Self-Sufficiency Matrix

Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Assessment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Initial \_\_\_ Interim \_\_\_ Exit \_\_\_

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| Domain | 1 | 2 | 3 | 4 | 5 |
| Housing | Currently homeless, in temporary housing/shelter, or involuntarily doubled up; OR has eviction notice | In substandard housing OR receiving short-term rental assistance OR threatened eviction or foreclosure OR monthly rent is > 41% of monthly income | Living in subsidized or transitional housing OR monthly rent is 36-40% of monthly income | Secure home ownership or renting private housing with limitations of choice due to income, AND/OR rent is 31-35% of monthly income | Home ownership or renting private housing in neighborhood of choice AND/OR rent is 30% or below of monthly income |
| Food | No food or means to prepare it.  | Relies completely on food stamps and/or other sources of free food | Utilizes food stamps and/or food pantries to supplement food budget | Meets basic food needs with occasional assistance | Can meet basic food needs without assistance |
| Income | No income. Basic needs are not met | Inadequate income for meeting basic needs | Income is adequate for meeting basic needs | Income is sufficient and stable, adequate for paying bills, provides for some saving, ability to purchase occasional non-essential items | Income is sufficient and stable, adequate for paying bills AND provides for savings and ability to purchase non-essential items |
| Transportation | No access to transportation; may have inoperable car | Rarely has transportation needs met through public transportation, car, or ride | Transportation needs are sometimes met through public transportation, car, or ride | Has transportation needs met most of the time through public transportation, car, or ride | Always has transportation needs met through public transportation, car, or ride |
| 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 |
| Health Care | No medical coverage; immediate need | No medical coverage; difficulty accessing care when needed | Some members (e.g. children) have medical coverage | All members can get medical care when needed; may strain budget | All members are covered by affordable, adequate health insurance |
| Adult Education | No GED or high school diploma and is not enrolled in literacy, high school or GED program | Enrolled in literacy or GED program; has basic reading, writing, and math skills | Has high school diploma/GED and basic use of English and/or is enrolled in ESL program if applicable | Enrolled in post high school vocational education, technical or professional training, or some college credits | Obtained professional certification or training and/or obtained associates, bachelors, masters, or doctorate degree |
| Child Education | One or more school-aged children not enrolled in school | One or more school-aged children enrolled in school and has truancy or behavioral issues or is not meeting academic expectations | Enrolled in school with one or more children having occasional truancy or behavioral issues; meets academic expectations | Enrolled in school and attending most of the time with no behavioral issues; meets academic expectations | All school-aged children enrolled and attending on a regular basis |
| Childcare | Needs childcare, but none is available/accessible and/or child is not eligible | Childcare is unreliable or unaffordable | Affordable subsidized childcare is available but limited | Reliable, affordable childcare is available | Can select childcare of choice |
| Parenting Skills | Safety concerns regarding parenting skills | Parenting skills are minimal | Parenting skills exist and can be more fully developed | Parenting skills are adequate | Parenting skills are well developed |
| Support System | Has no personal support systems and no knowledge of available community supports | Has no personal support systems but knows where to go in the community for help when experiencing a need or crisis | 1-3 personal supports and basic community networks are available in times of need | 3-5 personal supports available and is connected with at least one community support network (e.g. non-profit, church, etc.) | Has 5 or more personal supports readily available and is able to give support in return; is active and/or knowledgeable about community support networks |

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| Domain | 1 | 2 | 3 | 4 | 5 |
| Relationship Safety | Home or residence is unsafe; immediate level of lethality is high; possible CPS involvement | Safety is threatened | Current level of safety is minimally adequate; ongoing safety planning is essential | Environment is safe with uncertainty regarding future safety; planning is important | Environment appears to be safe and stable |
| Substance Use | Severe alcohol abuse and/or chemical dependence; institutional living or hospitalization may be necessary. Help not sought | Significant abuse of substances resulting in chronic family/work difficulties | Occasional abuse of substances. Use has a tendency to lead to an abuse pattern and negative consequences. Currently participating in substance abuse services | Occasional use of substances but no evidence of dangerous or continued use | No drug use. May use alcohol minimally and prescription drugs as prescribed |
| Physical Health | Untreated and chronic medical and life threatening conditions; inconsistent to minimal follow-up care | Chronic medical conditions, potentially life threatening; inconsistent follow-up care | Chronic illness generally well managed; attempts to make and keep regular medical and dental appointments | Stable chronic illness; maintains preventive medical and dental care | No chronic illness; maintains preventive medical and dental care |
| Mental Health | Experiencing severe difficulty in day to day life due to mental health challenges. Mental health needs not being met. Doesn’t know where to get help | Feels that mental health symptoms may get in the way of daily living. Not sure what to do or where to go for help. Could benefit from mental health services. | Identified mental health need and working towards getting them met. Is accessing mental health services. | Mental health needs being managed. Minimal symptoms that are expected responses to life stressors | Feels good about mental health; doesn’t need any assistance in this area. Knows where to go for affordable assistance if help is needed |
| Workplace Skills | Negative or no work history; unable to obtain and retain employment in any field | Limited or inconsistent work history < 1 yr | Established work history of 1-2 years; has some skills that offer potential for obtaining comparable position | Established work history of 2-5 years; has skills that offer potential for obtaining comparable position | Established work history > 5 yrs at a single place of employment or within the same field |
| Criminal Justice System | Current outstanding warrants or tickets; OR has had felony conviction or arrest in past year | Current charges/trial pending; noncompliance with probation/parole; OR extensive criminal history | Currently on probation/parole and is fully compliant; OR moderate criminal history | Has successfully completed probation/parole within past 12 months with no new charges; OR minor criminal history | No criminal history |
| Legal (non-criminal) | Has significant legal problems and is not addressing them | Has identified legal problems but is unable to proceed without legal assistance | Has responded to legal issues with appropriate legal assistance | Has legal representation and issues are moving towards resolution | No legal issues or legal issues have been resolved |
| Money Management | No knowledge or use of money management skills | Knows importance of basic money management; has limited knowledge and use of money management skills | Some knowledge and use of money management skills | Able to save sporadically; knows about and sometimes uses money management skills | Able to save consistently; regularly uses money management skills |
| Life Skills | Has not learned household management skills and has significant challenges managing household | Has limited skills or capacity to manage household | Has some skills and capacity to manage household | Has solid skills and capacity to manage household | Has comprehensive skills and capacity to manage household |