 **Prism Mental Health Solutions**

**264 Haida Ave, Ste B1**

**Hastings, PA 16646**

**(814) 931 – 0417**

**SNAP Assessment – Strengths, Needs, Abilities, Preferences**

Strengths

Ability to ask for help

Able to learn from experiences

Adaptability

Cares about others

Coping skills

Dependable

Determined

Energetic

Family support

Financial stability

Goal oriented

Good health

Good listener

Honest

Levelheaded

Motivated

Open-minded

Organized

Resilient

Responsible

Self-reliant

Spiritual

Stable housing

Stable Relationships

Strong spiritual/personal values

Support from friends

Support from significant other

Takes personal responsibility

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Needs

Anger management

Boundary setting

Coping skills

DV support

Education assistance

Emotion/mood regulation

Employment

Family support

Financial help

Food security

Grief counseling

Healthy habits

Housing/shelter

Improve relationships

Improve sleep

Improve social skills

Increase motivation

Learn to set boundaries

Med management

Relapse prevention

Rescue anxiety

Setting goals

Social support

Spiritual support

Stress reduction

Support for recovery

Time management

Transportation

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Abilities

Analytical

Artistic/creative

Assertive

Communication skills

Computer literate

Conflict resolution

Coping strategies

Emotional regulation

Empathetic

Employed

Good job skills

Good parenting skills

Good with people

Good writing skills

Has GED/Diploma

Has higher education

Healthy decision making

Insightful

Keeps appointments

Makes friends easily

Positive relationships

Problem solving skills

Reads well

Strategic thinking

Successful at school

Time management skills

Volunteer work

Works with others

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Preferences

AM appointments

Family therapy

Female therapist

Group therapy

Hearing impaired services

Individual therapy

Learning style

Level of support

Male therapist

Method of goal setting

No homework

PM appointments

Recovery treatment

Self-expression

Sight impaired services

Spanish speaking services

Specific age of therapist

Spiritual guidance

Telehealth therapy

Therapy in home

Therapy in school

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