we be able to tell that you are angry?

- | | |
|-------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Clenching teeth |
| <input type="checkbox"/> Crying | <input type="checkbox"/> Not taking care of myself |
| <input type="checkbox"/> Breathing hard | <input type="checkbox"/> Running |
| <input type="checkbox"/> Yelling | <input type="checkbox"/> Clenching fists |
| <input type="checkbox"/> Hurting others | <input type="checkbox"/> Swearing |
| <input type="checkbox"/> Injuring myself | <input type="checkbox"/> Not eating |
| <input type="checkbox"/> Pacing | <input type="checkbox"/> Being rude |
| <input type="checkbox"/> Throwing objects | <input type="checkbox"/> Threatening others |

What types of things help you to manage your anger or help you to calm down?

How can we help you with these feelings?

Family

Tell us about your family...

What do you like about your family?

What do you not like about your family?

Who are your favorite people in the whole world?

What is one of your favorite family memories?

What is one of your least favorite family memories?

Tell us about their habits...

Were your guardians alcoholics/addicts?

Did they use lots of alcohol and/or drugs?

Do you use now?

What do you use?

Do you ever think of using?

What helps you not to use?

Have you ever been in any drug treatment programs?

Medical

Tell us about you and medication...

How do you feel about taking medication?

Are there any medications that are helpful? What and why?

Are there any medications that are NOT helpful? What and why?

Tell us about your eating habits...

How do you eat? Are you a picky eater?

What is your favorite food? Least favorite food?

Do you skip meals on purpose?

Do you throw up on purpose?

What do you think about your body?

Tell us about your sleep patterns...

How do you sleep?

What helps you go to sleep or stay asleep?

Do you have nightmares or bad thoughts at night?

How can staff help you to feel comfortable at night/bedtime and help you to fall asleep?

Would any of the following help you at bedtime?

- | | |
|---------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Backrubs |
| <input type="checkbox"/> Relaxation tapes | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Reading |

How do you wake up in the mornings?

What helps you to wake up in the mornings?

Cultural/Spiritual/Recreational

Tell us about your culture/spirit...

What culture do you identify with?

Are there any cultural traditions that are important to you? (quinceneara, kwanzaa)

Are there any holidays that are important to you and/or hard for you?

Is church or some sort of spirituality important to you?

Is there anything cultural/spiritual that you would like to learn about?

Tell us about your clothing...

What do you like to wear?

What are your clothing needs?

Tell us about fun stuff...

What do you like to do for fun?

Are you active in any sports?

Do you prefer group sports or team sports? Why?

Have you ever participated in any experiential therapies such as Ropes challenge course or New Games?

Do you have any artistic/creative abilities?

Are there any leisure/recreational activities you would like to learn?

Educational/Vocational

Tell us about school...

Do you enjoy school?

What subjects do you like?

What subjects do you dislike?

Do you enjoy P.E.?

What helps you manage at school with hard subjects?

Tell us about your teachers and peers...

How do you get along with teachers?

Tell us about teachers you have liked.

Tell us about teachers you have disliked.

What helps you manage at school with teachers?

How do you get along with other kids in school?

Tell us about other kids in school you have liked.

Tell us about other kids in school you have disliked.

What helps you manage at school with other kids?

Are you in a gang?

Tell us about your school behaviors...

Do you have a hard time staying on task/focused in school?

What do you do when you get frustrated at school?

- Scream
- Curse
- Throw things

- Isolate
- Other

What helps calm you down at school?

- Talk to staff
- Journal

- Exercise
- Take a break away from others

When I am having a hard time in school, please don't do this:

- 1.
- 2.
- 3.

Please do this:

- 1.
- 2.
- 3.

Tell us about your future goals...

Have you participated in PALs?

Have you ever had a job?

What do you want to be when you grow up?

How do you plan to do that?

Do you want to go to college?

What do you see yourself doing when you are 25 years old?

Sometimes people hurt...

Have you been hurt before by someone or something?

Who has hurt you?

How did they hurt you?

Have you ever hurt yourself?

How did you hurt yourself?

Sometimes you may feel nervous or anxious...



What types of things make you feel nervous/anxious?

Place a (✓) next to the things that make you nervous/anxious or have made you nervous/anxious before:

- | | |
|-----------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Being touched | <input type="checkbox"/> Fighting or seeing others fight |
| <input type="checkbox"/> Being threatened | <input type="checkbox"/> Being isolated |
| <input type="checkbox"/> Yelling | <input type="checkbox"/> Keeping secrets |
| <input type="checkbox"/> Loud noise/quick movements | <input type="checkbox"/> Someone lying about my behavior |
| <input type="checkbox"/> Seeing a particular person | <input type="checkbox"/> Security in uniform |
| <input type="checkbox"/> Possibility of being restrained | <input type="checkbox"/> Upcoming court hearings |
| <input type="checkbox"/> Being forced to do something | <input type="checkbox"/> Contact with family |
| <input type="checkbox"/> Feeling tired/not getting enough sleep | <input type="checkbox"/> School |
| <input type="checkbox"/> Being in the dark | <input type="checkbox"/> Taking showers/baths |
| <input type="checkbox"/> Being hungry | <input type="checkbox"/> Bedtime |
| <input type="checkbox"/> Going on public outings | <input type="checkbox"/> Getting a job and/or keeping it |
| <input type="checkbox"/> Completing treatment | <input type="checkbox"/> Meeting certain expectations |

When you get nervous/anxious what does it look like?

How will we be able to tell that you are nervous/anxious?

- | | |
|---------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Trembling |
| <input type="checkbox"/> Crying | <input type="checkbox"/> Fast heartbeat |
| <input type="checkbox"/> Breathing hard | <input type="checkbox"/> Feeling like not able to breathe |
| <input type="checkbox"/> Fidgeting | <input type="checkbox"/> Feeling restless |
| <input type="checkbox"/> Pacing | <input type="checkbox"/> Being rude |
| <input type="checkbox"/> Complain of nausea | <input type="checkbox"/> Complain of stomach aches |

What types of things help you to feel supported or safe when you are worried or anxious?

How can we help you with these feelings?

Sometimes you may feel sad...



What types of things make you feel sad?

When you get sad what does it look like?

How will we be able to tell that you are sad?

- Crying
- Loss of interest
- Avoiding activity
- Injuring myself
- Detachment/Isolating from others
- Lack of motivation
- Hurting others
- Not eating

What types of things help you to feel better when you are sad?

How can we help you when you have these feelings?

In general...

What things help you feel better when you are having a hard time?

- Listening to music
- Reading a book
- Writing in a journal
- Watching television
- Talking to staff
- Talking with peers
- Calling a friend or family member
- Voluntary time in the quiet room
- Taking a shower
- Going for a walk
- Exercise
- Having a hug with my consent
- Drinking a beverage
- Dark room with dimmed lights
- Medication
- Reading the Bible or other religious readings
- Writing a letter
- Hugging a stuffed animal
- Doing artwork
- Pacing in the halls

When I am having a hard time, please don't do this:

- 1.
- 2.
- 3.

Please do this:

- 1.
- 2.
- 3.

Is there anything else you would like us to know?