

(A tool for Recovery Support staff to use with clients)

The Measuring Stick

1. Do I know what this program wants from me and why I am here?

a. Do I have a copy of my case plan/treatment plan? Y or N

2. Do I have the materials and the equipment I need to complete my tasks and goals? Y or N

a. What are the materials/ equipment that I need?

1. _____
2. _____
3. _____
4. _____

3. What are my goals?

4. What task/goal will I complete first and or best?

5. Do I praise myself for what I do best? Do my opinions count?

6. Do I feel cared about as a person? If so, by whom? Who encourages me?

7. Do you have any legal issues that you would like to be resolved? If Yes please explain...

**On a scale of 1 to 10 (1 being low & 10 being high) please rate the following questions by placing an X on the line.
For example:**

1-----5-----X-----10

1. I have stable housing.

1-----5-----10

2. I have reliable transportation.

1-----5-----10

3. Physical well- being

1-----5-----10

8. Do you feel/ think any of the following listed below may be of interest to you during or after your time in our program? Check any that apply.

___ 12-Step/Sponsor

___ Co-occurring, Mental Health Support group

___ Discover Recovery Path Options

___ Peer support Groups

- ___ Family Involvement Support Groups
- ___ Basic Relapse Prevention Skills
- ___ GED
- ___ Community College/Trade school
- ___ Peer Support Employment
- ___ Felony Employment
- ___ General employment listing
- ___ Basic Resume building & Interviewing Skills

