



# Social and Emotional Health

## General Indicators:

- Ability and willingness to identify needs and access resources
- Sense of personal responsibility
- Presence, degree of substance abuse
- Quality of mental health
- Quality of social support system

<b>Growth Levels</b>	<b>5 - Thriving</b> <ul style="list-style-type: none"> <li>■ Uses resources to enhance personal and community relations</li> <li>■ No history of substance abuse or long-term recovery</li> <li>■ Have access to social and mental health counseling if needed</li> <li>■ Unconditional personal and family support system created through community resources and/or involvement</li> </ul>
	<b>4 - Safe/Self-Sufficient</b> <ul style="list-style-type: none"> <li>■ Uses resources to prevent or overcome known challenges</li> <li>■ Accepts responsibility for choices and behavior</li> <li>■ Develops ways to change behavior</li> <li>■ People willing to take action in support</li> </ul>
	<b>3 - Stable</b> <ul style="list-style-type: none"> <li>■ Uses community resources to overcome challenges</li> <li>■ Acknowledges substance abuse and/or behavior problems and is receives help, may already be in recovery</li> <li>■ Not using substances as coping, may be successfully recovering</li> <li>■ Has personal and family support</li> </ul>
<b>Risk Levels</b>	<b>2 - At-Risk/Vulnerable</b> <ul style="list-style-type: none"> <li>■ Limited knowledge of or access to mental health resources</li> <li>■ No concept of personal responsibility</li> <li>■ Abuse of illegal or prescription drugs and/or alcohol, may be seeking help</li> <li>■ Improper management of mental condition</li> <li>■ Poor support system</li> </ul>
	<b>1 - In-Crisis</b> <ul style="list-style-type: none"> <li>■ No knowledge of or access to mental health resources</li> <li>■ Total denial of present condition, apathy, sense of hopelessness</li> <li>■ Abusing drugs or alcohol and/or involved in negative relationships</li> <li>■ History of mental disturbance, distorted sense of reality</li> <li>■ Lack of or destructive support system</li> </ul>