

An Initial Assessment of Destabilizing Factors

Mental Illness:

1. ___ Has mental illness been associated with past problems?
2. ___ Is there a co-occurrence of problems and acute episodes of mental illness?
3. ___ Is it believed by significant others that the individual is accurately diagnosed?
4. ___ Is it believed by significant others that the individual is currently receiving treatments and supports that are effective in addressing the symptoms of mental illness?
5. ___ Is there a correlation between medication changes and problems?
6. ___ Is the individual compliant with taking psychotropic medications?
7. ___ Does the individual self-medicate as prescribed?
8. Verified how? _____
9. Comments: _____

Substance Abuse:

1. ___ Does the individual use other substances that could complicate the issues?
2. ___ Has substance abuse been associated with past problems?
3. ___ Is the individual actively participating in a substance abuse treatment and support program?
4. Comments: _____

Life Stressors:

1. What is the enduring/chronic stress level and how was this assessed?

2. What is the current acute stress level and how was this assessed?

3. What is the general current response pattern to stress? _____
4. ___ Is it believed by significant others that the individual is currently receiving sufficient support and services to address both the chronic and acute stressors?
5. Comments: _____

Physical Health:

1. What is the general physical health and how was this assessed?

2. What is the general dental health and how was this assessed?

3. How stable is the sleep pattern and how was this assessed?

4. ___ Is there any relationship between physical complaints and past or current problems?
5. ___ Is it believed by significant others that the individual is currently receiving sufficient support and services to address both the medical and dental healthcare needs?
6. Comments: _____