1	_				
	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
	No knowledge of: • symptoms that are unusual or could be a sign of mental illness	Minimal knowledge of: • symptoms that are unusual or could be a sign of mental illness	Basic knowledge of: • symptoms that are unusual or could be a sign of mental illness	Adequate knowledge of: • symptoms that are unusual or could be a	Superior knowledge of: symptoms that are unusual or could be a
	treatment needs/options impact of illness symptoms on life	treatment needs/options impact of illness symptoms on life	treatment needs/options impact of illness symptoms on life	sign of mental illness treatment needs/options impact of illness	sign of mental illness treatment needs/options impact of illness
Knowledge	 healthy coping skills that can reduce or manage symptoms 	 healthy coping skills that can reduce or manage symptoms 	healthy coping skills that can reduce or manage symptoms	symptoms on life • healthy coping skills that can reduce or	symptoms on life • healthy coping skills that can reduce or
MU N				manage symptoms	manage symptoms
	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate
	Does not: take medication attend therapy access mental health	Rarely: takes medication attends therapy accesses mental health care	Inconsistently: • takes medication • attends therapy • accesses mental health care	Usually: takes medication attends therapy accesses mental health care	Consistently: takes medication attends therapy accesses mental health care
	Self diagnoses and/or self medicates mental health symptoms.	Usually engages in behavior that exacerbates symptoms/uses ineffective self-care	Inconsistently engages in behavior that exacerbates symptoms/some positive self-care	Usually engages in behavior/self care that stabilizes or improves symptoms	Maintains lifestyle to promote wellness
Већамог	Consistently engages in behavior that exacerbates symptoms				
	Extreme 5/5	Severe 5/5	Moderate 5/5	Minimal 5/5	No 5/5
	Extreme:	Severe:	Moderate: • agitation • depression • anxiety	Minimal: • agitation • depression • anxiety	
	with a suicide plan Unable to cope at all.	with no suicide plan Minimal coping ability.	Moderate coping skills	Usually coping	Consistently coping with daily stressors.
	Harmful to self or others.	Severe impact on life	Moderate impact on life	Minimal impact on life	Positive social functioning.
Status	Needs hospitalization.	Needs outpatient care			No impact on life