 **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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