

**Bureau of Drug and Alcohol Programs
Self-Sufficiency Matrix**

Domains	<u>Self-Sufficient</u> Score: 0-1	<u>Stable/Safe</u> Score: 2-4	<u>At Risk</u> Score: 5-7	<u>Unstable</u> Score: 8-10	<u>InCrisis/Not Self-Sufficient</u> Score: 10+
Housing	Housing is sufficient and meets client needs	Housing is sufficient but may not be meeting client needs	Insufficient or housing is at risk but help is available	At risk of losing housing and has no one to help	Housing help is needed
Basic Needs	Basic needs are being met	Client has resources to meet his needs but may not be adequate	Client lacks resources to meet basic needs but help is available	Basic needs are not being met and has no one to help	Basic needs are not being met
Transportation	Client has adequate transportation which meets their needs	Client has adequate transportation that is sometimes reliable	Client lacks adequate transportation but help is available	No transportation and has no one to help	No reliable transportation
Physical Health	No problems or health needs are being met	Immediate health problems are being addressed	Client has health problems but help is available	Client has severe health problems and has no one to help	Client has health problems which are not being addressed
Family/Social	Family system is stable; no help is needed	System is somewhat stable; but has someone to help	System is unstable but help is available	System is very unstable; and has no one to help	System is in crisis
AODT	In recovery and no other help is needed	In treatment or involved in self help group with regular attendance and help is available	In treatment or involved in self help group with no regular attendance but help is available	Client not in treatment or recovery; and has no one to help	Not in treatment or self help group and not seeking help
Mental Health	No problems or mental health needs are being met	Immediate mental health problems are being addressed	Client has mental health problems but help is available	Client has severe mental health problems and has no one to help	Severe mental health problems not being addressed and not seeking help
Legal	No legal problems; no help needed	Few legal problems and receiving help	Some legal problems and receiving help or help is available	Legal problems not being addressed; and has no one to help	Legal problems are not being addressed
Education	Sufficient education level; no help needed	Insufficient education level but currently in school or attending training	Insufficient education level but help is available	Insufficient education level and wants help but has no one to help	Insufficient education level and is not seeking help
Employment	Working full time; no help needed	Working but is in need of help	Working but job is in jeopardy but help is available	Working but job is in jeopardy; wants help but has no one to help	Unemployed and not seeking help
Life Skills	No basic life skills needed	Life skills are sufficient but may not be meeting needs	Life skills are inadequate and help is available	Life skills are inadequate and has no one to help	Life skills are inadequate and not seeking help
Child Care	Child care needs are being met	Child care is sufficient but may not be meeting needs	Child care is unstable or insufficient but help is available	No child care or at risk of losing child care	Needs child care